



# INDIAN VOICES

OUR 34<sup>TH</sup> YEAR

MULTI-CULTURAL NEWS GLOBAL NETWORK

JANUARY 2020

## Healing a Nation One Breath at a Time

### The Entrepreneurial Gumbi Gumbi World of Fabrizio Magnelli

It took the entire first decade of Fabio's life for him to unravel the cultural alienation; confusion and discomfort that consumed him as a child. Why was his name different from that of his parents? Why did he not fit in with the other children in his neighborhood and school? Why did he feel so different? He began to question his mother but never got a satisfactory answer. It was not until he uncharacteristically yelled and demanded an answer from his mother that she finally told him that he had been adopted when he was a baby. The cloud was lifted and gradually the unsettling news gave way to an inner peace replacing the confusion. However, that was not the end of his identity issues. As an adolescent he fell in with other marginalized misfit teens, indulging in risky behavior. Drugs and alcohol were his substitute family. Everybody else was into gangs. He learned that his birth parents had been from a Reservation in San Diego County. In an effort to discover or connect with his inner

self he started to socialize with his peers on the reservation in the area, where he says "I felt accepted and comfortably at home." The drug abuse continued however. Around the age of seventeen, he began to make pilgrim-

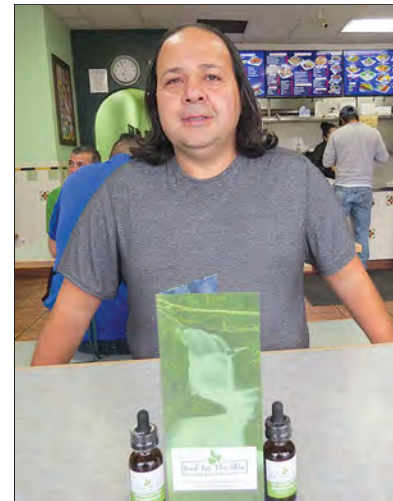
### POWER...

*...is the ability to define reality and to get others to act on that definition, as if it were their own.*

This is a definition of power that is used in the context of community organizing. This is the definition of power that was used, very successfully, for civic engagement. I think I have asked this before, but since I haven't seen much change in the Black community in the many years I have been in San Diego I will ask it again. Is the Black community of San Diego ready to be empowered?

African Americans, and by extension Africans are ascendent. By that I mean that the priorities and purposes of Black people, especially what are now

SEE **Power**, page 4



ages to Australia with his adopted father who took him on visits to his home of origin. The lifestyle in Australia did not alter the drug and alcohol abuse as drinking and was the order of the day and dysfunction the social backdrop.

Eventually, Fabrizio spent most of his time in a drug and alcohol induced

stupor. "There were many days that I could not remember where I was" he states. While cooking a meal he burned his arm badly. One of his friends from the local community took him under his wing and nursed him back to sobriety. He made a tea from a local plant call Gumbi. Remarkably the tea not only healed his burn but

SEE **Gumbi World**, page 11

### High Voltage Blessings

#### Labor Unions Shining a Light

by Rose Davis

Cristina Marquez and Pamela Harvey had never met each other before ... although they had been looking for each other. It was one of those mysteries of life orchestrated by the Creator of the Ancestors.

Pamela had reached a chapter in her life that provided few options for her future. She was a Native American unemployed single mom living with supportive relatives and haunted by insecurity. It was a condition that she was determined to overcome however the opportunities were not perceptible.

Being a strong-willed, focused woman she was a survivor who had overcome hardships in the past. She moved to San Diego to break away from a dysfunctional domestic living scene on the Reservation in Kayenta, AZ. She and her daughter were welcomed into the arms of a branch of her family who had relocated to San Diego by way of the Marine Corp. The

caring protective, indigenous love from her San Diego family provided surcease from the hostility of today's world however for Pamela, her life was far from ideal. The only solution for her was to be in a position to provide for her and her 14-year-old daughter, which in this capitalist world means a job. She heard about a California Indian Manpower Consortium (CIMC) Job Fair that was to take place at the Pala Reservation. She prepared herself to attend the event with a fortified spirit.

She explained "In my Navajo tradition I gathered corn pollen and prayed before the sun came up, asking for a door to open for me".

On a bright May Friday morning at the Pala Reservation, Pamela walked through



Pamela and Cristina working together united in spirit and dignity.

the doors to the Old Pala Tribal Hall with other job seekers looking to take advantage of the opportunities being offered by Native American Community Services agencies and some of the construction unions dedicated to their mission of placing Native Americans into apprenticeship programs and jobs

It was a dazzling smorgasbord to potential jobs.

Pamela circulated and surveyed each display.

It was when she approached the recruiting table for the Electricians Pre-Apprentenship Program facilitated by the (ETI) Electrical Training Institute and spoke with Cristina Marquez, Outreach Coordinator that she had a hint and spark that her prayers were about to be answered. Two Women who had been

SEE **Blessings**, page 12

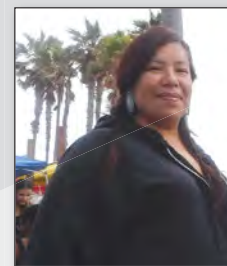
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# The Great Kumeyaay Nation Forging Alliances Moving Forward Honoring Tradition



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\*Tribal TANF is a program for Native American families residing in San Diego County and select areas of Santa Barbara County. One member of the household must be able to provide proof of ancestry with a Federally Recognized tribe or provide proof of descendency from the California Judgment Rolls.



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## Guest Ed: On Feminism And Genocide

*Project Beacon Intake Case  
Manager of the American Indian  
Center of Chicago*

*by Shaan Souliere, Garden River First Nation  
Band of Ojibwes*

Colonialism has a long and bloody history of exploitation of Native women that has persisted into modern times. Most people know next to nothing of Native American history besides the most obvious: that we were colonized. As an idea, colonization might seem simple. Invade, kill, assimilate. But exterminating a race that spans an entire continent is no simple endeavor. The strategies used to attain such a horrific goal are much more sinister and nuanced than most people may realize.

Genocide is more than bloodshed. It is as much about breaking the spirit of a people as it is about breaking the body that houses it.

In the case of the First Peoples of Turtle Island, this is implemented through the absolute defilement of our women.

Mothers, daughters, sisters. The heart of any family is found in our women. The reason any man lifts his head in pride can be found in the eyes of his mother, the laughter of his daughter, the word of his sister, the touch of his wife. Those of us who have been blessed enough to experience it can most likely recall a time in our life when a Grandmother guided us during a moment no one else could. The presence of the sacred feminine within our

languages, ceremonies, stories, traditions, and spirituality is utterly irreplaceable--it is a fundamental aspect to who we are, and a key to understanding our place within the vastness of Creation.

When this land was invaded centuries ago, the horrors inflicted on First Peoples were exact and devoid of any mercy. The devastation unleashed upon our women specifically in the form of sexual violence is much more than just the result of societal sexism. What has happened to us and continues to happen to us is the result of centuries of calculated intent.

It is the legacy of colonialism.

Lately, the West has seen a rise in advocacy for women's rights, allowing new ideas to take root in support of equality. The movement called Me Too is a breakthrough in the fight against sexual violence. One of its aims is to combat these crimes within communities of color. Many women (and men) have felt empowered by this movement enough to share their stories of trauma, including those in Native communities.

For this society, it's a big deal, a breakthrough in the fight against systemic violence. As true as this is, there is a huge problem that this movement fails to address: the epidemic of Missing and Murdered Indigenous Women.

For a demographic that has survived centuries of attempted genocide by a system that fights tooth and nail to keep them out of the sights of society at large, the crimes of murder, kidnapping, and rape against Native women are intrinsic

SEE **Feminism & Genocide**, page 10

## Resilience, Prayer, and Creator's Blessings to Heal Trauma and Genocide

*Kenneth G. White Jr.  
Chief Executive Officer  
Native Health Care Solutions LLC  
Flagstaff, Arizona*

The Native Truth and Healing California Genocide Conference held this past November, 2019 at San Diego State University was a powerful event that brought the people together to discuss two main topics - (1) the historical and ongoing genocide of Indigenous people; (2) advice, guidance, and approaches on how to heal the people from this atrocity from both a scientific and indigenous perspective.

