

“Love Letters to Our Bodies” – A Supportive Workshop for African American Women Cancer Patients & Cancer Survivors

Cancer is a scourge in the African American community. African American/Black individuals have a disproportionate cancer burden, including the highest mortality and the lowest survival of any racial/ethnic group for most cancers.

The incidence of cancer in the U.S. is highest among African Americans. According to the American Cancer Society, “about 224,080 new cases and 73, 680 cancer deaths are expected to occur among Black people in 2022.”

As it relates to cancer, African Americans have poorer health outcomes. For instance, statistics from the National Cancer Institute’s “Surveillance, Epidemiology, and End Results Program” reveal that:

- Blacks/African Americans have higher death rates than all other racial/ethnic groups for many, although not all, cancer types.

- Despite having similar rates of breast cancer, Black/African American women are more likely than White women to die of the disease.

- Hispanic/Latino and Black/African American women have higher rates of cervical cancer than women of other racial/ethnic groups, with Black/African American women having the highest rates of death from the disease.

When confronted with a cancer diagnosis, patients often experience a range of emotions, including terror, grief, anger, depression, helplessness, hopelessness, and a sense of betrayal by the body.

“We all carry stories in our bodies,” said Gwendolyn Mitchell,



Gwendolyn Mitchell



Melbra Watts

ell, Reiki Master and Chief Executive Officer of Moyo Institute, Inc., who will facilitate the workshop. “But seldom do we make the connection between these stories and our overall wellbeing. This is particularly true for African Americans who are carrying both generational and personal trauma,” Mitchell continued. “In Love Letters, we gently unpack these stories so participants can move forward in their journey unburdened.”

Love Letters to Our Bodies is a free contemplative workshop for African American Women currently living with cancer or who identify as cancer survivors to explore themes related to how they experience their bodies, stories they tell themselves, how that has changed since their diagnosis, and how they engage in self-care. The workshop is made possible by a grant from the Lloyd Symington Foundation.

African Americans in the US have a complex and nuanced relationship with our bodies due to historical and contemporary factors, including access to care, quality of care, access to information and limited economic resources. The women who attend

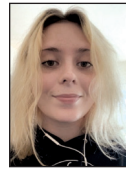
the workshop will be supported gently through each process of uncovering stories in the body. These stories when surfaced will inform the next steps including acceptance, forgiveness, and the creation of Love Letters to their bodies.

“At Charlotte Maxwell Clinic, we provide low-income women with cancer the opportunity for improved health outcomes and quality of life by providing free access to compassionate, integrative care, said Melbra Watts, Executive Director. “Moyo Institute’s Love Letters to Our Bodies workshop gives our clients a supportive experience of the mind/body connection and compassionate relief from the day-to-day strain of dealing with cancer.”

Charlotte Maxwell Clinic in Oakland, California, where the Black/African American population is estimated at 23.75%, is one of two onsite venues for the workshop. The other is the Smith Center for Healing and the Arts in Washington, D.C., where Black/African Americans comprise about 46.9% of the

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Climate Despair and the Rise of the Doomers



By Sarah Clemens

It’s Earth Month, and the movement to let earth die has never been stronger.

“Doomers” are people who believe climate change is irreversible and society as we know it, will soon collapse. The term may be recent, but it’s flourished in online communities like the subreddits r/collapse, /doomer, r/preppers, and /bugout.

Posts on these forums are endlessly fatalistic. The top post, for example, on r/doomer begins, “[s]ometimes I wonder how we are not all walking around in a state of pure unquellable panic.”

On r/preppers, there’s a weekly thread for people to share what they did “to prepare.” In the comments, people share anecdotes of buying ammo, dehydrating pineapples, and stockpiling canned goods.

There’s also r/bugout, a subreddit named after the term for military retreat. Here, people share pictures of their “bugout bags” and judge how prepared they are for “when s**t hits the fan.”

On the flip side, you have r/collapse users, who post memes captioned, “me listening to people talking about net zero carbon by 2050 being enough when I know we’re completely f**ked already.” They crack jokes about a bygone future, a self-imploding civilization.



While these groups may not be mainstream, they’re not small either. A 2021 Yale survey concluded that 70% of Americans experience “climate depression.”

