

History and Healing Summit TRANSCRIPT

[Content description Slide #1: Background is light tan, split to dark yellow about $\frac{2}{3}$ of the way through the slide. The text reads: Wednesday, November 4, 2020. HISTORY AND HEALING SUMMIT. Asian Solidarity Collective. Organized by Asian Solidarity Collective's Political Education Committee.

A (famous) black and white photograph shows Black protesters gathered outside of the Atlanta post office in 1963. They are kneeling in front of an open casket that contains a copy of the 15th Amendment. The protesters are holding signs that read: "here lies the dead right to vote." "Democracy is nonexistent in Mississippi!! Where is the U.S. Government. C.O.A.H.R." "The 15th Amendment is dead in Mississippi today. C.O.A.H.R." "The 15th amendment is dead in Mississippi. Will JFK and Bobby bring it back to life? C.O.A.H.R." End slide description.]ww

Lauren: Hello everyone! Welcome to the *History and Healing Summit*. My name is Lauren Manalo. My pronouns are she/her. And I will be your host for this evening.

Welcome to a very special edition of Asian Solidarity Collective's Monthly Social Solidarity event: the *History and Healing Summit*. We know it's been a stressful time, so we appreciate you all sharing space with us this evening.

If I could have someone change the slide for me...thank you.

[Content description Slide # 2: Background is dark yellow, with a small light tan strip. The word "WELCOME" is written vertically along that strip. The slide text reads: THANK YOU TO OUR FACILITATORS! Darryn (they/them): Live Captioning, Lauren (she/hers): Notes, Khue (she/hers): Chat, Kandi (she/hers): Tech. INTRODUCTIONS: Please write your name, pronouns, location, and what is your 1 word mood for the day in the chat. COMMUNITY AGREEMENTS. BRIEF ANNOUNCEMENTS. End slide description.]

Lauren: We would thank our facilitators today. And first lift up our live captioner Darryn who is providing accessibility services today. We are also appreciative of Melissa Colibrí who supported and coordinated accessibility for this event today.

As a reminder for all participants who will be speaking to take pauses,

[participant microphone feedback]

Lauren: and pace your talk for Captioning. Please mute yourselves! [small laugh]

I will be Note taking today, Khue will be monitoring the chat, and Kandi, of course, is helping us with tech. Thank you everyone for your help today!

Let's get started with some introductions. Please let us know in the chat, your name, pronouns, location and 1 word to describe your current mood right now. I know there's probably a lot of words that you might want to use, so feel free to use more than 1! That's okay with us!

While you all put your introductions into the chat, we're going to show our community agreements and share some brief announcements for you.

[Content description Slide # 3: Background is light tan with a dark yellow square in the lower left corner. Text reads: COMMUNITY AGREEMENTS. Show up present and available. Listen from the inside out - listen from the bottom up. Confidentiality is assured: take the lessons, leave the details. Model generosity. Be aware of intent & impact, accept responsibility for impact. Practice healthy conflict: engage tension, don't indulge drama. Give the gift of grace. Bring openness and awareness of trauma history. Communicate your access needs. Be teachable. Building, not selling - when you speak, converse, don't pitch. Self-care and community care. Make space, take space. Experience discomfort. Be aware of power and privilege. Honor the process - value the process as much as, if not more than, you value the outcomes. Respect pronouns. Expect and accept non-closure. End of slide description.]

Lauren: Here are some guidelines that we aspire to uphold. One agreement we want to highlight is:

- **To bring openness and awareness of trauma history:** We're all showing up with varying experiences and personal histories of trauma. So now especially is a moment where we ask that you be aware of that and practice patience and kindness with each other.

[replying to a chat comment] Hello Miss Piggy, I'm also hungry for mac and cheese; that sounds delicious.

[Content description Slide # 4: Background has a black banner with white title text reading: Upcoming Events. Intersecting the banner is a poster with a yellow background. The poster has the Asian Solidarity Collective logo in the upper left hand corner and has a black title box with large white letters reading: NOW IS THE TIME. The poster reads: Now more than ever is the time to organize. Organizing work doesn't end post election as it calls us to find our political homes, and commit to transformative solidarity and movement building work for our collective liberation. Zoom with us and get to know Asian Solidarity Collective's Members as they share their own experiences in their organizing journeys! Get together and get involved and find out what you bring into the mix. FRIDAY 11/06/20, 6:30 pm to 8:00 pm. RSVP at asiansolidarity@gmail.com. End of slide description.]

