

The Martin Luther King Celebration Committee 2016

Workshops

at 34th Annual **Martin Luther King, Jr., Celebration**

"WE HAVE THE POWER TO MAKE CHANGE"

Monday, January 18, 2016,

workshop times 9:30-10:50 a.m.

at Garfield High School classrooms,

400 23rd Avenue at East Jefferson, Seattle

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1. Community Power: A Very Brief intro to Peacemaking Circles. ... In this workshop, we won't just talk about what restorative practices look like. We'll actually sit in a circle together and get a feel for the practice. The peacemaking circle process includes an opening and a closing, sitting together as equals who arrive at issues and decide things by consensus, passing the talking piece from one person to the next as a guide for when to speak and when to listen. We won't have time to go very far on our journey together, but everyone will leave with a sense of the possibilities that peacemaking circles present for all of us -- in our schools, our workplaces, community centers and institutions. *Presenters Mary Paterson and Diane Beall, No New Jim Crow Seattle; and Keiko Ozeki, The Center for Ethical Leadership.*

2. The Human Rights Approach to Health Care. Discussion of MLK's legacy regarding equity and the connection to health care based on human rights principles versus health care as a commodity. MLK quotation, "Of all forms of inequality, injustice in health care is the most shocking and inhumane." *Presenters Betty Capehart, United for Single Payer and Physicians for a National Health Program; Jim Squire, United for Single Payer and Physicians for a National Health Program-Western Washington and a social justice activist; plus others from United for Single Payer with medical backgrounds as resource people.*

3. Climate Change and the Systems of Oppression with focus on the school to prison nexus. "Panel discussion, short presentation and interactive exercises to help our audience understand the connection between climate change and various systems of oppression." *Presenters Zarna Joshi - Women of Color Speak Out, Rising Tide Seattle; Sarra Tekola, Got Green, Black Lives Matter, in Paris for the COP21 climate talks; Afrin Sopariwala, Rising Tide Seattle; Yin Yu - Rainier Beach restorative justice facilitator.*

4. Loving Our Girls Who Hold The Promise of the Universe Within. "Wellness Mentoring Circle" will be a single -gender intimate gathering, led by peer mentors to help the young girls in the circle understand and manage life's stressors. Limited to 10-15 girls aged 14-16, with 4-5 female mentors in the room. *Presenters Hazel Cameron, Seattle Cares Mentoring Movement; Patricia Valentine, certified grief and wellness counselor; Peer Facilitator Alejianna Carrol, Student Franklin HS; Peer Facilitator DaJohnna Walker, Student Franklin HS.*

5: Black Lives Matter, Continued... Back this year by Popular Demand, the workshop will pick back up on the Community Discussion with these esteemed Community leaders, Civic activists and Resource specialist. "Where are we NOW" and "What are the Cores issues and opportunities that we are facing going forward." The goal is to share information, resources and thoughts on "Things that Matter on the Road to making Changes in Self Empowerment." Please join us for a lively and informative discussion on a myriad of topics that include, Social Justice Issues, Health Justice Concerns for Recruitment and Retention of Dental and Medical Health Community Doc's, Youth Advocacy Programs, New Sound Generations programming for Aging populations; Mindfulness (the Gifts of Poetry and Arts), Empowering our Youth and teaching de-escalation and Safety Tools to use with Police Officers, Exploring Recovery and Counseling Resources, Ways to enhance your Financial Fitness and Housing IQ; and Next Steps for Gun Law Advocacy to Using information from our local Grandmother's Against Violence organization to Reduce Violence Prevention in the Inner City communities. *Facilitated by Winona Hollins Hauge, MSW , MLK 2016, Outreach Chair, DST Social Action Committee Member, Executive Board for WSABPHC. Panelists Jaye Ware, Poet , Artistic Consultant and AAWA member; Tony*

Benjamin, Entrepreneur/Co-Program Coordinator and founding member of MT.Zion's Team ISSACHAR; Reverend Harriet G. Walden, Entrepreneur, Mothers for Police Accountability; Linda Taylor, Housing Director and Financial Management Community Consultant, Urban League of Seattle; La Maun Lancaster, entrepreneur Rainfield Counseling; Isabellet Fosse, Program Manager/Pathways Volunteers and Community Living of Sound Generations, formerly known as the City Of Seattle, Senior Centers and Dr. Pollene Speed-McIntyre, Dept of Restorative Dentistry, UW and Member of the Washington State Association of Black Professionals in Health Care.