As a participant and presenter, the highlight for me was being among all the great committed people in attendance – elders, tribal leaders, providers, educators, students, activists, artists, musicians, and community people from throughout California and the United States. Over the course of the conference, I could literally feel the presence of, message from, and blessings to everyone from our Creator, ancestors, and the Warrior Spirit in every session. It was not just a “conference” but in reality, this event was a circular spiritual gathering, a profound reawakening of what was and

is (genocide), and what needs to be now and in the future (truth and healing) for the universal well-being of Indigenous people.

The end result of the conference I observed was a renewed commitment and compassion among those in attendance to address genocide and historical trauma individually and collectively at all levels – physically, mentally, spiritually and environmentally – at their respective tribes, programs, services, schools, families and communities.

All my love and respect are extended to the Planning Committee of the Conference, San Diego State University, the Southern California Warrior Spirit Family, and the Kumeyaay Nations of California for providing real life substantive Indigenous native truth and healing. Genocide and trauma are the unwelcomed conditions imposed upon our people, but resilience, prayer and Creator are the eternal powers and timeless gifts Indigenous people have been truly blessed with to always overcome any adversity. As my Dad always told us children “Pray, believe in your prayers, God hears you.” My dear friends and colleagues pray for truth and healing, believe in your prayer, God hears you.

### Quote of the Day

**“We do not have government by the majority. We have government by the majority who participate.”**

– Thomas Jefferson

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Presidential Primary Election | March 3, 2020

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# Move Mountains - VOTE!

by Michael Vu, San Diego County Registrar

If you live in San Diego County, you may have heard by now we have a presidential primary election coming up on March 3, 2020. San Diego County voters will have an opportunity to vote for a presidential primary candidate as well as other federal, state and local contests.

## So why vote?

Do you care about health care? highways? jobs? taxes? education? environment?

If you answered yes, then voting will allow your voice to be heard on important issues such as these which affect your future and have an impact on how you live.

If you vote, you help decide who will lead our nation, state, county, city and local districts. As a citizen of the United States, voting is your right and voting is what makes democracy strong and vibrant.

If voters don't vote, then policies often may not reflect the needs of the citizens because their opinions and voices are not heard.

The San Diego County Registrar of Voters is busy preparing for the March 3rd election and part of the preparations are educating California citizens about their voting rights and promoting voter registration and participation.

In fact, the Registrar of Voters Outreach team has been participating at local community events in your area all year!

Having been born on a Navajo Reservation, San Diego County Registrar, Michael Vu knows how distant some of the Native land can be and stresses the importance of providing access and communication to all voters throughout the county. In fact, the San Diego County Registrar has a whole team of Outreach Coordinators that work on

providing voter outreach and education in hard to reach areas and where language support is needed.

You may see the Registrar of Voters office setting up a table at local community events in your neighborhood, including events on the Reservations such as Powwow's and gatherings. The Registrar of Voters is there to assist you with how to register or update your voter registration and answer any questions you may have about the voting process or upcoming elections.

In addition, the Registrar of Voters sets up a poll site on election day at some of the local reservations to make in-person voting more accessible.

If you plan to participate in the March 3, 2020 Presidential Primary election here are a few important dates to keep in mind:

### Monday, February 3, 2020

Early voting begins at the Registrar of Voters office (8 a.m. to 5 p.m. Monday through Friday). Mail ballots start being sent to mail ballot voters

### Tuesday, February 18, 2020

Register to vote by this date

### Tuesday, February 25, 2020

Last day registered voters may request a mail ballot Saturday, February 29 and Sunday March 1, 2020

Weekend voting at the Registrar of Voters office and Satellite locations (8 a.m. to 5 p.m.)

Are you looking for other ways to participate in the upcoming election? We invite you to volunteer as a poll worker and assist others in your community with the voting process. For more information on how to volunteer go to SDVOTE.COM and click on the volunteer tab or contact us at (858) 565-5800.

## Power

Continued from page 1

being called American Descendants of Slavery or ADOS, are being elevated to a level of importance that has not been seen since the days of the Civil Rights movement. Even the non-Black Democratic candidates for president of the United States are talking about reparations. Just a quick point: reparations is not just about money. There is much more that was taken from Africans enslaved in America that must be repaired; like culture, identity, family and history, among others.

Aside from reparations there is much the Black community can and must do to be empowered. From my perspective, the basis of empowerment is self-sufficiency and self-determination.

By self-sufficiency I mean that Black people must marshal the resources necessary to take care of our own material needs, even if no one who is not Black/African American assists us. That means even if others will not employ us, or give us business loans, or share information with us, or do business with us, etc.

By self-determination I mean working together to make sure that the needs of all African Americans are being met on a regular basis. There should be no homeless Black people in San Diego. There should be no Black people who don't have access to health care. Black people should not be engaging the criminal justice system without adequate legal representation. Black children should not have to endure neglect and abuse in the education systems - and so much more. Self-determination means that Black

people are making sure that Black people are taken care of, no matter who is in office, or who runs the businesses, or who runs the schools. If others (who have benefitted from us and our ancestors) will not assist us, we will take care of it ourselves.

This is the reality I am seeking to define in the Black community in San Diego. This is the reality that I think we should be insisting that others act on. This is a reality of our own making. No one is coming to save us but us. We must save ourselves.

Are we ready to be self-sufficient and self-determining? From what I see of the landscape of the Black community there are many who are ready. They are already taking the bull by the horns and setting up shop (YB&NB), opening schools (Beta Salaam Academy), running for office (many - mostly women!), intervening in the legal system (Pillars of the Community), starting community service and employment training CBOs (Paving Great Futures), to name a few. MOST of these are owned and operated by younger members of the community who are coming into their own. They are defining reality in our their/own image, and empowering themselves and others to be self-sufficient and self-determined. Most importantly, if they are to be empowered, they must be supported by the rest of the community. So, the question is, are you ready to support those who are being empowered to empower you?

Clovis Honoré,  
Indian Voices Social Justice Editor

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## Zapatista Women Declare Global Support for Murdered and Disappeared Women as Gathering Closes

Compañeras and sisters:  
We want to share a few words with you as we close this Second International Gathering of Women Who Struggle.

We have listened to the words and proposals everyone has shared in each of our work sessions as well as other proposals that have been made.

We are going to create a space for all of you to see these ideas and proposals, as well as others that emerge, and offer your own words and opinions. This is for those of you who were able to attend this gathering and have returned to your own geographies with time to think and reflect on what we saw and heard here these last few days, and above all it is for those of you who could not attend.

We think this is important because if we don't listen to each other as the women that we are, then we aren't really women who struggle for all women, but only for our own group, idea, or organization and that won't do at all.

While it may be easy to say that we are going to think about and reflect on these proposals, in reality it is difficult, because even for that process we need to be organized.

With that in mind, we propose this first agreement:

We all learn about the proposals made here and make our own proposals regarding violence against women and what we will do stop this serious problem we have as women.

Do you all agree?

As we are preparing this message we don't know whether you will agree or not. But if we do agree, then we have one year, sister and compañera, to move this work forward.

Let's not return here next year amidst the same violence against women without ideas or proposals for how to stop it.

We as Zapatista women have listened attentively to the denunciations that you have made over the past few days and we want to tell you what we are thinking.

We find it unbelievable, compañera and sister, that in your worlds that talk so much about progress, modernity, and development, no one has the tiny bit of

humanity necessary to be stirred by the tragedies, pain, and despair that you have expressed, as well as those you haven't expressed out loud.

How is it possible that a woman carrying such pain, sorrow, rage, and fury has to come all the way to these mountains of Southeastern Mexico to be able to feel a comforting and supportive embrace, which is the least we can offer among ourselves as women.

Perhaps a woman who has not experienced violence thinks that such a thing is not important, but any woman with any heart at all knows that this embrace, this comfort, is a way of saying, of communicating, of shouting that we are not alone.

And you are not alone, compañera and sister. But that is not enough.

It's not just comfort that we need and deserve; we need and deserve truth and justice. We need and deserve to live. We need and deserve freedom.

Perhaps we can achieve these things, which are so necessary, if we support each other, protect each other, and defend each other.