Noah Oderburg, a scientist located in California, used the term “pre-PTSD” and said, “it’s not a trauma that’s already occurred. It’s a fear of a future trauma.”

The Intergovernmental Panel on Climate Change (IPCC) released a report on global warming on April 4. Jim Skea, IPCC co-chair, said it was “now or never, if we want to limit global warming...without immediate and deep emissions reductions across all sectors, it will be impossible.”

Three days later, four climate activists chained themselves to a JP Morgan Chase Building as an act of protest against the bank’s funding of fossil fuel projects. “The scientists of the world have been being ignored, and it’s got to stop,” said scientist

Peter Kalmus in a video. He promptly breaks into tears.

The “doomer” movement is not without detractors who see it as too negative. At the 2019 United Nations Climate Change Conference, climate advocate Greta Thunberg said, “You have stolen my dreams and my childhood with your empty words.” She spoke bleakly of reality, but also of hope for the future: “The world is waking up. And change is coming, whether you like it or not.”

Hank Green, an author and science communicator with a large online following, recently posted a TikTok about the subject. In the video, he says that while he’s “very worried” about climate change, it “pisses” him off to see people say humanity is doomed. “I’m 41 years old. I’ve been working on this since I was f**king 18. We didn’t let hopelessness eat us then, and I’m not gonna you let hopelessness eat you now.”

HAPPY Mother's DAY 2022
from **Bro. Richard Johnson & FORMALLY INCARCERATED GIVING BACK**

GIVEAWAY: SAT, MAY 7th 12noon
Location: De Fremery Park (corner of 16th & Adeline).
Look for RED BALLOONS

Mother's Day is another opportunity for us to give back to the dedicated Mother's in our community. Through the efforts of Formally Incarcerated Giving Back, Inc. and their community partners, we are distributing gift sets to the first 100 Mothers who email their names with a valid phone # to fatjohns28@gmail.com. We will confirm your registration and send you a confirmation email.

We give a shout-out to some of our community partners who made this event possible:
Redemption Center Ministries • Jonathan Jones • Phatt Chance • Elmo Dill
Oakland Post Newsgroup • Bill Haney • Paul Redd of F.I.R.E.
Jewel Harrison • Rueben Williams • Cardi Taylor
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LEGALS LEGALS LEGALS

Turner
Request for Qualification (RFQ)
RFQ Period: April 27, 2022 – May 11, 2022

Turner Construction Company (Turner) is seeking qualified Subcontractors for the following project:
Gateway – University of California, Berkeley
UCB Project No. 12785A

Turner has been awarded the UCB Gateway project designed by Weiss Manfredi, Executive Architect Gensler and MEP by Interface, located at the former Tolman Hall site, bounded by Hearst Avenue to the north, Koshland Hall to the west and Morgan Hall and Wellman Courtyard to the east. The project gateway will span over Morgan Bikeway with new paving and planting to invite visitors into campus. This is a new 5-story, 374,590 square foot building hosting Berkeley's data science classrooms, seminar and core spaces on the lower level, while the upper five levels are dedicated to a mix of research labs, faculty and staff offices, workstations and collaborative meeting spaces. This project is seeking either LEED Gold or Platinum certification.

Trade Subcontractors who do not submit the pre-qualification information and are not pre-qualified will not be allowed to propose on the project.

Turner is currently seeking RFQs for the following Trade Packages:

Group	Bid Package #	Trade Package
3	9	Design/Assist Structural Steel
3A	11	Site Utilities
4	12	Metal Deck
4	13	Concrete
4	14	Waterproofing
4	15	Design/Build Metal Stairs (#2 & #5)
4	16	Personnel Hoist

Turner has a 20% UBE [MBE/WBE/DVBE/LGBTQ+] goal for this project.

University Project Reference: <https://capitalstrategies.berkeley.edu/gateway>

For information on how to Pre-Qualify with Turner, please contact Tim Galvin – Subject: UCB Gateway at the following email address: projectreach@tcco.com

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Marina Security Services is celebrating 25 years of providing security to clients in the San Francisco Bay Area and across California

The *San Francisco Business Times* recognized Marina Security Services for two consecutive years (2020,2021) as one of the fastest growing African American Businesses in the San Francisco Bay Area

“Increasing safety and building community trust”



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Black Mental Health Part 2:

“COVID-19 and White Supremacy, Creating Our New Normal”



By Tanya Dennis

With the global COVID-19 pandemic, everyone knew the world would never be the same. For some, COVID-19 has provided an opportunity to correct a society filled with bias, inequality, and meanness.

