

BACK TO BASICS

Press Package October 13, 2025

"Full many a gem of purest ray serene
The dark unfathom'd caves of ocean bear:
Full many a flower is born to blush unseen,
And waste its sweetness on the desert air."

From "Elegy Written in a Country Churchyard"
Poem By Thomas Gray

Timothy D Bilash
Candidate 2026 U.S. House of Representatives
Missouri District 2

Dr. Timothy D. Bilash has been active in grassroots politics for over 30 years. He is alarmed that despite exceptional triumphs in technology and learning, we have abandoned core principles guaranteeing our freedoms, experienced overwhelming uncertainties, are tempted to ignore our blessings and leave others behind. As an expert clinical physician, advisor, accomplished scientist and data analyst, he has demonstrated his leadership, service and caring; he offers a steadied hand for solving complex problems.

A graduate of the University at Albany (SUNYA), Bilash continued research at Bell Telephone Laboratories; was awarded his MD and Graduate Degrees at the University of Illinois serving as Vice-President of the Medical Student Government; completed his Residency at Albany Medical Center in NY, serving as Senior Administrative Resident; held teaching experiences at the level of Clinical Instructor and Assistant Professor of Gynecology. Dr. Bilash carries numerous professional certifications and honors, authored in leading publications, and continues his 30 year career fighting for Women, Better Medicine and Governmental Reform.

Vocabulary Word of the Day: *self-coup*

A self-coup, also called an autocoup (from Spanish autogolpe) or coup from the top, is **a form of coup d'état in which a political leader, having come to power through legal means, stays in power illegally through the actions of themselves or their supporters.**

Book of the Day:

The Gentleman From New York (2000)

Daniel Patrick Moynihan by Godfrey Hodgeson

October 2025

Timothy D Bilash - Political Campaign / Experiences

Escondido, Fallbrook, Progressive, Valley Center, Veterans, Women's Democratic Clubs
San Diego , CA 2018-24

Carmel Valley Democratic Club (Executive Committee/ Health Committee Chair)
Carmel Valley, CA 2017-18

Rancho Santa Fe Democratic Club (Member)
Rancho Santa Fe, CA 2012-24

Tommy Hough Council District 6 Primary/Election
City of San Diego, CA 2022 (GOTV)

Afshan Mejhan City Council Special Election
City of La Mesa, CA 2022 (GOTV)

Mike Levin U.S. Congress CD-50 Election
San Diego, CA 2018 (Flip the 49th), 2022 (Campaign Supporter)

Dave Peiser US Congress District 49
San Diego, CA 2014 (Campaign Volunteer)

Dave Roberts San Diego County Board of Supervisors District 3
Scott Peters US House Congressional District 52
San Diego, CA 2012 (Campaign Volunteer)

Liz McCallum Florida House District 52
St. Petersburg, FL 2006 (Campaign Volunteer)

Howard Dean/John Kerry Democratic Presidential Primary/Election
St. Petersburg, FL 2004 (Meetups)

Paul Tsongas US Democratic Presidential Primary
Albany, NY 1992 (Chris Apostle / Primary Campaign Volunteer)

Walter Mondale (President)/Paul Simon (U.S. Senate IL)/Helen Satterthwaite (House IL)
Champaign, IL 1984 (Campaign Volunteer)

Civic & Community Events 2021-24 at:
votedrtim.com/events21-24.shtml



CLEVELAND HAMMONDS JR.
Superintendent of Schools
JOHN H. WINDOM
Executive Director, Community Education
DEL DOSS-HEMSLEY
Supervisor of Adult Basic Education

MEMORANDUM

DATE: 12/18/96
TO: Timothy Bilash
FROM: Velma Clark, Literacy Coordinator *VC*

We are delighted that you will be volunteering with us. Volunteers are making a real impact on the problem of illiteracy in the St. Louis area. Your contribution is greatly appreciated.

You are assigned to the following location and time. If there is any conflict, please call me at 367-5000.