This is the message that the insurgentas and milicianas [of the EZLN] gave us to respond to the woman who asks for help, to support her, protect her, and defend her with everything we have. So we've asked the insurgentas and milicianas to repeat their message for us now:

Thank you to our compañeras who are insurgentas and milicianas and who have taken care of us here, protecting and defending us during this Gathering.

The second agreement we want to propose is this:

When any woman anywhere in the world, of any age and any color asks for help because she has been violently attacked, we respond to her call and find a way to support, protect, and defend her.

Do you all agree?

As we write this message we don't know what your answer will be, but we'll keep going.

SEE **Global Support for Women**, page 15

## The Fifth Nation

As Juan Rodriguez Cabrillo sailed north, he knew that the land he was to claim for Spain was already occupied by people called Indians. When he entered the harbor here, he saw several Kumeyaay Indians waiting on shore and was greeted by three of them. They had long hair, some in braids and adorned with feathers or shells. Some men wore capes made from the skin of sea otter, seal, or deer. By mimicking men with lances on horseback and demonstrating armor and the slashed sleeves worn by Spanish soldiers, the Kumeyaay indicated that other Spanish were several days' journey inland and that they had killed many Indians. "They showed that they (the bearded men) had crossbows, and made gestures with their right arm as if they were spearing."

Cabrillo wrote. "They went running as if they were on a horse, and for that reason they were afraid." Cabrillo, however, gave the Kumeyaay gifts and said he would not harm them. He noted that they looked prosperous and sailed far out to sea fishing in reed canoes. The Kumeyaay lived well by understanding their environment. They made pottery, baskets, and abalone and other shell jewelry that they traded to neighbors.

Today, descendants of the Kumeyaay people that Cabrillo encountered still live in San Diego County on thirteen reservations. Tribal members are an integral part of the annual Cabrillo Festival Open House, along with representatives from the United States, Spain, Mexico, and Portugal. Known as The Fifth Nation, the Kumeyaay share their traditions and stories with thousands of Festival visitors.

"It's an important time in our country's history, in our world's history ... It's time for us to make a move. It's time for us to stand up for the environment. It's time for us to stand up for our people."  
— *Congresswoman Deb Haaland*

## Greetings Tribal Citizens!

by *W. RON ALLEN, Chairman Jamestown S'Klallam Tribe*

I trust you all had a great Holiday Season, a fun time with the family and friends over Christmas and enjoyed sending out 2019 to begin our journey through 2020. WoW, We are ready for the ride.

Yes, many will be closely watching

the impeachment proceedings of President Donald Trump and then will be inundated for the next eleven months of the 2020 elections with campaign slogans and ads. I firmly believe that the election is critical to the direction of our country and its views towards INDIAN COUNTRY. Our focus this coming year will be getting the facts straight and urging you to VOTE.

## Silent Majority

The silent majority is an unspecified large group of people in a country or group who do not express their opinions publicly.[1] The term was popularized by U.S. President Richard Nixon in a televised address on November 3, 1969, in which he said, "And so tonight—to you, the great silent majority of my fellow Americans—I ask for your support." [2][3] In this usage it referred to those Americans who did not join in the large demonstrations against the Vietnam War at the time, who did not join in the counterculture, and who did not partici-

pate in public discourse. Nixon, along with many others, saw this group of Middle Americans as being overshadowed in the media by the more vocal minority.

Preceding Nixon by half a century, it was employed in 1919 by Warren G. Harding's campaign for the 1920 presidential nomination. Before that, the phrase was used in the 19th century as a euphemism referring to all the people who have died, and others have used it before and after Nixon to refer to groups of voters in various nations of the world.



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To improve the quality of life of those who recognize themselves and choose to be recognized by others as "Indigenous Peoples of Color of the Americas" and in support of The American Indian Rights and Resources Organization (AIRRO).

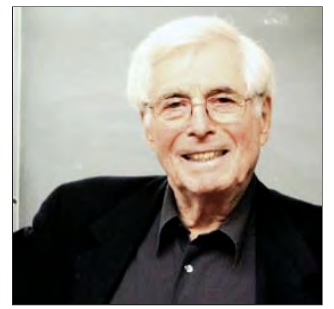
## Our Longtime Supporter, Friend and Cultural Storyteller Passes On

*His memory will live through Indian Voices.*

**WILLIAM KATZ (1927 - 2019)**

KATZ--William Loren. (1927-2019) noted historian, truth seeker, and passionate educator whose life's work focused on African American and native peoples, passed away on October 25. He wrote over 40 books and edited more than 200 seminal works on African

American history for The New York Times Arno Press series. Predeceased by son, Michael Katz, and survived by wife, Laurie Lehman, daughter, Naomi Katz, granddaughter, Maya Katz-Ali, and life-long friend, Virginia Shipley. A memorial service will follow.



*"Oh Great Spirit that made all races, look kindly at the whole human family and take away the arrogance and hatred which separates us from our brothers."*

## Strong Women Aren't Simply Born. They Are Made By The Storms They Walked Through.

We're going to miss Gloria James, a community activist, community leader, comrade in the struggle for liberation and a true friend. She helped bring

help in the community. Look at how many people you've driven to hospitals or the community programming you brought to the Malcolm X Library.

Earlier this month WorldBeat Center hosted an intimate goodbye gathering with some of her closest friends. We are sure you will be missed at the Malcolm X Library and surely across the San Diego community. We are already planning



awareness on border issues, police brutality, and helped anyone who needed

your return in April.

On the Move, Makeda Makossa

## MOVE 9 Heroes Welcomed at Malcolm X Library

by Gloria James

Free all political prisoners!

In mid-December 2019, the Socialist Unity Party/Partido de Socialismo Unido, the San Diego Coalition to Free Mumia Abu-Jamal and the Harriet Tubman Center for Social Justice hosted two very special "Free All Political Prisoners" forums. They welcomed Pam Africa of International Concerned Family and Friends of Mumia Abu-Jamal, Carlos Africa and recently released MOVE 9 women, Janine Africa and Janet Africa to Southern California.

This trip to California was one of many "firsts" for Janine and Janet Africa, released on May 25, 2019—African Liberation Day—after spending over 40 years in prison. These courageous Black women, along with Debbie Sims Africa, released in June 2018, were the longest-held women political prisoners in the United States. Another MOVE woman, Merle Africa, died in prison under suspicious circumstances in 1998.

The San Diego forum was held at the Malcolm X Library on Dec. 14. Pam Africa, Janine Africa, Janet Africa and



Carlos Africa flew in from Philadelphia, arrived in Los Angeles at midnight Friday and made the two-and-a-half hour trip to San Diego mid-morning on Saturday, arriving with just enough time for a short tour of the Malcolm X Library before speaking.

San Diego's Black August Organizing Committee has held annual Black August events at the Malcolm X Library for the last three years, where we have discussed the case of the MOVE 9, researched, posted and viewed footage from the 1978 attack and the 1985 bombing, yet none of our previous discussions can compare to hearing the stories directly from Janet and Janine.

WorldBeat Center Opens  
**Kemet Kombucha Lounge**  
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**The eligibility criteria for vocational rehabilitation services are:**

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## WORLD BEAT CULTURAL CENTER NOISE POLLUTION PROJECT

Mission Statement: WorldBeat Cultural Center addresses harmful noise pollution through science, research and wellness by creating healing sound sanctuaries for people, plants and animals.



Second Annual Meeting group photo in St Paul with national colleague community organizations and science institutions.

Vision statement: A world where all people have access to a quiet environment and relief from noise pollution.

WorldBeat Cultural Center is part of a three-year research project led by community-based organizations in collaboration with Cornell Lab of Ornithology and funded by the National Science Foundation. San Diego's WorldBeat Center is one of four selected sites around the country which are researching negative effects of loud excessive noise. They are also helping to design a mobile app that's able to identify and tag noisy areas to avoid if possible and quiet spaces for sound refuges throughout the city to benefit communities. The effects of excessive noise can have negative health impacts e.g. heart disease, diabetes, sleep deprivation, hearing loss, lower birth weight and learning difficulties in children. Many residents living in noisy areas report an inability to concentrate and a higher level of irritability due to noise pollution.

WorldBeat Cultural Center is interested in ways sound can benefit and improve the community's health and quality of life. They are involved in creating healing indoor and outdoor sound sanctuaries, as well as through events. They offer sound bath nights with gongs, singing bowls, didgeridoos, bells, and drums. They've also hosted an astral jazz night of spiritual music markers who broadened hearts and minds. To protect precious hearing their concerts lower the sound dB level and the musicians use ear monitors.