For Dr. Wade Nobles, long-time scholar/activist, and co-founder of the Association of Black Psychologists, “This is our time of reckoning. It is a time to redo what we have always done, sometimes under the radar, always in opposition to White supremacy. This is the time for Black people to interlock, reconnect and heal our community without European influence.”

Dr. Nobles, the Bay Area Chapter of the Association of Black Psychologists, and Oakland Frontline Healers are bringing together the best minds and calling on every sector to join them in the development of African American Wellness Hubs and an African American Healing Center in Oakland.

“Restoring wellness is to make the whole well. It is to connect everything and everyone in life affirming ways throughout the entire African world. Our way of being well and whole were well established in our past. In the past we gathered and found solutions collectively. Remember rent parties, Sunday church special offerings to send a child off to college or visiting the sick and shut in? These are our examples. In our way, personhood, familyhood, neighborhood, peoplehood, all the “hoods” are of equal importance. We can’t have a sick community and think our people will be well.”

Nobles and colleagues, after surveying and talking with Black people in Black communities across the nation, designed a detailed written plan for an African American Wellness Hub Complex. They envision a hub that is linked spiritually and psychologically, as a place where wellness and wholeness is real and ethnically authentic. Nobles said, “In many places our children are failing in school, many of our



Dr. Wade Nobles

children are feeling they have no value, are being demeaned and assaulted. We need to take charge of these places. If teachers don’t love our children, they cannot ignite in them a desire to know and a passion for learning. If law enforcement doesn’t have high regard and deep respect for Black people, they will never understand that to ‘serve and protect’ means to be life affirming in what they do.”

“A big part of our new normal is to have in our thought, beliefs, and behavior the best of our wisdom, traditions and restorative practice available. This means to have in place living learning laboratories that are unapologetically devoted to our wellness, e.g., a wellness hub complex with healing centers. To have an exceptional and extraordinary place to bring people together and take them from hostile angry dis-at-ease producing places to places where we can work in harmony, create in dignity, and live to inspire life and ways of being that is affirming.”

Alameda County has stepped forward and is committed to establishing a Black Mental Health facility in partnership with the Association of Black Psychologists. The Association is grateful to Alameda County but notes four or five locations are necessary considering the amount of damage and illness that needs to be undone in the Black com-

munity.

Nobles says, “We must create a space, place and time that is guided by an African American wellness narrative that is awe-inspiring.” As an example of how important space is, he notes, “We tried to escape the blight and poverty of the inner city and move out to the suburbs, but all we did was go from inner city hostility to outer city hostility in the white enclave. At least in the inner city, our children didn’t lose their point of reference of belonging in the neighborhood or church. Healing spaces and places must be grounded in life affirming worldview and culture.”

“We must rescue and refine the best of Black ways. Look at our historical grandeur. We once imagined the great step Pyramid before there was a pyramid. How did we do that? Black people lived through over four hundred years of rabid, hostile, savage, dehumanizing yet never became rabid, hostile, savage dehumanizing people. Our way, our worldview, our narrative, our normativity is what allowed us to do this. This is what we need to revisit. We need a wellness place in our Black community where people can “imagine the better.” A place where we can dismantle the ill and wrongfulness and recreate a vibrant affirming life spirit.

According to Dr. Nobles, “our new normal is the old African normal, where Black people inspired greatness just by living well and whole. Black people are a people of caring, sharing and daring. Our way was to care for our people, to share what we have, and to dare to be free. Our history records us having sacred places in nature where we would go to re-create our spirit of wellness. We need those places today and that’s why we need an African American Wellness Hub and healing centers.”

Survive and Advance: Youth ALIVE! Honors National Crime Victims’ Rights Week



Youth ALIVE! and communities impacted by violence and incarceration are uplifting the 2022 National Crime Victims’ Rights Week through events and advocacy.

“We are honoring National Crime Victims’ Rights Week by pushing for policy solutions that provide victims and survivors with the mental, emotional, and financial support they need to recover from their trauma,” said Gabriel Garcia, policy and advocacy director at Youth ALIVE!. “We rely on their voices and stories to guide our policy priorities.”