Lauren: We're also looking forward to another event from the ASC Action Committee this Friday from 6:30-8pm PT. Now Is the Time is an open virtual get-together for people to meet ASC members and hear their experiences about organizing and how they came into this work. If you've been feeling called to join a movement or organize, please join in and RSVP. You can email asiansolidarity@gmail.com.

[responding to chat comments] Hello Rique and hello Jun. And hello Mela and Mae and Collin! So many people today!

[Content description Slide # 5: Background is light tan with dark yellow stripe. Slide is titled Your Hosts. Photographs of three Asian femmes with their names, pronouns, and the segment of the evening they are covering under each picture. The text reads: Stacey Uy, she/her/hers, HISTORY. Mae Case, she/her/hers, STRATEGY. Amelia Bachtiar, she/her/hers, HEALING. End of slide description.]

Lauren: And I'm very excited to welcome our hosts, who, as someone said in the chat, "are serving looks today!" [laughs] Our hosts for today's summit are.

- **Stacey Uy** (she/hers): Stacey is an independent designer, illustrator and zinemaker. She also writes and illustrates a history zine called Radical History Club. Its aim is to unsettle colonizer, capitalist and anti-Black narratives of US history. And she'll be covering the history portion of the agenda today.
- **Mae Case** (she/hers): Mae is a first generation Filipina immigrant who currently works in the nonprofit sector for a homeless services provider. When she's not advocating for an equity-based approach to fighting homelessness, she is dedicated to community building and empowerment through civic engagement and organizing. Mae will be leading our strategy planning portion.
- **Amelia** (she/hers): Amelia is a first-generation Indonesian entrepreneur and yoga instructor. She is co-founder of A&E wellness. In her business and practice, she focuses on creating decolonizing and accessible spaces for wellness. Amelia is on a mission to support people be their best selves through mind and body holistic modalities. Be sure to stick around for her healing and journaling session.

And now I'm very happy to kick this off with Stacey for the history portion of our agenda this evening.

[Content description Slide # 6: Background is light tan. On the left side, the slide is titled HISTORY IS A PERPETUAL STRUGGLE. Below the title is the text: For example, let's look at the right to vote. Below that is a political cartoon of a colonial politician turning away and sticking his nose up at a line of people who are waiting to put ballots in a ballot box. On the right side, there is a timeline laid out in the form of a list of events. The list reads: RECONSTRUCTION, 1863 to 1877.

JIM CROW AND CIVIL RIGHTS, Late 1800s to 1965.
FIGHT FOR CHINESE CITIZENSHIP, 1882 to 1943.
VOTING RIGHTS ACT OF 1965.
EXCLUSIONS STILL EXIST. End of slide description.]

Stacey: Thanks Lauren! Hi! I'm Stacey, as Lauren mentioned. I'm going to ground us in some history lessons.

And I basically want to start out by saying that the narrative we're taught in schools is that we're on this constant trajectory towards progress. They say, "Struggles happened in the past, and that's over now. So we can sit back." But in reality, people have always had to fight. History, if you study beyond the whitewashed narrative, is actually a perpetual struggle. Most people, especially Black and Indigenous people, have never been able to sit back and let freedom come. This election cycle is important and worth participating in, AND history shows voting alone is not enough to create change. We can see that even in the history of the right to vote itself. So my mission is to convince you that everyone has a role to play in the movement and that needs to happen more than every four years.

So, we're going to cover these major milestones from Reconstruction to Jim Crow, the fight for Chinese citizenship, the Voting Rights Act of 1965, and the exclusions that still exist to this day. It is not lost on me that there is so much history left out of this outline, but I hope it can help anchor us in something tangible so that we feel ready to move on.

[Content description Slide # 7: Background is clouds. Text overlays the clouds and reads: CONTENT WARNING: We'll be covering the history of voting which includes discussions of state-sponsored terrorism, lynchings and slavery. End of slide description.]

Stacey: I wanted to create a content warning for what's ahead. We'll be covering the history of voting and with that comes discussions of state-sponsored terrorism, lynchings, and slavery. We know that you know yourself best, so please take breaks if you need to and come back when you're ready. No hurt feelings here.