They're also exploring the value of silence and being surrounded by nature. An important aspect of WorldBeat's noise

pollution project is researching plant communication and recording the music created by plants. They are building Sound Sanctuaries with the music of plants inside, these soundscapes can soothe, de-stress and even heal. The

music made by plants is recorded with an instrument that allows us to hear each plant's own unique voice. The device uses high conductivity electrodes that are connected to the plant and a MIDI for output of the

plant's music. This fascinating study of the science of plant music allows for



WorldBeat Center will be using animations and comics to disseminate the plant music project and environmental justice.

research of plant intelligence and how listening to their music brings wellness.

WorldBeat offers plant concerts that promote sound healing, deepen our connection with nature, and ease stress. One very special event was the 2019 Earth Day plant music concert at the Center.

The WorldBeat Center Noise Project team members of community leaders (ICBOs) and community science collaborators (CSCs) are working on two books. Patience Don-Willies, a CSC and teacher in the Morena Valley school district, is writing an illustrated children's book about noise pollution. Makeda Cheatom and Berenice Rodriguez are creating an Environmental Justice Comix - Graphic Novel. A black super hero who uses non-violent communication and mindful listening. A sneak peek of this new super hero will be at Black Comix Day 2020: Hero's Rise III, February 22 - 23 at WorldBeat Center, 2100 Park Boulevard, San Diego, CA 92101

Contributing writer, Teresa Moore

# WORLD BEAT CENTER

## WorldBeat Center's First 2020 Jazz Sanctuary Concert

WorldBeat Cultural Center is proud to present the Ethnic Heritage Ensemble for the first time in San Diego with some of the living legends of jazz including, multi-percussionist Kahil El'Zabar, Corey Wilkes on trumpet, and Alex Harding baritone sax. Come see the 21st Century griot making great Black music for the Body, Mind and Spirit. Sunday, February 2nd, 7PM-9PM at WorldBeat Cultural Center (2100 Park Blvd, San Diego, Balboa Park, 92101). Tickets are available online on Eventbrite and are \$12 in advance and \$15 at the door. For more information visit [worldbeatcenter.org](http://worldbeatcenter.org) or call 619-230-1190.



THE ETHNIC HERITAGE ENSEMBLE  
KAHIL EL'ZABAR  
COREY WILKES ALEX HARDING

## WorldBeat Cultural Center Presents The 31st Annual Martin Luther King Day Celebration

### CELEBRATING DIVERSITY AS OUR STRENGTH

WorldBeat Cultural Center is celebrating the life and legacy of Martin Luther King Jr with a family festival with live music featuring reggae artist KUSH and opening band, The Originators. As well as multi-cultural performances including Native American Blessing, Danza Azteca, West African Drum and Dance, Middle Eastern Belly Dance, Hip Hop Performance by Junkyard Dance Crew, Afro-Cuban Percussion and Japanese Taiko!

OneWorldBeat Cafe will offer its vegan food buffet and there will be an outdoor cultural arts & craft vendors marketplace.

This is a free event for everyone! Those who have grown up with Martin Luther King's ideas and youth who keep conveying his spirit of unity through the years. Join us to keep his dream alive Monday, January 20th, 12PM-7PM.

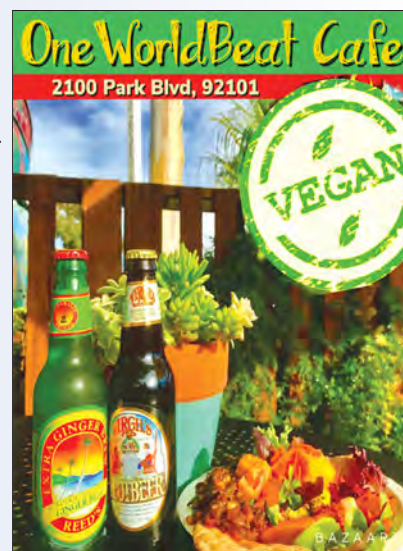


## EAT TO LIVE

by Jesimarie Rodriguez

By going vegan you don't only save the planet but you save yourself! Come to the WorldBeat Cultural Center, home of OneWorldBeat Cafe for the ultimate cultural experience, where you experience peace and equality by celebrating cultural diversity through food. Changing the world starts with changing yourself, so take your first step today and get a taste of some real food that feeds the soul at inexpensive prices! We use fresh herbs from the garden and make fresh Moringa smoothies fresh from our trees.

OneWorldBeat Cafe is not a fast-food drop-in, we care for our community and most of all your health! We offer African tea, Kombucha on Tap, fresh-brewed Organic Ethiopian Coffee, just to name a few. Everything is made especially for you and served with love. Come for more than just the food but a cultural experience! We are located in Balboa Park at 2100 Park Blvd, San Diego and are open Tuesday- Sunday 11AM-6PM.



OneWorldBeat Cafe  
2100 Park Blvd, 92101

## New Ifa, Sacred African Traditions Class

by Luis Miguel Oluwo Ifaoma

The yearly predictions of Ifa for the world was a tradition that was introduced by our ancestor No Remergio Herrera Obara Melli; A Babalawo Priest and Sacred Ana Drummer of ILE IFE who among many experienced the transatlantic slave trade and was taken to Cuba. He kept his initiations secret for many years until he met another Babalawo named No Carlos Adebisi Ojuani Boka who was a freeman. They both initiated many in secrecy and after the abolition of slavery in 1888 performed the odu of the year as it was practiced in his homeland and this has been a consistent practice for the past 100 years. Thanks to him and many others to name, the tradition still thrives today around the world.

I am initiated into the sacred traditions of OCHA/IFA. My name is Awo Orunmila IFA Oma Shango Oro Para Agallu Ade Ina. I've shared some background history of how the readings were introduced to Cuba as well as a little of my background and now I will explain the advice, the advice of Ifa of Cuba and for the world...

According to the predictions, Oshun, the deity of love, harmony, abundance, protector of the family, femininity and freshwaters, rules this year with her accompanying deity Obatala that endorses peace, tranquility and good positive thoughts. Alignment is required because the antithesis can manifest, hence disharmony, torment, negative thoughts. This is a year where we need to work on ourselves and improve and become better than tomorrow.

Our flag of the year is yellow with white trims. Ifa predicts the refusal of disappointment or sudden tragedy caused by negative actions of our social environment or enemies. In other words, our minds can be our worst enemy. We can misinterpret a situation and cause a tragedy that is similar to the yoga concept of vasana. By definition, vasana is a Sanskrit term that refers to past impressions in the mind that causes behavior. It can be good or bad. Hence a situation misunderstood properly

## Reggae Music Is The Music That Heals the Planet

by Makeda Dread

WorldBeat Cultural Center continues to promote Reggae music that is about the struggle of the people in these times. The years of the grassroots promoters and the roots audience have changed. And the lyrics have too to partying, cute girls, ganjah and drinking. That's why it's imperative to preserve the music that the legends like Bob Marley, Peter Tosh, Burning Spear and the latest to join the realm of the ancestors, Vaughn Benjamin of Midnite. So please help us keep the spiritual message in Jah music and support conscious Reggae music. Brothers and sisters have sacrificed their life so the message of liberation and freedom can be brought to our communities.

Mykal Rose former member of Black Uhuru will grace WorldBeat Center's stage on Saturday,



can cause tragedies or if understood in a proper way cause understanding and harmony. Keep in mind that there are 7.8 billion people in the world each with their own way of perceiving the world with different energy grids but this is in general....

This year, Ifa warns about serious health sufferings for the coming 12 months. On this occasion, diseases of the reproductive system, those of sexual transmission and those derived from alcohol consumption will stand out. It also warns of impotence at an early age, as a result of prostate problems in men and the abuse of drugs and preparations to increase male virility and potency.