Based in Oakland, Youth ALIVE! is a community organization preventing and responding to violent crime. In the last year, the group has worked with over 500 shooting survivors and family members of homicide victims through innovative hospital-based violence intervention, violence interruption, mental health, and crisis response and support programs.

Since 1981, the U.S. Department of Justice has recognized National Crime Victims’ Rights Week. This year’s theme is “Rights, access, equity for all.”

ensure that communities that are disproportionately impacted by violence, poverty and racism, receive the support for victims that they deserve.

Youth ALIVE! is sponsoring three bills in the California State Legislature that would expand support for victims of violent crime:

Senate Bill 993, authored by Senator Nancy Skinner who represents Oakland in the California State Senate, would improve access to support and services for crime survivors and increase the financial support a survivor can receive. In addition to removing barriers for survivors, this bill would also allow community-based organizations to provide direct cash assistance to violent crime survivors to minimize the administrative hoops clients must go through in order to receive support.

Senate Bill 299, authored by Senator Connie Leyva (D-Pomona) would allow victims of

Victim Compensation Program (CalVCP). This bill would also address specific ways the families of homicide victims can be denied resources and services based on the contents of a police report.

Assembly Bill 1929, authored by Assemblymember Jesse Gabriel (D-Calabasas), would create a Community Violence Prevention and Recovery Program within the state’s Medi-Cal system, so victims and survivors with Medi-Cal can receive violence intervention services, like Youth ALIVE!’s Caught in the Crossfire program, which address the ongoing service needs of traumatized victims as they get back to life and confront the sometimes debilitating effects of their trauma.

In the past year, Youth ALIVE! has also been working with the Oakland Police Department (OPD) and the Family Support Advocacy Taskforce to introduce more trauma-informed policies and practices within the department. This year, OPD will institute a trauma-informed training led by Youth ALIVE! staff and former clients, where officers will be able to understand how their interactions with victims and survivors impact their ability to recover and heal.

Love Letters Workshop cont’d

A Supportive Workshop for African American Women Cancer Patients & Cancer Survivors

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population. “We are excited to make the Love Letters to Our Bodies workshop available to community members in the Washington metropolitan area,” said Lisa Simms Booth, Executive Director of Smith Center for Healing and the Arts, whose advocacy journey began when her mother was diagnosed with ovarian cancer in 2003. “The workshop aligns perfectly with our mission of providing programs and resources that support a journey of healing and finding wholeness and gives us an opportunity to let the African American communi-

ty know about the array of supportive services available here.”

Select Love Letters will be in a booklet and recorded for workshop participants. There are three ways to participate. In addition to the workshops in Oakland and the District of Columbia, the workshop will be offered online for African American women throughout the nation.

WORKSHOP LOCATIONS & DATES:

OAKLAND, CA - Tuesday & Wednesday – May 3 & 4, 2022, from 11 a.m. to 3 p.m., Pacific

Charlotte Maxwell Clinic, 411 30th St., Suite 508, Oakland

(limited space for in person attendance)

WASHINGTON, DC – Saturday & Sunday – May 14 & 15, 2022, from 2 p.m. to 6: p.m., Eastern

Smith Center for Healing and the Arts, 1632 U St., NW, Washington DC 20009 (limited space for in person attendance)

NATIONWIDE- ONLINE – Saturday & Sunday, June 11 & 12, 2022, 11 a.m. to 3 p.m., Pacific; 1 p.m. -5 p.m., Central; and 2 p.m. -6 p.m., Eastern

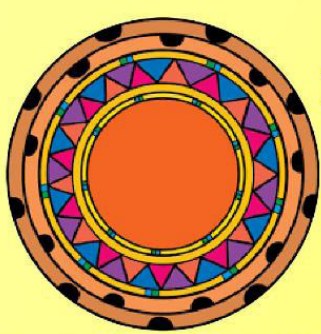
For registration links and more information, go to : <https://bit.ly/MOYO-LOVE-LETTERS>



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Fruitvale Transit Village

“JOB FAIR”

Thursday, May 5, 2022

1:00 p.m. – 4:00 p.m.

The Fruitvale Transit Village Plaza, 3301 E. 12th St., Oakland CA 94601

Come be a part of this EPIC event! Support the local vendors and listen to Mariachi...Parking is limited, public transportation encouraged!



