

ANTI POLICE-TERROR PROJECT SACRAMENTO

AUGUST 2021

MONTHLY NEWSLETTER

UPCOMING ACTIONS

- 8/10 Board of Supervisors [Meeting](#) on Public Safety & Justice Agency
- 8/10 Sacramento Incarcerated Workers Organizing Committee [Letter Writing Night](#)
- 8/11 Sacramento Housing Alliance [Town Hall](#)
- 8/12 NorCal Resist [Open Meeting](#)
- 8/14 NorCal Resist [Fundraiser](#) at Dunloe Brewing
- 8/16 Sacramento Poor People's Campaign [Monthly Meeting](#)
- 8/19 APTP [General Meeting](#)
- 8/19 NorCal Resist and IRC [Training](#) on Human Trafficking

GET INVOLVED

Do you want to get involved but not sure where to start? Fill out our interest form and indicate which committee you might want to volunteer with. We have teams for Healing Justice, First Responders, Security, Action, and more. No experience required.

Link: <http://bit.ly/APTPSacSignUp>

THIS MONTH WE REMEMBER



In March 2020 Maya Disney was severely mistreated by a CHP officer following a DUI collision in Carmichael, California. She was arrested on site, faced exaggerated charges in court, and spent time incarcerated at the beginning of the COVID lockdown where she was attacked by staff and isolated. On April 9, 2021, Disney took her own life at the age of 20.

“Defendant Maya Disney’s mom here...I was at the scene of the arrest. She called me immediately after the accident, which occurred near my house. I told CHP Officer Greg White as she was being arrested that Maya suffered from untreated mental illness. I warned him about the nature of her issues, and told him exactly what was going to happen...I asked him to allow me to accompany her to the hospital, and he told me to go home and let him do his job.

I can't help but wonder how differently things would have turned out... if the officer wouldn't have lied about the events of the evening, and instead of jail they sentenced her to rehabilitative counseling and classes. Or if the DA and/or the judge had taken even five minutes to review the more than 50 pages of written substantiation of her years-long psychiatric struggles that had been submitted, instead of blindly rejecting them.. Or if any of this would have been treated differently were she white. In her last days, Maya became hopeless and decided that no matter how hard she tried or how 'good' she was, she would never be viewed by society as a worthy human.

Maya loved gardening, art, astrology, hiking, and music. She always rooted for the underdog and stood up for people in the face of bullying or judgement. She would have been an incredible mother. She could have made a huge impact on this world. Instead, she's now just one among countless brown and black people who have been failed by our systems.”

Hear the full story from Maya's mom on the [Voices: River City Podcast](#)

COVID RENT RELIEF

The Sacramento Housing and Redevelopment Agency is offering the COVID-19 Emergency Rent and Utilities Assistance Program, learn how to apply [here](#).

Local nonprofits and community organizations have partnered with the state to assist folks with the application process for rent relief. Find a local network partner to help with the process by going to [Housing.ca.gov](https://www.housing.ca.gov)

Select your county from the drop down menu or call **833-687-0967** for assistance in another language, to get help to see if you're eligible, help you fill out an application, or schedule an appointment with an organization near you.



MUTUAL AID SPOTLIGHT

Cell Block 2 City Block is a local organization focused on stopping the “revolving door the system labels ‘recidivism’” within the prison system. Their vision is “to build solidarity between cell block and city block as a means of combating the prison industrial complex.” The organization focuses on three areas of community support: service, education, and advocacy. Their service centers around improving material conditions of the community through mutual aid and assistance. They work with C.A.F.F.E doing outreach to unhoused community members as well as working with APTP Sacramento on jail support donating time and supplies to these critical services.

Cell Block 2 City Block has been very active around Black August in Sacramento. As part of their educational offerings they have hosted community discussions, lectures, and events. Printable learning materials are available on their website [here](#). They are also integral in demanding justice for Antonio Thomas who died from negligent care in the Sacramento County jail. Cell Block 2 City Block has worked to get the correct and complete narrative out about what happened to Thomas and you can read more about that [here](#).

If you would like to learn more and keep up with their latest offerings follow them on [Instagram](#) and visit their [website](#).

LOOK BACK AT IT

“**Black August** is honored every year to commemorate the fallen freedom fighters of the Black Liberation Movement, to call for the release of political prisoners in the United States, to condemn the oppressive conditions of U.S. prisons, and to emphasize the continued importance of the Black Liberation struggle.



Photo of George Jackson taken at San Quentin Prison, November 5, 1970

George Jackson was a Field Marshal of the Black Panther Party while he was incarcerated in San Quentin Prison in California. Jackson was an influential revolutionary and his assassination at the hands of a San Quentin prison guard was one of the primary catalysts for the inception of Black August.

A 19-year-old convicted of armed robbery, in 1961 George Jackson was sentenced to a prison term of “1-to-life,” meaning prison administrators had complete and arbitrary control over the length of his sentence. He never lived outside of a prison again, spending the next 11 years locked up (seven and a half years of those in solitary confinement). In those 11 years—despite living in an environment of extreme racism, repression, and state control—George Jackson’s political fire was ignited, and he became an inspiration to the other revolutionaries of his generation.

While the particular circumstances of Jackson’s death will likely forever remain contested, two facts are clear: his death was ultimately a political assassination, and his revolutionary imprint can’t be extinguished. Through the efforts and sacrifice of George and Jonathan Jackson, Nolen, McClain, Christmas, Magee and countless other revolutionaries, the 1970s became a decade of widespread organizing and political struggle within prisons. Prisoners demanded an end to racist and violent treatment at the hands of prison guards, better living conditions, and increased access to education and adequate medical care.”