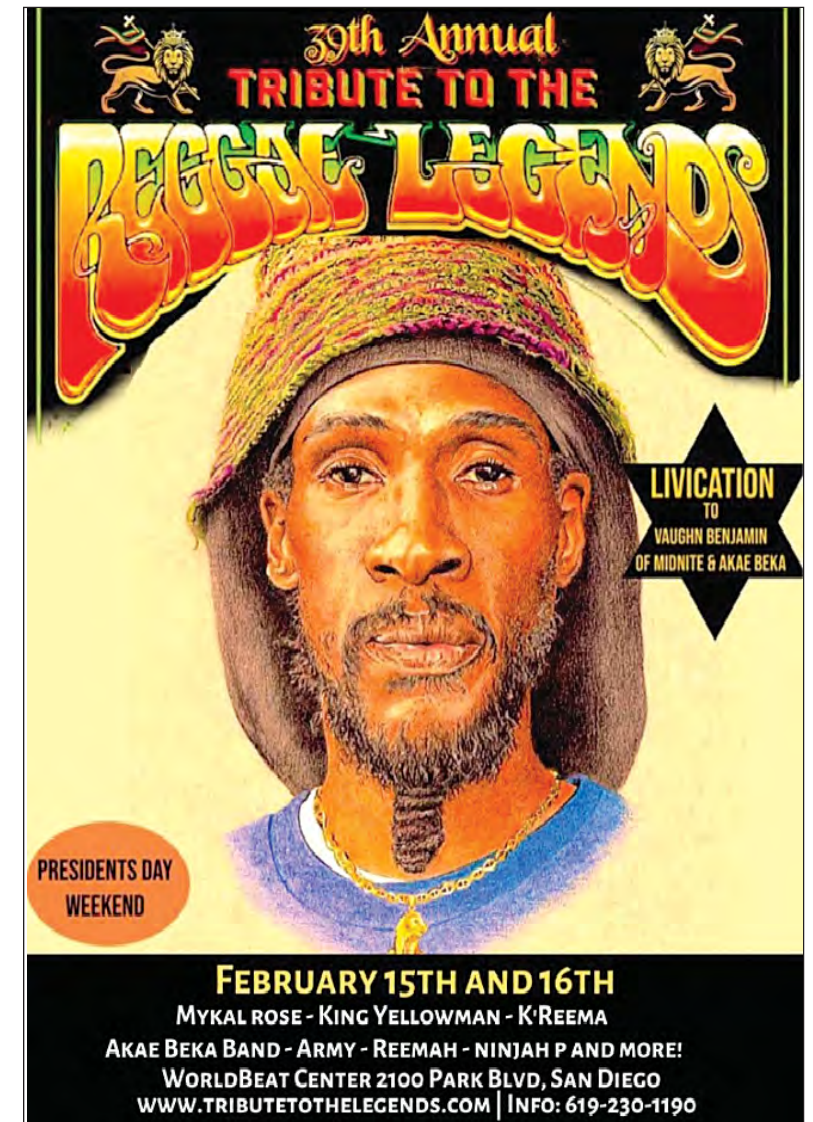
The first class at WorldBeat Center will be on Sunday January 26th at 5PM where we will expound on these predictions and advice for the year 2020. In addition, the classes will have sacred information and knowledge about the divine source and the Orishas and ancestors. The point is to understand the philosophy of sacred traditions. Ifa divination services and guides for this year will also be provided.

February 15th alongside King Yellowman with the new sensation, K'Reema, his daughter. Also, on Saturday will be Rob Symeonn, Sol Remedy, the Originators, alongside an opening blessing by Tim Redbird and the Red Warriors and Aztec Dance. The next day, Sunday will feature a tribute to the late Vaughn Benjamin of Midnite featuring his latest band, Akae Beka, Reemah, Army (all from his home island, the Virgin Islands). As well as Spiritual from Jamaica, one of the hottest artists I've seen in a long time, he sounds like Burning Spear and Culture, you must come out to see him. Opening the fest will be Junyah P, Boostive, Ninjah P Soundsystem and Ancient Rootsman Nyabinghi.

You can get your tickets online on Eventbrite or at WorldBeat Center and Reggae World (in North Park). For more details call the Reggae Hotline 619-230-1237 or visit [bobfestsandiego.com](http://bobfestsandiego.com)

## Black Comix Day: Heroes Rise III

... is a 2 day event that celebrates African-American & African Comic Book Creators. This is the 3rd Annual showcase of this highly successful event in San Diego. This event is an opportunity for anyone who wishes to experience a mix of black culture and the comic book medium which has been popularized by the term, Afrofuturism. ALL are welcome to attend and it promises to be a magical & educational experience for the entire family. This event will take place at San Diego, California's historic Balboa Park, WorldBeat Center as a part of their Black Future Month (February) events.



PRESIDENTS DAY WEEKEND

FEBRUARY 15TH AND 16TH  
MYKAL ROSE - KING YELLOWMAN - K'REEMA  
AKAE BEKA BAND - ARMY - REEMAH - NINJAH P AND MORE!  
WORLD BEAT CENTER 2100 PARK BLVD, SAN DIEGO  
WWW.TRIBUTETOTHELEGENDS.COM | INFO: 619-230-1190



## North County Womens Rally and Conference

by Stephanie Saavedra

Four years ago, the North County San Diego Women's March hosted their first event. A group of women in North County came together to organize a sister in North County San Diego to ensure that there was an opportunity for the North County San Diego Community to come together and create spaces for people to organize. Four years later we are still working together bringing our community together to Stand Shoulder2 Shoulder as we Educate, Embrace and Empower Women and all people.

Through Rallies, Marches and Conferences the North County San Diego Women's March continues to demonstrate their commitment to bring the North County Community together. We want our voices to be heard. With both events we share our stories, bring to light the challenges that women have within the work place cultures and religions. We embrace all women and marginalized groups that wish to share their stories. We educate each other, offer resources and help to empower women, and LGBTQI, Because women have a different view of how to nurture others, we have united to bring our voices to the forefront and cause change. We must evolve into a better place for everyone. Now is the time to speak, stand and cause a ripple so that generations to follow will not have to deal with the atrocities that our ancestors dealt with. When one of us is hurt or

oppressed, we all are. So, help us raise awareness and unite as one.

This year the North County San Diego Women's March will host a Rally at the Oceanside Civic Center. The rally begins at 10:00 Members of the Native American community will open with a blessing. Angela Trinidad founding member of WOC Roar will be our EMCEE. Palomar MeCHa will organize an interactive wall, honoring and bringing awareness about Missing and Murdered Indigenous Women and Murdered Trans Women of Color. We will learn about the importance of the census. Poems by and about DACA will be shared. Ojos de Condor will lead us in a Flash Mob started by a group of women in Chile. Rape is not an individual act of violence, it is an act that effects all aspects of human existence. The song and accompanying dance talk about the institution are complicit in both, violence against women and the victim shaming that often comes after a sexual assault. Songs by local vocalist, Zumba and other interactive opportunities.

We are asking participants to bring ALL NEW: panties and sports bras so that survivors of sexual assault have some clothing to wear when they leave the hospital.

## Never Forget the Wounded Knee Massacre

Between 165 and 300 innocent men, women, and children who were slaughtered at Wounded Knee, South Dakota by murderers that the US government deemed worthy of receiving Medals of

Honor for the soldier's "heroic stance" on the battlefield. Hello!? It wasn't a Wounded Knee battle but a gruesome massacre!

— Connie GreyBull

## Water is Life

Here are a few links that might help with your research on bottled water.

This site from story of stuff about bottled water in general and several of the current fights going on (they are our co-plaintiff in the earlier lawsuit about the Nestle water issue in San Bernardino NF). <https://storyofstuff.org/unbottle-water/>

EWG does a lot of work on bottled water too. Here is link on bottled vs. tap <https://www.ewg.org/tapwater/bottled-water-resources.php> and they also watchdog issues with tap water.

<https://www.ewg.org/release/meets-all-government-standards-ewg-s-2019-tap-water-database-details-unsafe-contamination>

This is a link to an article you can download on human plastic consumption that specifically discusses bottled water and found "individuals who meet their recommended water intake through only bottled sources may be ingesting an additional 90000 microplastics annually, compared to 4000 microplastics for those who consume only tap water."

<https://pubs.acs.org/doi/abs/10.1021/acs.est.9b01517>

## Feminism & Genocide

Continued from page 3

to one another. To address one, you address all, because the nature of these atrocities pertaining to First Peoples compared to the rest of North America are singular in their context. Genocide.

