

ANTI POLICE-TERROR PROJECT SACRAMENTO

JULY 2021

MONTHLY NEWSLETTER

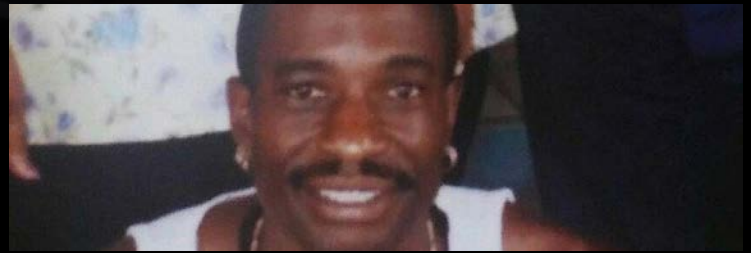
UPCOMING ACTIONS

- 7/10 Free Community [Dance Party and Mixer](#)
- 7/10 Visibility Through Art: [Destruction of the Land | Destruction of the People](#)
- 7/11 Sacramento's only Black organized farmer's market - [Sankofa Market](#)
- 7/11 Community Ready Corps 5 Methods to Divest of White Power & Weaponize White Privilege [Webinar](#)
- 7/15 [APTP General Meeting](#)
- 7/18 NorCal Resist [Brake Light Clinic](#)

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

Joseph Mann was born in New York state in the mid 1960s and was one of six siblings. The family moved to the Sacramento area in the mid 1980s seeking better job opportunities.

He was a college graduate and had several successful careers in his adult life. Upon moving to Sacramento he began working at a local supermarket and then became a counselor for the California Department of Corrections and Rehabilitation. In remembering him, his siblings described his interest in politics and economics.

In his final five years or so Joseph began to struggle with mental health issues, drug use, and was unhoused at the time of his death. It was a mental health episode that put him in fatal contact with the Sacramento Police Department on July 11, 2016.

Neighborhood residents originally called law enforcement out but instead of helping, Mann was nearly struck by a police vehicle twice. Soon after he was shot 14 times, all while his hands were raised. His family was distraught by their loss and filed two wrongful death claims, only one of which was awarded damages.

Once again, the death of a Black man at the hands of law enforcement painfully highlights the need for services to help people struggling with mental health, drug use, and lack of housing. With the proper care available and accessible, as well as quality, affordable housing Joseph Mann would be here in our community today.

COVID RENT RELIEF

Get help with learning your rights as a tenant, how to fight evictions, and assistance with applying for various government aid from [Alliance of Californians for Community Empowerment](#)

The Sacramento Housing and Redevelopment Agency is offering 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](#)

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



MUTUAL AID SPOTLIGHT

Did you know that nearly 70% of people in the Sacramento County Jail are not sentenced? They are simply waiting for trial, most of them too poor to pay their bail.

DECARCERATE SACRAMENTO

Over 50% of people in the jail are diagnosed with a mental illness yet do not receive treatment while incarcerated. And 37% of people in jail are Black, while outside they are only 11% of Sacramento's population, a gross over representation.

These are some of the intersections of race, health, and economic class within the criminal justice system in our city that Decarcerate Sacramento is looking to address and fix. Decarcerate is "a coalition working to end jail expansions, decrease jail populations, and shift county funds away from policing and incarceration towards community-based systems of care that actually keep the public safe."

They recently had a big win stopping the County Board of Supervisors from approving a massive \$2M jail expansion project. If you are interested in joining their efforts to improve conditions in our jails while also decreasing the jail population and working to push funding of programs that lead to real public safety, check out their [website](#), and follow them on social media. ([Instagram](#) and [Facebook](#))

LOOK BACK AT IT

On July 26, 1990, the Americans with Disabilities Act (ADA) was signed. While many celebrated, only Boston, Massachusetts hosted the first Disability Pride Parade. The celebration lost momentum after a few years. Then in 2015, New York's Mayor acknowledged the month of July as Disability Pride Month to align with the 25th anniversary of the ADA. The disability community has since adopted the month of July globally.

"Many abled people hold the assumption that disability is always negative and visible. Opinions differ, but many disabled people are proud of their disabilities and experiences and enjoy being disabled. Being disabled is an identity that deserves to be celebrated with a community. Disability Pride can also help connect communities to discuss important issues related to ableism and inaccessibility."

- [DisabilityTogether.org](#)

The Disability Pride Flag:

The Black Field:
A colour of mourning for those who have suffered from Ableist violence, and also rebellion and protest.