Location: Adult Learning Center
Time/Days: Will vary
Starting Date: Jan. 6, 1997
Contact Person: Terry Duffy

Please remember that volunteer activity reports are due monthly. Please give them to your Master Teacher at the center. In addition, order any needed supplies from the Master Teacher.

vc/ml

cc: Field Facilitator *B. Weng*

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ISSUE

Unchecked Illegal Russian Aggression in Ukraine

Timothy D Bilash, M.D.

TO: Hon Mike Levin
U.S. Congress California CD-49
2204 El Camino Real Suite 314
Oceanside, CA 92054
760-599-5000

1030 Longworth HOB
Washington, DC 20515
202-225-3906

FROM: Timothy D Bilash MD MS FACOG
1155 Camino Del Mar #489
Del Mar, CA 92014
858-876-4855

DATE: January 26, 2022

RE: Concerned Citizen - Ukraine

Representative Levin,

You may be aware my Grandparents emigrated to the U.S. from Western Ukraine in the 1900's. My father Julius Bilash, a 1st generation U.S. Citizen fought in the U.S. Army driving from France to Munich in World War 2. He suffered his 80% physical disability in pain from his near mortal wounds for the rest of his adult life, raising his family, educating elementary school students, and contributing much more. Every person born after 1945 living in the U.S owes everything to those who came before.

In the 1930's Ukraine citizens were starved out under Stalin; between 10 and 30 million of them perished. He stole their grain and forced collectives to use false agricultural practices that deepened the problem. The Soviet Union eventually failed.

Germany in the 1940's falsely believed it could redeem its pride by marching into neighboring countries to world domination. It had formed an alliance with Russia and Fascist Italy under Mussolini to work to that goal.

We now face the prospect that Russian soldiers on the Ukrainian border and paid Russian loyalists inside will destabilize, bomb and march onto the Neighboring Sovereign Nation of Ukraine.

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Why does my government appear to be a day late and a dollar short? We have watched while Putin of Russia has murdered, contaminated elections, and crushed human rights within the remnant of the failed Soviet Union. He has stated his goal to redeem the pride of Russia, but clearly betraying it instead by corrupting its changes. Russia has been telling us. Are we listening? We must not repeat the mistake of inaction.

It would dishonor my father and all the soldiers and civilians who sacrificed, defeating the crazy ideology of German Fascism, Russian Totalitarianism and their world-wide sympathizers, to allow Ukraine deterioration into major warfare.

Russia has taken Crimea illegally, and Chechnya before that by military force. These barbaric actions shall not be tolerated in the Modern World. I am supportive of President Biden's recent actions in this regard. All avenues now appear to have risks. May I also offer an outsider's thoughts?

The stated goal reported by Russia is to prevent Ukraine from joining NATO. We have affirmed it is not our goal nor Ukraine's. Perhaps we could broker an agreement between Ukraine and Russia to avoid bloodshed?

- 1) Ukraine commits not to join NATO for 10 years.
- 2) Ukraine and Russia agree to end Military hostilities and withdraw their force buildup, with a negotiated cease-fire. These borders will be respected by all parties and monitored by UN Agencies.
- 3) Crimea will be rejoined within Ukrainian borders and Government
- 4) U.S. and World Economic sanctions against Russia will be relaxed.
- 5) Criminal activities will be investigated and prosecuted to the fullest.

Sincerely,
Timothy Bilash MD MS FACOG
Constituent, US House California CD-49

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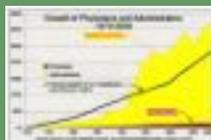
SINGLEPAYER HEALTHCARE

WE WILL HEAL US



REPORT SINGLE PAYER HEALTHCARE WORKBOOK FEBRUARY 09, 2018

Health Funding in America from 1600 thru Universal Coverage at the State Level in 2017 linking Economic Analysis by the Pollin Group sponsored by the California Nurses Association



[^clie to open report^](#)

[clie-> to open graphic](#)