Statistically, Native women are far more vulnerable to sexual exploitation and violence than any other demographic. We are the most vulnerable, and it is not a coincidence. We live at the margins of a society that ignores our very existence day to day. We abide at the edges of thought, hidden behind hypersexualized Pocahontases and racist caricatures. Feminist rallies are held decrying sexual oppression and criticizing the gender norms of cultures while we battle to uphold sacred teachings of respect that informed millennia. Paraders march donning little else besides headdresses that mock our ancestry, while our 2spirits and our women prick their fingers sewing red dresses by hand. Human Trafficking looms over every head on this continent, and every day more and

more Native women disappear at the fringes of oil camps, unpopulated highways, and grey city sidewalks; exploited, kidnapped and raped if not outright murdered, while people advocating for justice elsewhere are delighted to comment on the likelihood that their grandmother was Cherokee.

We are The First Peoples of this land and the last to be given dignity. Unseen, unheard, we have been made perfect prey by this invisibility, this obscure face of colonialism. The feminine in Feminism does not speak to us the way it does others, because it does not understand what it means to carry the spirit of a people and face the prospect of annihilation every day.

Rape and sexual exploitation is an epidemic for women no matter what race or culture they may come from. But there's a crucial truth constantly ignored by society when the rape of Native women is brought up.

For most people it is a horrendous act of violence. But for Native women, it's genocide.

Context is everything.

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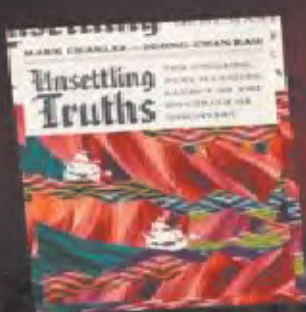
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<https://www.ivpress.com/unsettling-truths>



# Overcoming Cynicism and Voting

by Fanny Garvey

Must admit that I became “cynical” for the past few years, re: “elections.” However, I have decided to attempt to overcome this.

Why?

Do I believe the “electoral system” is “fair?”

No, not at all.

However, what I do believe in is supporting people who have a proven track record of doing what they can to use the system to try to help us the everyday people.

Senator Sanders has been doing that since the early 1960s.

He could easily retire, write a book of memoirs, and sit on the sidelines.

Yet, he is still out there and keeps working to try to use the system for the good of us all.

Don't think so?

Go read his Senate voting record. Learn about the bills he's introduced. The work he's done.

So, bottom line is:

I am going to vote for Senator Sanders.

Out of respect for all he has done and continues to try to do.

(Yeah, FB, go “report” that to “someone”, hope that made you a dime or two).

(And trolls, don't even bother to respond. I'm not listening.)

“Looking forward to winning this thing without the assist.”

## Gumbi World

Continued from page 1

it also brought Fabrizio clarity of mind which eventually turned him away from a drug lifestyle. “Gumbi saved my life” Fabio says.

He later learned of all the medicinal properties of the plant that has a reputation of curing all manner of ailments including cancer.

It gave me my breath back. I felt alive. All I could think of was helping others. “It was when Steve Jobs died that I decided to start a business to market to sell

Gumbi” Fabio made connections with his Australian distributor, developed a business website and set to work marketing his product Food for the Skin.

By this time Fabrizio's connection and relationship building with the Kumeyaay had strengthened to the point of extended family with many of his associates which provides him with a wholesome social foundation.

This Native entrepreneur is enthused and committed to a healthy lifestyle while devoutly serving those in need especially those in the indigenous community.

See ad on page 14.

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## Get Involved!

### Presidential Primary Election | March 3, 2020

**Poll Workers needed for the March 3 Election!**

By giving one day of your time you're not only supporting your community, but you're participating in the democratic process.

To become a poll worker, you must either be:  
 a United States citizen and registered to vote in California, or a lawfully admitted permanent residence in the United States.


Poll workers must have transportation to their assigned polling location, access to the internet to take an online training and attend a two-hour class in person.

Poll workers receive a stipend ranging from \$100 to \$175 depending on the assignment and those who are bilingual in either Spanish, Filipino, Vietnamese, Chinese, Korean or Arabic receive an additional \$15 if they are assigned to provide language assistance to voters.

You're not in this alone! You receive training and materials to make sure you are confident and ready to help voters on Election Day. Bilingual poll workers may also attend a bilingual orientation so you are even more prepared.

Interested? Apply online at [sdvote.com](http://sdvote.com). For more information, call (858) 565-5800 or email [pollworker@sdcountry.ca.gov](mailto:pollworker@sdcountry.ca.gov).

**Learn more about the March 3 election at [sdvote.com](http://sdvote.com).**



# Indigenous Activists Respond to CNN Settlement with Nick Sandmann Over Last Year's Lincoln Memorial Viral Video

Other than the Native press, no media outlets sought comment from organizers of the Indigenous Peoples March when CNN settled a libel suit this week brought by Kentucky high school student Nick Sandmann after his confrontation with Native American activist Nathan Phillips last year.

As the March was created to amplify Indigenous voices on matters that concern Indigenous people, here's a joint statement from organizers of the Indigenous Peoples March and the Lakota People's Law Project:

As no details concerning CNN's decision to settle Nick Sandmann's defamation lawsuit against them have been released, it's difficult to assess the implications of the network's decision not to fight in court.

It is important to note that a Kentucky federal judge decided last summer to dismiss Sandmann's suit against The Washington Post, citing First Amendment concerns. Though the suit has since been reopened, it should be

noted that Sandmann has only been granted the ability to seek discovery surrounding three of an original 33 alleged libelous charges.

Regardless of any legal outcomes, the smirk seen around the world remains a poignant symbol of the well-documented bigotry of President Donald Trump and many of his followers.

The United States is losing moral capital the world over right now at an alarming rate. That trend must be reversed immediately if we hope to remain a force for good in the world, and that begins with robust media coverage of public acts of racism.

We encourage interested parties to review our detailed rebuttal of the lawsuit filed by Nick Sandmann against The Washington Post. The arguments made there also apply to the specious suit settled by CNN.

*The Lakota People's Law Project operates under the 501(c)(3) Romero Institute, a nonprofit law and policy center.*

## Crystal Geyser Pleads Guilty to Illegally Storing Arsenic-Laden Wastewater

The case focuses on the bottling plant's wastewater, not the safety or quality of Crystal Geyser's water, prosecutors said.

Bottled water producer Crystal Geyser pleaded guilty Thursday in Los Angeles to federal charges of illegally storing and transporting hazardous waste containing arsenic.

Crystal Geyser's parent company, CG Roxane, along with two contracted companies, were charged in 2018 with violating the Resource Conservation and Recovery Act and Hazardous Materials Transportation Act by their alleged failure to disclose information regarding arsenic in wastewater transported from the bottling plant in Olancho.

## Vote by Mail!

### Presidential Primary Election | March 3, 2020

How would you like to vote in the comfort of your own home? You can! Sign up now to become a Mail Ballot Voter!

**It's Simple.** Your ballot arrives in your mailbox.

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- Email, fax or mail a letter to the Registrar of Voters. Include your name, residence address, name and date of the election, the address where the ballot is to be mailed, and your signature.


Send application or letter:

- Email: [rovmail@sdcountry.ca.gov](mailto:rovmail@sdcountry.ca.gov).
- Fax: (858) 694-2955
- Mail: Registrar of Voters, P.O. Box 85520, San Diego, CA 92186-5520.

Call to apply:  
 Call (858) 565-5800. The Registrar of Voters accepts mail ballot requests over the phone. The request can be only for the current election and the registered voter must make the call personally.

**Requests for mail ballots must be received by the Registrar's office no later than 5 p.m. on Tuesday, February 25.**  
 For more information call (858) 565-5800 or toll-free at (800) 696-0136.

**Learn more at [sdvote.com](http://sdvote.com).**





## About ETI

At ETI, we provide a qualified, highly skilled work force for the unionized electrical and sound telecommunication industries in the San Diego and Imperial counties of California.

Description: ti-logo-2019Supported through a collective bargaining agreement with the International Brotherhood of Electrical Workers Local 569 (IBEW Local 569) and the San Diego Chapter of the National Electrical Contractors Association (NECA), apprenticeships are made available to qualified applicants and advanced training for all beneficiaries of the Training Trust (SDETT).