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6. Changing the Way We See and Deal with Violence. Initial discussion of how we define interpersonal violence. Small group discussions of specific situations involving interpersonal violence we want to handle differently. Based on these discussions, exercises to practice skills useful to handle situations differently such as listening, self calming, responding, de-escalation, intervening. Summation and further solutions to problem situations. *Presenters Andre Brown and Laurie Rostholder, core trainers of Washington Peace Team, with years of experience doing beginning and advanced trainings that included facilitating discussions about violence, developing exercises, and teaching skills necessary for nonviolent interactions and interventions, plus experience as peacekeeping at multiple actions.*

7. Human Trafficking and Trade Policy. Examining the role international free trade agreements play in increasing human trafficking. When people mention human trafficking they automatically think Sex trafficking. 80% of the 21 million people trafficked around the world is due to labor trafficking. We have the power to make the change by educating ourselves about the issue, demanding fair trade policies by legislation and by direct protest. *Presenters Former State Representative Velma Veloria, Coalition of Immigrants, Refugees and Communities of Color; Emma Catague, Filipino Domestic Violence Education Committee; Dr. Sutapa Basu, UW Women's Center, Women's Center Against Human Trafficking*

8. Doing Interfaith Social Justice Work. Participants will learn about FAN (Faith Action Network) here in WA state - and in particular our work this session in the Washington State Legislature and bills that affect communities of color. Primary focus will be given to criminal justice related bills and how people can be a part of the process by making calls to legislators before the workshop ends (so bring your cell phone!) *Presenter Rev. Paul Benz, Co-Director at Faith Action Network. Rev. Benz has been doing social justice organizing and lobbying in the 'halls of power' in Seattle, Olympia, and Washington DC for over 15 years.*

9. Labor Rights & Wage Theft Protection: POC's working the system. CIRCC is the Coalition of Immigrants, Refugees & Communities of Color. We are doing outreach, education, and referral services around labor rights and wage theft protection to POC, immigrant & refugee communities. We will cover 4 newly implemented laws in Seattle, what it means for those working in Seattle and how you can not only know your rights and recognize violations, but protect and ensure their equitable practice. *Presenters Che Sehyun, CIRCC Grant Writer, Experience Ease founder and Experience Education founder; Clarence Gunn, CIRCC and Seattle Alliance of Black Educators (SABE).*

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10. A Call to Action: Addressing the Dis-proportionality in Incarceration of Black, Latino and Native American Youth in King County. This workshop will engage participants in discussing the root causes of disproportionate incarceration of youth of color and together explore solutions and opportunities to shift the paradigm and identify strategies that can be directly brought back to the Juvenile Justice Steering Committee which is addressing these issues. *Presenter Elmer Dixon, President Executive Diversity Services, Chair and Facilitator - Juvenile Justice Steering Committee, former head of the Seattle Black Panther Party.*

11. The Need For Increased Social Justice Teaching — And The Obstacles Such Education Faces. Social justice education, such as ethnic studies courses, increases student achievement and dramatically reduces racial disparities. Middle Colleges, small Seattle high schools for students not served by conventional schools, have been providing such evidence for years. Even privileged students benefit from a social justice education and, as the race curriculum controversy at the Center School recently demonstrated, they are willing to fight for it. Despite the research and student activism, social justice education is under fire in Seattle. Learn more about these attacks from Seattle-based educators, including those who have been directly affected. Learn also what you can do. *Presenters Jon Greenberg, a public school teacher, member Social Equality Educators, and Contributing Writer for Everyday Feminism; Sharon Chang, local scholar, activist, author of “Raising Mixed Race,” and founder of “Multiracial Asian Families” website; Rogelio Rigor, a public school teacher, member Social Equality Educators.*