[Content description Slide # 8: Background is split into left and right, separated by a thin dark yellow line. The left side shows a black-and-white photo of a bearded Black man in a suit, labeled South Carolina Representative Robert Smalls. The right side has a light tan background and shows a black-and-white photo labeled Wilmington Massacre, 1898, that depicts many men with long guns in front of an old building. Overlaid on the slide is the word RECONSTRUCTION, which is broken up as RECON in the middle and STRUCTION below the photo of the Wilmington Massacre. End of slide description.]

Stacey: So, let's start with Reconstruction. The period after the Civil War is known as Reconstruction. The 13th Amendment that organizers fought for to abolish slavery made the formerly enslaved "freed," but not necessarily "free." That's because the entire concept of citizenship and what it meant only applied to white men. But the Freed people organized boycotts, strikes, created Union Leagues for defense and by 1867, 80% of freedmen were registered to vote. And 14 Black men were elected to Congress the following year. One of them was Robert Smalls, who is shown here, a representative of South Carolina. Just six years prior he actually escaped enslavement and commandeered a Confederate transport ship for the Union during the Civil War, and he went on to serve in Congress for five terms.

It's hard to imagine these days, but this Congress had a vision for the country and with pressure from organizers, they worked quickly to actually implement it. They passed the first tax-supported public schools and they enacted 8-hour work days for federal employees.

In response to these wins in Congress, unfortunately, a surge of organized white terrorism and state-sponsored lynchings wreaked havoc, convincing both Northern and Southern states to abandon the cause of Reconstruction. President Rutherford B. Hayes even agreed to withdraw federal troops protecting freed people from the South in order to just win more Southern delegates.

In 1898, there was a coup in North Carolina known as the Wilmington Massacre. You can see a photo of that in the top right. White supremacist Democrats burned down Black newspapers across North Carolina, shut down entry into Wilmington and overthrew the elected government. As many as 90 Black people were killed that day. Shortly after white supremacists took over the government, Jim Crow laws were enacted in North Carolina and across the South, including poll taxes and literacy tests to disenfranchise Black voters. So I know at this moment especially, this history feels bleak, but we have to recognize what is possible when people get a seat at the table, and at the same time, how far people are willing to go to take it back.

[Content description Slide # 9: Background is split into left and right. Overlaid over the top of both sides is the text: CHINESE CITIZENSHIP. The right side is solid yellow. The left side shows identification documents from the State of California City and County of San Francisco and an old photo of a Chinese man. At the bottom of the left side is the caption: Sworn statement for Wong Kim Ark to return to the US. End of slide description.]

Stacey: That same year as the Wilmington Massacre, was an important case for Chinese Americans that was decided in San Francisco. Once labor was no longer needed from Chinese immigrants, the sentiment towards them grew more hostile. In 1871, 17 Chinese immigrants were lynched by a Los Angeles crowd in one of the largest mass lynchings in US history.

The Chinese Exclusion Act was passed during this time to suspend Chinese immigration for 10 years and to declare Chinese immigrants ineligible for citizenship. Wong Kim Ark, who is pictured here, was born in San Francisco. He was detained after returning from a visit to China. Customs chief John Wise was looking for a case to question US-born citizens with immigrant parents. To Wise, Ark being born in the US was an “accident of birth that didn’t override the fact that his parents were foreigners.” Across the US, white supremacists wanted citizenship to be a right of blood, rather than a right of soil.

Eventually, the court sided with Ark and granted citizenship status to children born of immigrant parents in the US. And still, Ark was required to show signatures of white men to prove his birthplace, and Chinese naturalization and voting rights were not even put in place until 1943. So again, even when proclamations are written through legislature, it still requires resistance and pressure to make them enforced and applicable. And this story kind of repeats again and again throughout US history.

[Content description Slide # 10: Background is solid yellow with text displayed vertically and horizontally between three photographs. The text reads: VOTING RIGHTS ACT OF 1965. The first photograph is a full color photo of an elder Black woman (Ellie Dahmer) holding a black-and-white photograph of herself and her husband Vernon Dahmer. The photo is labeled: Photo by StoryCorps. The second photograph is a black-and-white photo that shows four men in military uniforms (the Dahmer’s sons) standing over ruins (of their home after it was destroyed) and is labelled: Photo by Chris McNair. The third and final photograph is a black-and-white photo showing Lyndon Johnson shaking hands with Dr. Martin Luther King, Jr after signing the Voting Rights Act of 1965. End of slide description.]