We are actively committed to supporting education in the San Diego and

Imperial counties by continually upgrading and refining the quality of instruction, incorporating new technologies in the curriculum and building community awareness of the excellent programs offered. These programs enable the San Diego Electrical and Sound Telecommunications contractors to diversify and compete in new markets that help ensure growth in the industry.

### Our Training Locations

#### San Diego

Located in Kearny Mesa, just north of Qualcomm Stadium, our present 32,000 square foot facility opened its doors in September 1983 and is equipped with some of the latest high-tech equipment utilized in the electrical and telecommunication fields.

## Blessings

Continued from page 1

searching for each other finally connected.

It was Cristina who is also an electrical journeyman who encouraged Pamela by suggesting that hooking up with The Electrical Training Institute pre-apprenticeship program would be a good move. Not only would Pamela be on a secure road to financial security but her involvement would also assist Cristina in her mission of strengthening the apprentice work pool to include woman.

The two became a team. And although they were on opposite ends of the employment spectrum they complimented each other. Both were Native Women on a mission. As Outreach Coordinator for ETI Cristina had a firmer grip on getting Pamela where she needed to go and Pamela was willing to put in the hard work to assist Cristina in helping her. The result has been a win-win.

Pamela shares her commitment to teamwork and dedication with her supportive daughter. They made an agreement that they would pull together during the training program. Due to the hardship and inconvenience of traveling back and forth to Pala it was agreed that her daughter would be on her best behavior during the week while Paula stayed in San Diego during the week living in her car to avoid the expensive and time-consuming commute from Pala to San Diego. The plan was a success and

motivated Pamela even more

She got enrolled into the ETI eight week pre-apprentice program and graduated. She then got hired through the electrician union local 569, working for a union NECA contractor. She has worked for them for the past four months and recently has been selected to go into the union apprentice program (JATC) Joint Apprenticeship Training Committee. By Pamela getting accepted into the apprenticeship program thus furthering her opportunity of caring for her family and securing her future.

The success of Pamela Harvey is in large part due to her mentor Cristina Marquez, whose vision and follow through assured a favorable outcome. The path to the world of electronics was a gentler one for Cristina. As she explains, "I was born and raised in Escondido, which I really loved as I was really close to Palomar Mt., and as a family, the La Jolla Indian Reservation shares many good memories for me. I was very lucky to have a close-knit family who liked to be with nature and enjoy the mountains. We lived right next to a grove of avocado trees, horses and a small chicken farm. Cows were less than two blocks away as well."

The Turtle Mount Band Of Chippewa's from North Dakota area registers my Mom. I am proud of my grandmother and where she came from as half Canadian French and half Chippewa.

Getting into the trades was an accident. I never knew I would love being a

## Keeping Community Spirit Alive

Activism consists of efforts to promote, impede, direct, or intervene in social, political, economic, or environmental reform with the desire to make changes in society. Forms of activism range from mandate building in the community (including writing letters to newspapers), petitioning elected officials, running or contributing to a political campaign, preferential patronage (or boycott) of businesses, and demonstrative forms of activism like rallies, street marches, strikes, sit-ins, or hunger strikes.

Activism may be performed on a day-to-day basis in a wide variety of ways, including through the creation of art (artivism), computer hacking (hacktivism), or simply in how one chooses to spend their money (economic activism). For example, the refusal to buy clothes or other merchandise from a company as a protest against the exploitation of



Joaquin Sandaval and Dr. Stanlen Rodriguez a perfect blend of education and activism. They are both high energy change agents constantly busy keeping our community healthy, informed and involved.

workers by that company could be considered an expression of activism. However, the most highly visible and impactful activism often comes in the form of collective action, in which numerous individuals coordinate an act of protest together in order to make a bigger impact.[1] Collective action that is purposeful, organized, and sustained over a period of time becomes known as a social movement.

"Upon suffering beyond suffering; the Red Nation shall rise again and it shall be a blessing for a sick world.

A world filled with broken promises, selfishness and separations.

A world longing for light again.

I see a time of seven generations when all the colors of mankind will gather under the sacred Tree of Life and the whole Earth will become one circle again.

In that day there will be those among the Lakota who will carry knowledge and understanding of unity among all living things, and the young white ones will come to those of my people and ask for this wisdom.

I salute the light within your eyes where the whole universe dwells.

For when you are at that center within you and I am in that place within me, we shall be as one." – Crazy Horse

voltage electrician. I always liked working with my hands and being active, I always knew a desk job was not for me. I was very involved with sports all my life and was lucky enough to be spotted by the head coach of SDSU softball where I was offered a full-ride scholarship and graduated with Bachelors in Criminal Justice and minor in Sociology. I then got lost and could not find a decent paying job

and finally a friend of mine was in the apprenticeship program. I asked her about the program and then applied interviewed and thrived in the field and in class.

Due to her indigenous intelligence and encouragement, Pamela is well on her way to being a professional electrician with all the perks, thus completing the circle of sisterly support.



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# Prominent San Diego Civil Rights Leader, Dr. Carrol Waymon, Dies at 94

Dr. Carrol Waymon, a cultural icon to the San Diego community, passed away recently on January 3, 2020. He was 94 years old. In the 94 years since his birth in rural North Carolina, to his military service, and then to his relocation to the outskirts of Philadelphia, then to Los Angeles, and then finally to San Diego, Dr. Waymon carried himself with a quiet elegance and a compassion well-honed by down-home, African American values, a respect for others and an assertive urgency for social justice. The legacy he has left is as large as the span of this country he traveled to arrive here.

Born to a close-knit family, Carrol learned his strong work-ethic from his mother, Kate and his father, John Davan (J.D.), who both worked multiple jobs to keep their family of eight children fed, clothed and housed, not an easy proposition for a Black family in a country not even beginning to come to terms with civil rights during the time of the great depression. But, Carrol and his siblings were raised to be independent, creative, and citizens who could think critically. They survived because of their love for God, their commitment to each other and their service to the community. Being thoughtful, level-headed and bright, Carrol often served as an advisor and confidant to his younger siblings, especially Eunice Kathleen Waymon (better known as Nina Simone).

Carrol always seemed to have an innate intelligence and sensibility about him that caused others to seek out his

advice. Perhaps that's why the City of San Diego recruited him from Los Angeles in 1964 to head the city's first Human Relations Agency, known as the Citizens Interracial Committee (CIC), to lead the city through the vile outbreak of racial hatred and civil unrest that was rampant in San Diego at the time. At the time, Blacks were not allowed to eat in restaurants, stay at hotels or go to schools where they wished. They were also greatly discriminated against in hiring, even for government jobs, in education and all facets of everyday living. Dr. Waymon directed the CIC for 5 years, holding town hall meetings and forums at the grassroots level in order to help the San Diego community work through age-old and racist restrictions against African Americans, Latinos, Filipinos and other people of color. Through his efforts and the assistance of his multi-racial advisory board, Dr. Waymon assisted the San Diego community to improve communications with each other, develop friendships across racial lines and begin the establishment of more racial harmony in the city.

Afterwards, Dr. Waymon went on to settle in San Diego, although he never relinquished his activism for equality and equity in business, employment, education and recreation. He continued his work in a number of ways. He taught at several post-secondary educational institutions, including the United States International University, the University of San Diego, San Diego State University,

where he was instrumental in founding what is now the Africana Studies Department, and San Diego Mesa Community College, where he retired after over three decades of service to higher education, and having significantly impacted the lives of thousands of students. Dr. Waymon also devoted his time to mentor Somali youth through Somali Youth United. He served on several boards including the Board of the Jackie Robinson YMCA, the Samahan Senior Center and the Executive Board of the San Diego Chapter of the Association of Black Psychologists, of which he also served as President for multiple terms. Dr. Waymon was instrumental in assisting the National Association of Black Psychologists to develop a comprehensive program Certifying Psychologists in African-Centered Psychotherapy. He also assisted in community development by co-founding Awash Ethiopian Restaurant in San Diego, along with restaurant partner, Aster Keleta. The restaurant served not only as an eating establishment, but a place where the community could gather to discuss issues, hold discussions, fundraisers, and poetry slams. He also helped to establish the Heartland Human Relations Agency in East County. Dr. Waymon summarized what it was like for African Americans through his book, "On Being Black in San Diego – Anytown USA." For his devoted service to the San Diego community, Dr. Waymon had been honored with multiple awards prior to his death, including



a Community Service Award from the Association of Black Psychologists and the Jackie Robinson YMCA Human Dignity Award, the KPBS Local Hero Award, the Somali

Youth United Community Award, among many others. Dr. Carrol Waymon worked tirelessly for social justice, not only for African Americans, but for all the people of San Diego, for well over 50 years. He has been called one of the most prominent civil rights leaders our city has ever known. He will be long remembered, dearly missed, and deeply cherished by all who knew him or knew of him. Let's all honor his memory by continuing to work hard for social justice and racial equality in all aspects of our community.