RESOLUTION Health Systems Committee - CA Single Payer October 20, 2017

Support and Resolution to Refer SB-562-2017 California Universal Health Care approved in Executive Committee Carmel Valley Democratic Club



[^clie to open report^](#)

[clie-> to open graphic](#)

OUTLINE AND COMMENTS SB-562 The Healthy California Act / Bilash May 3, 2017

Compilation and Commentary on the Legislative Counsel's Digest for SB-562-2017 amended April 17, 2017

DUTIES OF A U.S. HOUSE REPRESENTATIVE

AI Overview - Google Search

[what is the *constitutional* duties of a us house representative](#)

The primary constitutional duties of a U.S. House Representative, outlined in Article I of the Constitution, are to legislate on behalf of their constituents and exercise special powers reserved for the House. Representatives are elected for two-year terms and are meant to be closely responsive to the will of the people.

Lawmaking

- **Creating federal laws:** As a member of the legislative branch, a representative introduces, debates, and votes on federal bills and resolutions. For a bill to become law, it must pass both the House and the Senate and then be signed by the president.
- **Initiating revenue bills:** The Constitution grants the House the exclusive power to originate all bills related to raising revenue, such as tax legislation.

Special powers

The House holds several unique authorities that serve as checks and balances on the other branches of government:

- **Impeachment:** The House has the "sole power of impeachment," which is the authority to formally accuse or bring charges against federal officials, including the president and vice president, for misconduct.
- **Electing the president:** In the event that no presidential candidate wins a majority of the electoral votes, the House is responsible for electing the president.

Representation and oversight

- **Representing constituents:** A representative's fundamental duty is to serve the interests of the people in their specific congressional district. This includes being present for votes and meetings and addressing constituent concerns.
- **Federal oversight:** Through committees, House members conduct investigations and hold hearings to ensure that federal laws and agencies are operating in accordance with congressional intent and taxpayer expectations.

Qualifications for office

The Constitution sets specific qualifications for a person to be a representative:

- Must be at least 25 years old.
- Must have been a U.S. citizen for at least seven years.
- Must be an inhabitant of the state they represent.

AI Overview

[does the *constitution* empower *representatives* to *Responding to constituents*:](#)

The Constitution does not explicitly list constituent services like casework and correspondence as duties of representatives. Rather, these activities have evolved over time as part of the representative role, supported by broader constitutional provisions. This function is considered an important aspect of representation, allowing elected officials to address citizens' grievances and provide oversight of the federal bureaucracy.

The constitutional basis for constituent services includes:

- **The Necessary and Proper Clause:** Article I, Section 8, gives Congress the power "To make all Laws which shall be necessary and proper for carrying into Execution the foregoing Powers, and all other Powers vested by this Constitution". This is interpreted to grant Congress the authority for oversight of the executive branch, with constituent services seen as a micro-level version of this oversight.
- **The Right to Petition:** The First Amendment guarantees the right of the people to "petition the Government for a redress of grievances". Providing constituent services is how representatives respond to these petitions.
- **The role of representation:** The overall structure of the Constitution establishes a system of representative government where members of Congress act as the voice of their constituents in the federal government. Serving constituents directly is a core part of fulfilling this representative role.

Original Intent Constitutional Legislative duties for US House Representatives

As members of Congress's lower chamber, representatives work to craft and pass federal laws in cooperation with the Senate. Their specific legislative responsibilities include:

- **Introducing legislation:**

Representatives introduce bills and resolutions for consideration by the entire House.

- **Serving on committees:**

They serve on various committees, where they specialize in different policy areas such as agriculture, foreign affairs, and national defense. Committee work involves reviewing proposed bills, conducting hearings, and recommending measures to the full House.

- **Debating and voting:**

They engage in floor debates and vote on legislation that has been passed out of committee. Due to the House's size, its rules generally limit debate to allow legislation to move forward quickly.

- **Initiating revenue bills:**

All bills for raising revenue, such as tax legislation, must originate in the House of Representatives.