12. The importance of Mastering Communication Skills to improve a person's image and expand their influence among others. Often times the inability to navigate through difficult situations, build consensus, and manage change can impede a person's ability to create powerful results for themselves, their family, and their workplace along with others social and professional organizations. We will enable those present to understand their strengths and weakness in order to help establish more effective communication to reduce conflict in their personal and professional lives. Various quick assessments will be available. *Presenter DeCharlene Williams, Central Area Chamber of Commerce (CACC), Inter Personal Conflict Resolution Assessment, King County Community Development.*

13. Raising the Minimum Wage & Paid Sick Leave in Washington State: Why these are vital to MLK's Legacy. A coalition is emerging in WA State to advocate for a Minimum Wage Increase & Paid Sick and Safe Leave for all workers. We will explore how the lives of minimum wage workers and their families have been changed for the better when they have more resources for basic needs and opportunities to care for themselves and their families when they are sick. Change happens only when workers, supported by community, rise up, claim their power and organize for more pay and policies that improve their lives. *Presenters Elena Perez, Community Organizer, UFCW21; Mary Watkines, OURWalmart; April Sims, Field Mobilization Director, WA State Labor Council, AFL-CIO; and a representative from Working Washington.*

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14. Socialism and the Power to Make Change. Socialism has gained prominence recently with the first candidate for a major party claiming the label. According to opinion polls, socialism is supported by majorities or near majorities of Black people, young people and poor people in the U.S. But what is socialism? How would a socialist society facilitate popular power to make fundamental change? How would socialism overcome the racist, sexist, homophobic and environmentally destructive legacies of capitalism? Please join us for a lively discussion on these issues! *Presenters Leela Yellesetty, International Socialist Organization; Annaliza Torres, Freedom Socialist Party, Radical Women and the Comrades of Color Caucus; and Jane Cutter, Party for Socialism and Liberation and of the ANSWER Coalition; Jason Call, public school math teacher with a long history of anti war and political activism and currently a lead caucus organizer in Washington for WA For Bernie.*

15. "Mastering Your Mind for the Future." This enter active workshop will explore the ancient instructions of "Mind over Matter." Giving us insights and direction into how we can re-craft our thinking and once again regain and reclaim our ability to have control over the mind. It is an opportunity to contemplate what has been lost and how we can regain it. There is a great disconnect between our minds and our abilities. We have the power to make change when we control our thoughts, actions and direction with a disciplined mind. *Presenter Kibibi Monié Executive & Artistic Director, Nu Black Arts West Theatre, the oldest African American Theater Company in Washington State. She is a playwright, storyteller, actor, singer and director.*

16. Urban League of Metropolitan Seattle Historical Overview Then and Now. The Urban League of Metropolitan Seattle (ULMS) is an affiliate of the 107 year old National Urban League Movement, now with 90 Urban League Affiliates in 35 states. The ULMS was incorporated 87 years ago and continues to work tirelessly in providing education, employment, and housing access and opportunities focused on African Americans "to empower our communities and changes lives". We collectively work together and advocate for Black people to address institutional racism, providing access and opportunity through our signature programs that build capacity, create generational wealth, and improve financial and economic stability. *Moderator Michelle Merriweather, Vice President, ULMS; presenters Pamela L. Banks, President and CEO, ULMS; Kia Franklin Secretary, ULMS Board of Directors; Sean Greenlee, District Manager Starbuck's, a partner in the ULMS employment workforce training program; Kevin Loyal, Breakfast Group, ULMS Partner. Workshop attendees will receive a book covering the first 75 years of the ULMS, a lapel pin and ink pen.*