Judy Sundayo, Ph.D.  
Former Student of Dr. Waymon

## 39th Annual Kwanzaa Celebration at WorldBeat Cultural Center



It was a record Kwanzaa this year! Thanks to the community for coming out to support culture at the WorldBeat Cultural Center. We are a resilient people. Let's continue to prac-



tice all year the Nguzo Saba, the Seven Principles. Big up Dr. Maulana Karenga for inventing this wonderful cultural holiday and tradition. As Maya Angelou says "Kwanzaa is not just a holiday but a celebration of a people." Harambee! 2019 we celebrated 5 of the 7 days of Kwanzaa and we are grateful to everyone who participated from the children, the performers, the presenters, the volunteers and those who attended.





# What is Gumbi Gumbi?

Gumbi Gumbi is a rare member of the botanical family Pittosporum. It is a shrub or small tree native to Australia. Whilst six varieties can be found in the state of Queensland alone, it is wise to be careful when harvesting Gumbi Gumbi leaves as some of the varieties are toxic and only a few have a good, aromatic taste and are beneficial.

Gumbi Gumbi is extremely rare, as only one edible tree is found growing naturally in an average of 400 sq/km (250 sq/miles) and it is not being farmed

to any large extent.

For simplicity, the use of the name has been extended to cover three varieties with good flavour, found in Central Queensland.

These trees are drought and frost resistant with a deep root and have an erect form growing 7 to 8 meters in height. The most common of these has a blackbutt. They thrive in good soil and like plenty of water. They will survive in most soil types.

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<https://fairfight.com/fair-fight-2020/>

**VOTE LIKE YOUR RIGHTS DEPEND ON IT.**

## Indigenous Issues Affect Everyone

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.”  
– Chief Seattle

## CREEK FREEDMEN DESCENDANTS SOUGHT

Muscogee Creek Indian Freedmen Band is seeking the descendants of Creek citizens placed on the Creek Freedmen Roll from 1896 to 1915.



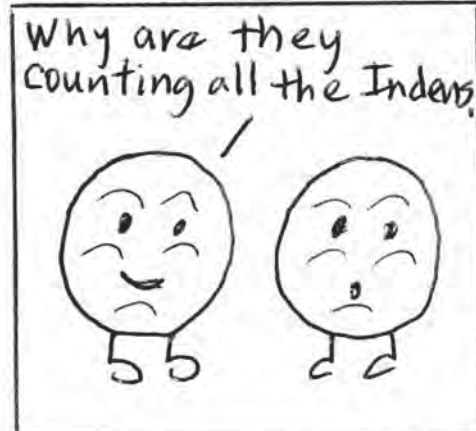
**If your ancestors were on this roll, write P.O. Box 6366, Moore, OK 73153 for eligibility information.**



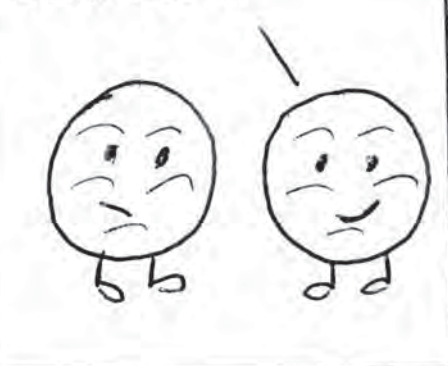
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# Kumeyaay History

Evidence of settlement in what is today considered Kumeyaay territory may go back 12,000 years. 7000 BCE marked the emergence of two cultural traditions: the California Coast and Valley tradition and the Desert tradition. The Kumeyaay had land along the Pacific Ocean from present Oceanside, California in the north to south of Ensenada, Mexico and extending east to the Colorado River. The Cuyamaca complex, a late Holocene complex in San Diego County is related to the Kumeyaay peoples. The Kumeyaay tribe also used

to inhabit what is now a popular state park, known as Torrey Pines State Natural Reserve.

One view holds that historic Tipai-Ipai emerged around 1000 years ago, though a “proto-Tipai-Ipai culture” had been established by about 5000 BCE. Katherine Luomola suggests that the “nucleus of later Tipai-Ipai groups” came together around AD 1000. The Kumeyaay themselves believe that they have lived in San Diego for 12,000 years. At the time of European contact, Kumeyaay comprised several

autonomous bands with 30 patrilineal clans.

Spaniards entered Tipai-Ipai territory in the late 18th century, bringing with them non-native, invasive flora, and domestic animals, which brought about degradation to local ecology. Under the Spanish Mission system, bands living near Mission San Diego de Alcalá, established in 1769, were called Diegueños. After Mexico took over the lands from Spain, they secularized the missions in 1834, and Ipai and Tipais lost their lands; band members had to choose between becoming serfs, trespassers, rebels, or fugitives.

From 1870 to 1910, American settlers

seized lands, including arable and native gathering lands. In 1875, President Ulysses S. Grant created reservations in the area, and additional lands were placed under trust patent status after the passage of the 1891 Act for the Relief of Mission Indians. The reservations tended to be small and lacked adequate water supplies.

Kumeyaay people supported themselves by farming and agricultural wage labor; however, a 20-year drought in the mid-20th century crippled the region's dry farming economy. For their common welfare, several reservations formed the non-profit Kumeyaay, Inc.

## Global Support for Women

Continued from page 5

For this task of defending ourselves, protecting ourselves, and supporting each other, sister and compañera, we know we have to be organized.

We know that each of us has our own form of organization. But if each organization or group or collective of women who struggles mobilizes on their own, that is a very different thing than if they mobilize in agreement and coordination with other groups, collectives, and organizations.

And in order to be in agreement and coordination, we have to be in communication, keeping each other informed, talking to each other and making agreements.

That brings us to the third agreement we want to propose:

All of the groups, collectives, and organizations of women who struggle

who want to coordinate among ourselves to carry out joint actions, should exchange our communication information, whether that communication be by telephone or internet or however.

Do you all agree?

Okay, we heard your answer.

One last thing before we finish here and close this Second International Gathering for Women Who Struggle. It's about the calendar.

We know that whatever the day, week, month, or year, somewhere in the world a woman is scared that she will be attacked, disappeared, or murdered. We already confirmed that there is no rest for women who struggle. So we want to propose to you who are listening to us or reading us or watching us, a joint action:

It could be any day of the year, because we know that the patriarchal system doesn't rest from abusing us, but we propose that this joint action of

women who struggle all over the world take place on March 8, 2020.

We propose that on that day each organization, group, or collective choose the action it thinks best, using the color or symbol by which they identify themselves according to their own thought and way of doing things, but that all of us wear a black ribbon as a sign of our pain and sorrow for all of the disappeared and murdered women all over the world.

This will be our way of saying to them, in every language, in every geography, and on every calendar:

You are not alone.

We feel your absence.

You are missed.

We will not forget you.

We need you.

Because we are women who struggle.

And we will not give in, give up, or sell out.

These are our words for you, sister and compañera.

We ask you to be careful as you return to your geography. We hope you arrive home safely and we remind you to remember what happened at this Gathering.

Remember that here, in the mountains of the Mexican Southeast, you have us, Zapatista women, and that like you, we are women who struggle.

In the name of all of the Zapatista women of all ages and at this hour Zapatista time on December 29, 2019, we officially close this Second International Gathering of Women Who Struggle, here in the mountains of Southeastern Mexico.

From the Semillero “Footprints of Comandanta Ramona,” Caracol Whirlwind of our Words, Zapatista Mountains in Resistance and Rebellion,

*Comandanta Yesica Mexico, December 29, 2019*

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