Stacey: So we’re going to skip really far ahead to 1965. The Voting Rights Act of 1965 was neither the beginning nor the end of granting the right to vote to all people. In fact, some people had to risk everything in order for this act to be passed and enforced. In the 1950s, landowning Black people were important contributors to the movement because of their economic independence. And that’s just another reason to fight for us to all have what we need. Because that means we can all be part of the movement together.

Vernon and Ellie Dahmer were successful Black store owners in Mississippi. Vernon helped establish SNCC in Hattiesburg, encouraged young people to organize and was the president of the Forrest County NAACP. After the voting rights act of 1965, Vernon went on the radio to offer support for Black people voting for the first time. If they were afraid to pay the poll tax downtown, they could pay at his store or if they didn’t have the money he offered to pay it for them.

That night, unfortunately, the Klan firebombed the Dahmers’ home with Vernon, Ellie and three of their children inside. Vernon died the next day. The photo on the right is of their four sons looking

over what was left of their home. Their four sons actually had to leave their military posts abroad to bury their father.

Below is a photo of Lyndon Johnson shaking hands with Dr. Martin Luther King, Jr after signing the Voting Rights Act of 1965. Keep in mind that what happened to the Dahmer family actually happened after this bill was passed. Countless instances of violence and resistance occurred before and after this moment. This tells us that we can win, yes. AND we must continually defend those wins and each other to make them real.

[Content description Slide # 11: Background is light tan with a dark yellow banner. Slide is titled: WHO STILL CANNOT VOTE? On the left side of the screen are two photographs. The first is a middle aged Black man smiling wide in a suit with a voting sticker on his forehead. It is labeled Anthony Ray Hinston, photo by Equal Justice Initiative. The second is a black-and-white photo of an Indigenous woman dropping a ballot into a ballot box. Two poll workers are shown standing behind the ballot box and another Indigenous person is standing behind her. It is labelled Lucy Nicolar Poolaw of the Penobscot Nation, 1955. Photo by Danny Maher. On the right side of the screen, below the title is the bulleted list:

- Those convicted of a felony or on probation.
 - Washington DC.
 - US territories of Puerto Rico, Guam, Northern Mariana Islands, US Virgin Islands and American Samoa.
 - Native Americans who want to vote.
 - Anyone with hardships made heavier by the state.
 - [boldfaced] Each of these people is governed by US law and to an extent pay US taxes.
- End of slide description.]

Stacey: Even when concessions are won, it takes organization and solidarity building to make them a reality. Which is why it's no surprise that there are still many people whose right to vote is not protected:

- Those convicted of a felony or on probation (which, luckily, as of today is now reversed in California thanks to Prop 17 being passed. Which shows that we got some things done yesterday.)
- Congress members representing Washington DC do not have any votes.
- Residents of US territories of Puerto Rico, Guam, Northern Mariana Islands, US Virgin Islands and American Samoa (and that's over 3 million people) do not have the right to vote.
- Native Americans who want to exercise their right to vote may not always be able to.
- And really anyone with hardships made heavier by the state are also excluded. And we've seen that throughout this entire election cycle. That can look like anything from requiring special voter IDs to limiting polling places.
- Each of these people is governed by US law, and to an extent they pay US taxes. And yet they have no power over the decisions that affect their lives. This should be a call for

everyone that our liberation is collective and that we cannot demand that everyone vote without acknowledging that some people are still disenfranchised to this day.

And I just wanted to point out on the far left, that's a photo of Anthony Ray Hinton. If some of you are familiar with the Equal Justice Initiative, he was one of the prisoners on death row who was exonerated for the crime and he voted in this election for the first time in...I believe 30 years. And on the right, there, that's Lucy Nicolar Poolaw of the Penobscot Nation in 1955. She was the first Native American woman to vote in the state of Maine.

[Content description Slide # 12: Background is light tan. Text reads: WE NEED MULTI-TACTIC LONG-TERM SOLIDARITY. COINTELPRO. "expose, disrupt, misdirect, discredit or otherwise neutralize the activities of black nationalist, hate-type organizations and groupings."