- **Electing the President:**

In the event that no presidential candidate receives a majority of the electoral votes, the House is responsible for electing the president.

The Constitution grants the House of Representatives specific powers distinct from the Senate, serving as a vital check on other parts of the government.

- **Power of impeachment:**

The House has the sole power to formally accuse and bring charges of impeachment against federal officials, including the president, for committing "high crimes and misdemeanors".

- **Oversight of the executive branch:**

Through its committee system, the House monitors federal agencies, programs, and government activities to ensure laws are being carried out as Congress intended.

Extra Constitutional Constituent Advocacy

A significant portion of a representative's job is to act as an advocate for their constituents and district, serving as a direct link between their local community and the federal government.

- **Responding to constituents:**

Representatives and their staff directly respond to constituent requests, from answering letters to helping resolve problems with federal agencies.

- **Casework:**

Staff in district offices, in particular, assist constituents with issues involving federal programs such as Social Security, Medicare, and veterans' benefits.

- **Representing district interests:**

Representatives ensure that the priorities and needs of their constituents are considered when federal legislation is proposed and debated.

Leadership and electoral activities

Representatives also take on internal roles and participate in electoral activities to maintain their position and advance their party's agenda.

- **Electoral activity:**

Since they run for election every two years, representatives spend significant time campaigning and fundraising.

- **Party leadership:**

Some representatives take on formal leadership roles, such as Speaker of the House, Majority Leader, or Minority Leader. These roles involve setting the legislative agenda and coordinating party strategy.

Our Considerations for Governmental Agenda October 2025

-End The War In Ukraine: reasserting International Sovereignty for every Country against the Corruption of Foreign Invasion and Plutocracy. Making excuses for tyrants has led to the killing of innocents under Russia's illegal Invasion. US ambivalence have led to a weakening of NATO which has been a disaster.

-Reorient the US to support the Two State Solution in Palestine: strengthening UN resources necessary to maintain Peace and Justice in the Middle East. Too much of American Policy Mistakes has been based on Unilateral Military Intervention and power grab by the Executive Branch acting on its own.

-Impose Term Limits for the US House and Senate: ending the failure of Country Club Wealth running ruining our Lives.

-Remove the US Senate Extra-Constitutional Filibuster: No one wants it.
(<https://votedrtim.com/elimfilib10.21.shtml>)

-End the Article 3 overreach: Add 4 positions to the Supreme Court addressing the need to use the "Shadow Docket" Star Chamber. Unexamined rulings rooted on obvious flawed and non-judicial personal benefit that tosses aside important Legal Precedents without argument. It amounts to imposing Judicial Nullification to approve Illegal activities by inaction.

-End the Illegal Use of Extreme Violence by Masked Federal Law Mercenaries: End the Article 1 overreach that neutralizes Individual Rights. -who is gonna stop me- destroys our robust Democratic-Republic, Hybrid Government. It is roving gangs created by the Executive Branch without law that threatens our safety and hard won freedoms.

-Support a Constitutional Amendment protecting Biologic Gender, Cultural Equality and Individual Equity: The brilliance of our Country is in encouraging the Diversity and Uniqueness which Each Person can add to our life, particularly through Immigration. This necessitates that every worker deserves their share of the prosperity.

-Rebalance US Tax Law: to address the corruption caused by International Investor Money in Business and Government.

-Medicine is not a commodity: Physicians will be trained in Endocrine Hormones in a fourth year of the Internal Medicine Residency to provide Primary Care. Fee-for-Service with a State Level Single Payer process is the most cost effective way to fund care and restore quality.

-Censorship by the powerful and wealthy: Corporatism has led to purging of Professionals, promoting the insanity that being ignorant is good, and outsourcing our lives to marginal experts identified by marketing dollars. This repeats the mistakes of post-war Iraq now applied to our American Government, promulgated by the very same people who injected those failed policies in the Middle East.

Timothy D Bilash
Candidate, US House of Representatives Missouri District 02 (October 2025)