Click link to register → [Job Seeker RSVP to Hiring Event form](#) or Scan QR code



Questions? Email – Germaine Davis at gDavis@oaklandpic.org

Sponsors - District 5 Council Member Noel Gallo, Oakland Private Industry Council Inc., The Unity Council & Partners



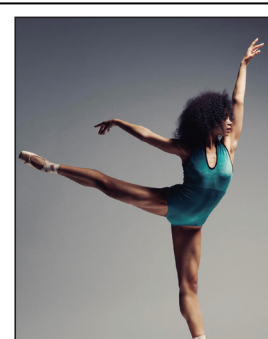
Anna Olga Albertina Brown, the Soaring Miss LaLa
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Four Seasons Arts Honors Founder Dr. W. Hazaiah Williams With Annual Concert
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Oakland Mourns the Passing of Gladys Green, 98
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Oakland Ballerina Angela Watson in Swan Lake
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See Pages 5 & 9 re Love Letters Workshop

Oakland Post

"Where there is no vision, the people perish..." Proverbs 29:18

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postnewsgroup.com

Weekly Edition, April 27-May 3, 2022

58th Year, No. 45

Opinion:

Fund All Pending Homekey Projects to House the Homeless Now



By Rebecca Kaplan

California is facing a housing crisis with housing costs exceeding growth in wages, and inadequate housing supply, particularly for low-income households. In California, approximately 2.5 million low-income households lack adequate affordable housing.

The high cost of housing is a significant contributing factor to California's homelessness crisis. This causes many challenges, as homelessness has long-term and serious consequences to people's health and safety. As of the last point-in-time count, California has approximately 161,500 individuals experiencing homelessness, which represents 20% of the total homeless population in the country. This statistic is even more stark given that California's overall population only represents 12% of the country's total population.

In response to the mounting challenges around homelessness, California launched its Homekey program, allocating funding to local public agencies and community organizations to buy available buildings, which can be used to immediately house people

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Teachers and community rally against budget cuts and school closures. Photo courtesy of CTA.

Teachers and Port of Oakland Workers Strike Friday Against School Closures and Billionaire Fisher's Port Deal

OUSD Supt. Johnson-Trammell says teacher strike is "illegal" but urges students to stay home on Friday

By Ken Epstein

Oakland educators and Port of Oakland longshore workers are holding simultaneous one-day strikes on Friday as a city-wide movement continues to grow in response to billionaires and gentrifiers backed by elected Democrats seeking to close as many as half of the city's public schools and give away public funds and public

land to build a \$12-billion real estate deal and baseball stadium at the Port.

The strikes, as well as rallies and a march, were proposed by a new coalition, Schools and Labor Against Privatization (S.L.A.P.) composed of rank and file educators, members and leaders of ILWU Local and community members to oppose the privatization of public assets and the accelerated dis-

placement of Oakland's Black, Latino and working class residents.

Keith Brown, president of the Oakland Education Association (OEA), announced the educators' work stoppage at a press conference on Tuesday. He said an overwhelming 75% of OEA voting members voted to authorize the one-day strike

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Xi Gamma Omega Raises \$40,000 for Scholarships to 22 Oakland Students for Chapter's 40th Chapter Anniversary

The Xi Gamma Omega Chapter (XGO) of Alpha Kappa Alpha Sorority, Inc. achieved a major milestone raising and awarding \$40,000 in scholarships in honor of the chapter's 40th anniversary.

"As the premiere community service organization for the city of Oakland, we strive for our volunteerism to have a life-long impact on the quality of life for residents. Our program serves as a vehicle to unlock the potential of the Oakland Community," said Dr. Kimberly Mayfield Lynch, XGO's president.

Early in Dr. Mayfield Lynch's tenure, she challenged



Dr. Kimberly Mayfield Lynch

members of the chapter to support fundraising efforts for these scholarships, and under her dynamic leadership the goal was achieved.

The major milestone of rais-

ing over \$40K during a pandemic is historic, with special thanks to fundraising Chairs Kendra Brown and Misty Gaither for leading our fundraising and exceeding expectations. This occasion marked the very first time that XGO has raised this amount of funds during a single fundraising event, according to a media release.