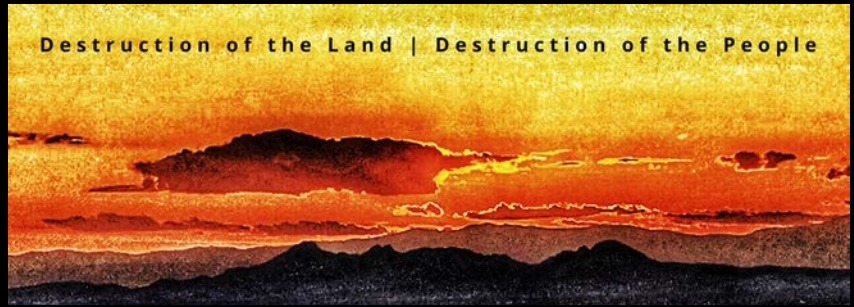
The Zigzag/Lightning Bolt:
How disabled people must navigate barriers, and the creativity in doing so; breaking free from normative authority and body control

The Five Colors:
The variety of needs and experiences (Mental Illness, Intellectual and Developmental Disability, Invisible and Undiagnosed Disabilities, Physical Disability, and Sensory Disabilities)

The Parallel Stripes:
Solidarity within the Disability Community and all its differences.

UPLIFTING ARTISTS

The California Heritage: Indigenous Research Project is holding its 5th annual Visibility Through Art campaign. This year for the first time it is being held in their very own space, the 'Uba Seo: Nisenan Arts and Culture Gallery!



“The art event was conceived to open and engage in conversation about this land and its Native People, the Nisenan. Much of today’s conversation revolves around the gold rush and our community doesn’t know about the ancient Native American society of people who lived here long before the coming of the pioneers and settlers. Visibility Through Art will bring together artists who will create works either discussing the Nisenan, the landscape or the animal/plant beings that also thrived here before 1849. It is difficult to openly talk about the near genocide of the Nisenan. Let us bring these conversations to light utilizing art as the conduit. This event will promote visibility of this important issue and expand conversations.”

The exhibit will be available until August 29th. The gallery is open Thursday through Sunday, 12pm-4pm and located at 225 Broad St, Nevada City, CA 95959-2501. Admission is free but they do have an online fundraiser if you would like to support the art: gofundme.com/f/uba-seo-grand-opening

COMMUNITY PANTRY AND FRIDGE LOCATIONS

WHAT TO DONATE:

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

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

The wonderful folks behind SacFridgeForAll are taking a break as of June 9 but you can still see updates to fridge and pantry locations on their Instagram stories [@sacfridge4all](https://www.instagram.com/sacfridge4all) or learn how to host a fridge at linktr.ee/sacfridgeforall

MENTAL HEALTH FIRST TIP OF THE MONTH



Nedra Glover Tawwab is a therapist and author who offers thoughtful, genuine advice for navigating boundaries, relationships, and self-esteem. Her Instagram is filled with wonderful resources. While it is no substitute for having access to your own therapist, her page can help. Follow her [@nedratawwab](https://www.instagram.com/nedratawwab) for tips and daily reminders.

A little secret from a therapist

You aren’t a “natural” at many things. Stop trying to start everything with the expectation of being an expert. Take the time required to improve. True, it’s uncomfortable not being “good” at something. But it’s likely taken time for you to get good at most things.

Repeat after me

I don’t have to be an expert right away.
 I can learn new things.
 With practice, I will get better.



M.H. FIRST
 COMMUNITY FIRST RESPONSE

(916) 670-4062
 Friday - Sunday, 7pm to 7am.
 Follow on Twitter @MHFirstSac

RADICAL ROOTS

REMEMBRANCE

After "Still I Rise" by Maya Angelou

the poet remembers a sonnet turned storm.
the day survival became the sharp melody
of hope soaring like the ashes of an urn
forsaking your wicked eulogy at the door.

we rewrite the lines.

i remember painting sunrays onto my skin
where your scars have begun to fade.
in the smoke i send my tortured twin.
in the sky is where i remain.

we realize our lies.

the poet remembers an ocean blooming from dawn.
how seeds violently thrown
at the wind can still yawn
wide and well into the shining unknown.

we repair these lights.

i remember the spines you stole
and the bones you played
when you tried to fold
my unlatched mouth beneath your blade.

how the poet too remembered my
whetted words:

you will not storm.
you will not scar.
you will not shine.

we reclaim our lives.

you remember to fear the thrum
of what was born in the dark.
all of what became of this trembling time.
the husk of history becoming.

you remember the falling leaves
as civilizations bloom from the wound of crimson heroes.
the stubborn blood clinging to the ground.
how it remembers the damp of their footsteps.
the sound of seafoam singing at the shore.
the whisper of arrival.

we bleed.
we remember.
we rise

by Meera Dasgupta

This month's **Recommended Reading:**

How the Word Is Passed: A Reckoning with History of Slavery Across America
by Clint Smith

Consider ordering from your favorite local, independent bookstore either directly or through [bookshop.org](https://www.bookshop.org)