17. Veterans Resource Table. We will provide Department of Veterans Affairs Benefits and Community resources and services for active Military and Veteran men and women, their families, Disabled Veterans as well as Widows/ Widowers Benefits. We will help Veteran men and women and their families with access to resources and services that can change their lives for the better. *Presenters Ms. Donnetta Coleman, Tahoma National Cemetery representative; Steve Riggins, MS, Mental Health Counselor, "The Veterans Advisor; Rodney Stokes and Ophelia Stokes, Mount Zion Baptist Church, Veterans Committee.*

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18. Washington State Business Diversity Efforts. Brief description: How the community and government are coming together to raise awareness, take action and get results. Hayward Evans, Washington State African American Political Action Committee; Bob Armstead, National Association of Minority Contractors Washington State Chapter; Representative of Washington State Business Diversity Subcabinet; Nancy Locke, Department of Executive Administration, City of Seattle.

19. Fighting Racism and Islamophobia - A Socialist Strategy. Many working-class families have experienced layoffs and pay cuts and also lost homes and retirement plans since the capitalist economy crashed during the Great Recession. Most Americans are furious at corporate greed and politicians' failure to address income inequality. Corporate media outlets have used racism and Islamophobia to try to divert workers' anger toward Latino and Muslim immigrants instead of the exploitative, alienating living conditions that most working people experience. Join Socialist Alternative activists to discuss effective strategies and get involved the struggle against racism, police brutality, and economic inequality! *Presenters Dr. Will Washington, African American Black Lives Matter activist and Socialist Alternative member; Ramy Khalil Arab American anti-racist activist, Kshama Sawant's 2013 Campaign Manager who has given speeches and written articles on Islamophobia.*

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20. El Centro de la Raza, The Power to Make Change. Workshop presents El Centro de la Raza's history of its innovative multiracial occupation of the old Beacon Hill school and its legacy of organizing for Social Justice for over 4 decades. Presenters include 3 generations of people who have been active throughout El Centro de la Raza's history, organizing and carrying out child and youth programs, human and emergency services, education and skill building, community and building development including our current community inspired development Plaza Roberto Maestas. *Presenters Elisa Miranda, Miguel Maestas, Estela Ortega, Enrique Gonzalez, Denise Perez-Lally, Alex Bautista, and Virginia Frausto.*

21. The Asian Pacific American Struggle for Racial Equality. Description: A video that chronicles the Asian Pacific American Struggle in Washington State from the early 1800s to present, and a description of OCA (Organization of Chinese Americans) Asian Pacific American Advocates with members of JACL (Japanese Americans Citizens League). JACL is the nation's oldest and largest Asian-American civil rights organization. Both OCA and JACL are committed to ensuring the civil rights of all people. *Presenters Jacqueline Wu President of OCA Asian Pacific American Advocates and board members Doug Chin and Frank Irigon will be joined by members of JACL Theo Bickel, Sylvie Shiosaki, and Toshiko Hasegawa.*

22. State Of Emergency: Uniting to Fight For Change in Rights for Housing, Homelessness and Transit. Seattle is the fastest growing development city in the country, but also the fastest growing homeless population. In the recent declaration by Seattle and King County of a State of Emergency on Homelessness, Our City Coalition organizations had claimed we have since 2009. We will address how the free market, uncontrolled development and government has failed us, and will identify and discuss with the audience what the root causes are. Some of these root causes include the rising cost of living, unaffordable housing market, lack of rent control giving rise to slumlords, market failures, bank fraud, foreclosures, homelessness, shelters, tent cities and transit inequalities. The discussion will then follow with what the community can do to remedy these conditions and the alternatives to the current failed system. We the people must rely on ourselves, as a community, to help one another rise up to these challenges and like Martin Luther King, Jr.'s work, we have the power to make change. *Facilitator Cindy Domingo, LELO; panelists Jarvis Capucion, SHARE; Ryan Miller, Nickelsville; Anitra Freeman, WHEEL (Womens Equality and Enhancement League); Bang Nguyen, SAFE (Standing Against Foreclosure and Eviction); Scott Myers, Transit Riders Union.*

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