To further commemorate this achievement, the XGO Scholarship Committee, co-chaired by Ora Anderson and Tonya Jones Allred, guided the committee in the selection

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Is Religious Freedom Free?



By Rev. Dr. Martha C. Taylor

The late Fannie Lou Hamer said, "If I am truly free, who can tell me how much of my freedom I can have today?" That is the question that The United States Supreme Court wrestled with last week in the case of Joe Kennedy, who was fired by the school board in Washington State for praying at the 50 yard line after the high school football game ended.

Kennedy defended his position saying the school board violated his rights to free speech and the freedom to exercise his religion. Kennedy, a Christian, said he felt compelled to give thanks through a silent prayer at the conclusion of each game.

In 2019, a federal appeals court ruled that the school board in Washington State was correct when it fired Coach Joe Kennedy for praying publicly. A judge of the Ninth Circuit said, "A coach's duty to serve as a good role model requires the coach to refrain from any manifestation of religious faith — even when the coach is plainly not on duty."

Where does freedom start and stop? Kennedy's case has sparked controversy, landing in the Supreme Court this past week debating just how far can a person express religious freedom in public spaces.

On June 25, 1962, the Supreme Court decided that praying in schools violated the First Amendment by constituting an establishment of religion. The following year, the Court disallowed Bible readings in public schools for similar reasons.

Long before the Supreme Court's ruling in 1962 and the current Kennedy case, we are reminded of a very dark period in U.S. history; it was legal that enslaved Africans were forbidden to express religious freedom in any form including reading, writing and praying.

The late Dr. Albert J. Raboteau, an African American scholar, gave meaning to what Africans had to endure to wor-



Fannie Lou Hamer

ship. The hush harbors, known as the invisible church, was a secret worship place built with tree branches in the deep woods out of ear and eye sight of slave masters. The secret call to worship used codes. One such code was the spiritual, "Steal Away to Jesus." If enslaved Africans were caught worshipping, they were subjected to vicious beatings or could be murdered for exercising religious freedom.



Colin Kaepernick

During the secret worship, the African preacher sermonized how God delivered the Hebrews from slavery to freedom. The ancestors believed and trusted that the same God who told Moses to go down in Egypt land and let my people go was the same God that was going to set them free. The enslaved Africans practiced their African rituals knowing the spirit of the ancestors was with them, encouraging them, that slavery was not their destiny. C. Eric Lincoln reminded us in the epic book "The Black

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Fruitvale District Job Fair



Aliza Gallo (left), Strong Native Workforce (Representing District 5 Councilmember Noel Gallo); and Germaine Davis, Oakland Private Industry Council.

A Fruitvale District Job Fair will be held Thursday, May 5, 1 p.m. to 4 p.m. at the Fruitvale Transit Village. Aliza Gallo, of Strong Native Workforce and representing District 5 Councilmember Noel Gallo, with Germaine Davis, Private Industry Council, Inc. along with the Unity Council, are collaborating on this major job fair. Job seekers will be able to connect with many employers and resources. The Job Fair, accessible by public transportation, is within walking distance of the Fruitvale BART

OCCUR Offers Guidance to Nonprofit Leaders in the East Bay

By Lori Shepherd

Since the 1950s, OCCUR has been functioning as a catalyst for change in Oakland's marginalized and deprived communities, becoming a fixture in the East Bay region, focusing on cultural, social, and economic development in areas that need their expertise.

Idealism motivates the skilled and dedicated professionals and volunteers who have kept OCCUR relevant for decades. Over the years, the nature of the challenges they face have changed, as they are currently working to find solutions to homelessness, school closures, dwindling Black homeownership, and a lack of access to learning technical knowledge and skills that prevents members of underserved communities from finding suit-



Dee Johnson, Executive Director of the Lend A Hand Foundation and attendee of OCCUR & San Francisco Foundation's 'A Model Built on Faith' workshop series. Photo courtesy of Dee Johnson.

able employment. OCCUR was formed to assist people of color and other marginalized groups who have been most victimized by long-term inequalities of wealth and op-

portunity, and their dedication to that mission is reflected in their determination to evolve and grow.

Across the East Bay, community activists, nonprofit



Dee Johnson at one of Lend A Hand Foundation's many giveaway events. Photo courtesy of Dee Johnson.

professionals, neighborhood leaders, and families struggling to overcome difficult circumstances understand how

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