Tactics included snitch-jacketing, unwarranted arrests and trials, and agent provocateurs. Below the title are three black-and-white photographs. The first shows Kwame Ture (then known as Stokely Carmichael) smiling at an elder Black man, holding a flyer that shows a black panther logo. The second photo shows a group of protesters holding up a power fist. The third photo shows a Black woman with natural hair holding a Black baby. This photo is labeled: Deborah Johnson and Fred Jr. End of slide description.]

Stacey: So what does this history mean for us today? We need multi-tactic, long-term solidarity that is rooted in building trust and uplifting the struggles of those in the margins of the margins. The state is well-poised and resourced to undermine movements. From 1955-1977 the FBI ran a program named COINTELPRO whose mission was to "expose, disrupt, misdirect, discredit or otherwise neutralize the activities of black nationalist, hate-type organizations and groupings."

Several tactics were employed during this time and continue to be used to this day. Snitch jacketing sowed distrust between organizers by portraying some as snitches. This was used to drive a rift between SNCC leader Kwame Ture (then known as Stokely Carmichael) and the Black Panther Party.

The FBI also used unwarranted arrests and bogus trials to bankrupt organizations like the American Indian Movement. It is well documented that there were orders to "arrest [them]. . . on every possible charge, until they can no longer make bail."

Agent provocateurs or secret spies were planted to supply information to authorities. In 1969, Chairman of the Illinois Black Panther Party Fred Hampton and Mark Clark were murdered by Chicago police in a shootout at his home. Hampton was sleeping next to his 8 ½-month pregnant girlfriend Deborah Johnson who miraculously survived. It was later proven that someone close to Hampton was working for the FBI and provided them with the information needed to carry out the murder.

So what can we learn from Cointelpro? This is all important to name because we have to see what the state is willing to do to end organizing work. And that just shows us how scared they are of us organizing. We have the gift of hindsight, and Civil Rights organizers operated with the information they had at the time. But what we can learn is the need to deepen our relationships and build trust with one another - to work in a culture of accountability that honors multiply oppressed identities. So that our work cannot be interrupted by outside manipulation. This includes building coalitions across generations and believing in the leadership of young people, as the great Ella Baker once taught us.

Content description Slide # 13: Background is light tan with a broad dark yellow strip down the right side. On the left side, text reads: FASCISM CAN HAPPEN IN THE US. IN FACT IT HAS BEEN HAPPENING FOR OVER 500 YEARS. "On its own soil, fascism is imperialist repression turned inward." - "Fascism and Anti-Fascism: A Decolonial Perspective." Indigenous Action. On the right side are three black and white photos.

The first is a poster with a photo of an indigenous person in the center and text reading: INDIAN LAND FOR SALE. GET A HOME OF YOUR OWN. PERFECT TITLE. EASY PAYMENTS POSSESSION WITHIN THIRTY DAYS. FINE LANDS IN THE WEST. IRRIGATED, IRRIGABLE, GRAZING, AGRICULTURAL, DAY FARMING. In 1910, the Department of the Interior sold under sealed bids allotted Indian land as follows.

The next photo shows a group of Indigenous children in front of an Indian Boarding School with a white teacher. Their hair is cropped short.

The third picture shows a group of four Black men wearing hats and striped clothing--old prison uniforms. End of slide description.]

Stacey: I think it's also important to recognize the context of the term fascism, which has been thrown around a lot. There's a really great zine called "Fascism and Anti-Fascism: A Decolonial Perspective," published by Indigenous Action. They define US fascism this way: "on its own soil, fascism is imperialist repression turned inward." So yes, it can happen here, and in fact, it's been happening for over 500 years to Black and Indigenous people specifically.

The violence we see today has been perfected through the murder and removal of Indigenous people, through the kidnapping and enslavement of Black people, and the ever expansion of the insatiable carceral state. Settler colonialism requires the disappearance and delegitimization of the Indigenous right to land and the myth of inheritable enslavability of Black people.

If you doubt that fascism is possible in the US, know that it's also something that countries like Nicaragua, Guatemala and so many others have been put through because of anti-democratic US intervention. Fascism happening elsewhere should be taken as seriously as fascism happening here.

But it's not enough to say that we don't want fascism, we also have to put together a vision for the world we want instead. If this history has taught us anything, it's that: it's not going to be easy AND we are required to move in solidarity with one another, understanding each other's struggles.