Read the full article at [Liberation School](#)

UPLIFTING ARTISTS



Our Mother's Shoulder
by Verónica Kovats Sánchez

See more of her work and upcoming exhibits on her website
www.veronicakovatsart.com

Verónica Kovats Sánchez is a Sacramento based artist who showcases her proud Mexican heritage and love of nature in her mesmerizing portraits of women that are sensitive yet ethereal, empowering. As a child her parents would take the family to art museums in Mexico, where Sánchez fell in love with the art of Frida Kahlo. Her passion remained fervent as she pursued a degree in art at Sacramento State. After graduation, she stayed local to become a full time artist and hasn't looked back since.

"I've always been captivated with capturing the moods or feelings that Frida would portray. So I wanted to do that in my work. I combine a lot of nature because a few years ago I was in a pretty bad spot. I was really depressed until I got therapy and got put on some medication and began feeling better. That's where the start of all this flourishing nature work comes from, I felt like I was growing."

Sánchez will be at NorCal Resist's [Raza y Rolas: Festival Familiar](#) selling her prints on Saturday, September 25 along with other local creators, vendors, and musicians.

"I hope people can be more respectful towards artists. I don't feel people really see art as a possible career path and it's frustrating...I think art can bring a lot of positivity to peoples lives, and help with emotions. I hope in the future I can inspire other Brown women to be like 'Oh, she's doing it I can do it too'...I hope I can inspire people to see the beauty in the world and make them aware that other people of color exist."

WHAT TO DONATE:

- Dried goods (rice, beans, fruit, oatmeal)
- Soup packets
- Peanut butter
- Homemade treats (include ingredients list)
- Cereal
- Meal replacement bars
- Pretzels, crackers, chips
- Tea, coffee, hot chocolate
- Can openers
- Menstrual products

COMMUNITY PANTRY AND FRIDGE LOCATIONS

Pantry

Midtown 1617 25th St
Sacramento, CA 95816

North Old Sacramento
425 Lampasas Ave
Sacramento, CA 95815

Powerhouse Alley
25th & P St Sacramento,
CA 95811

Fridge (pantry included)

Oak Park 3349 44th St
Sacramento, CA 95817

South Sac 2860 Florin Rd
#D Sacramento, CA 95822

Mansion Flats 1322 F St
Sacramento, CA 95814

Oak Park 4200 4th Ave
Sacramento, CA 95817

Midtown (mini) 1322 F St
Sacramento, CA 95814

MENTAL HEALTH FIRST TIP OF THE MONTH

Did you know there are multiple ways of resting that you need? Shutting your mind down to sleep can provide some rest, but it's just one of the seven forms of rest that help us to function as humans.

To truly be recharged you need physical, mental, social, creative, emotional, spiritual, and sensory rest.

Types of Rest:

- Walk through nature (creative)
- Permission to not be helpful (social)
- Something "unproductive" without technology (sensory)
- Stretch for 15 minutes (physical)
- Read a good book in solitude (creative)
- A break from responsibility (mental)
- Offload your feelings to a willing listener (emotional)
- Practice your religion or meditate (spiritual)
- Time away (all)



M.H. FIRST
COMMUNITY FIRST RESPONSE

(916) 670-4062

Friday - Sunday, 7pm to 7am.

Follow on Twitter @MHFirstSac

RADICAL ROOTS

Sidewalk Rage

I'm not sure why but it's taken forever for me to write this poem
I hope to remember all the pieces
But I've developed a new condition
One that's come from age/I can no longer take the shit I once did
And there's a part of my condition that comes from gentrification
And cell phone use
Living amidst tech zombies
And their general fear and hatred of People of color

My condition is called sidewalk rage
Kind of like road rage
But comes when walking down the street and there's some millennial
Who has just moved into the neighborhood
who thinks its theirs
a little grown ass white girl who in broad daylight feels a dark presence
walking behind her
it's me/minding my own business and she gets so panicked and paralyzed
she stops walking and holds her purse
with my new condition I yell
If you don't want to live around Black people, get the fuck out of the
neighborhood!
She is shocked.

Or in another scenario:
You see random white women on their phones
Standing in a doorway completely blocking it
Because you know only they exist
And you're like HELLO, HELLO
Yes, all these years I thought I was still a small town girl and then suddenly
with my sidewalk rage, I'm a bonafide New Yorker
like the ones you've seen on bicycles banging on the hood of a taxi cab
that tries to cut them off

My person with sidewalk rage is a character of their own
Where once I was silent
Recently I confronted a man who was blocking my path/crossing the street
He had his head down and almost rammed into me
I sucked my teeth loud and shouted HELLO HELLO
He was so angry I'd confronted him he yelled, "Suck my dick"
I started to yell something profane but I stopped myself
And then I was in the subway/going downstairs and a white man rammed into
me
on the phone,
My sidewalk rage kicked in and thought for a second to sneak behind him
And kick him down the stairs,
That's my sidewalk rage/ I stopped myself.

I don't know who this person is in me who would never speak up for herself
Was always soft and vulnerable
Who's been at various times pickpocketed, blasphemed/body slammed,
ransacked, ridiculed
Who now has a voice

By Pamela Sneed

Interested in volunteering with M.H. First? Then mark your calendar for the next
First Responders Training
Saturday, September 18
11am to 5pm

Register on [Eventbrite](#) to receive a Zoom link before the event.
The training will cover basic crisis intervention strategies, basic first aid, Narcan use, and other skills to assist volunteers of M.H. First.
For more details go to the [APTP Sacramento Events Page](#).



This month's **Recommended Reading:**

Blood in My Eye
by George L. Jackson

You can get a PDF copy for free during August from the [United Black Library](#)

Just add to cart and follow the check-out process (they'll ask for your email address so they can send the download link)