[Content description Slide # 14: Background split into three full color photos. The first photo shows a person wearing a facemask, popping out of the sunroof of a car on the road, holding up a handmade sign that reads: FREE THEM ALL. The second photo shows two people on a college campus wearing facemasks and appearing to be hanging out and being silly. One of them is holding a paper mask in front of their face and the other is waving streamers. The third photo shows a group of people wearing masks, some also wearing face shields. They are holding up a zine. Overlaid over the photos, from left to right, is the text: GET ORGANIZED. SOLIDIFY RELATIONSHIPS. BUILD POWER FROM MARGINS. The lower left of the screen reads the photo credit: Photo courtesy of Jeff Valenzuela. End of slide description.]

Stacey: Get organized, solidify your personal relationships and build power from the margins. The cost of not knowing what we want and leaving it up to outside leaders to decide is no longer something we can really afford to do anymore.

[Content description Slide # 15: Background is light tan with a rectangle of dark yellow in the lower left corner. Text reads: SOURCES. <https://bit.ly/historyhealingsources> (that's History Healing Sources). List of sources reads:

- Adam Sanchez, "The Other '68: Black Power During Reconstruction." Zinn Education Project.
- Adrienne Lafrance and Vann R. Newkirk II, "The Lost History of an American Coup D'État," The Atlantic.
- Charles Payne and Cierra Kaler-Jones, "Organizing for Voting Rights: Lessons from SNCC," Zinn Education Project.
- Enāemaehkiw Wākecānāpaew Kesīqnaeh, "Fascism & Anti-Fascism: A Decolonial Perspective," Indigenous Action.
- Jenni Monet, "Meet the Indigenous Women Who Fought for the Vote," Medium.
- Jonathan M. Katz, "Birth of a Birthright," Politico.
- "Reconstruction: America After the Civil War," PBS.
- Ursula Wolfe-Rocca, "COINTELPRO: Teaching the FBI's War on the Black Freedom Movement," Zinn Education Project.
- "Vernon Dahmer," SNCC Digital Gateway.
- "What One Family Sacrificed to Help Black People Vote in 1966," StoryCorps.

End of slide Description.]

Stacey: If you'd like to check out any of the sources for yourself, I uploaded this slide to a link at bit.ly/healinghistorysources. We will put that in the chat for you. Thanks, Lauren. I encourage you to

check them out if you want to read more about all the things I covered. But I'm going to go ahead and pass it over to Mae to talk about some strategy planning.

[Content description Slide # 16: Background is light tan on the left with a broad stripe of dark yellow on the right side. Title text on the left reads: STAY FOCUSED. BE PREPARED. Below that is a photo of a protest sign with a picture of Trump's face and the text NOT MY DICTATOR being held up in front of a Trump International building. The text in the yellow stripe on the right side reads: POST-ELECTION SCENARIOS. A closer look at what could happen in the coming days and weeks. ASK QUESTIONS. Organize your thoughts. SAFETY FIRST. Whether you're taking to the streets or hunkering down, what's your strategy to stay safe? TAKE CARE. How will you care for your mental and physical well-being? End of slide description.]

Mae: Thank you, Stacey! How is everyone doing? I want to thank you all for making the choice to be here with us tonight. If you are at all like me, you've been moving through a barrage of raw emotions that have left you at times feeling utterly helpless and hopeless. And I want to acknowledge that your feelings are very valid. We are not overreacting. What appears to be a recent rise in fascism in our country for many who are just waking up is actually a longstanding pandemic of violence and oppression that has been plaguing Black and indigenous people of color long before 2016.

The night we've been waiting for has come and gone and here we are left with a tremendous amount of uncertainty. My hope is that prior to today, we have all began planning for some degree of unrest in the next coming days. And if you haven't began planning yet, it's okay. You can start now. Start writing it down, tonight. What's important is you showed up here. Part of the work ahead is to convince others not to freeze or just go along, yourself included. The intention of this portion of the presentation is not to instill fear and invoke chaos. It's imperative to remember that fascism thrives on chaos and fear. We need our communities to be focused and prepared for what is to come. The better prepared we are, the more likely the attempt at a coup is thwarted by regular folks like you and me. We need to seriously acknowledge that mass direct action might be the only way to stop Trump from stealing this election. We all know that we can't rely on the state to look out for us in this moment, so being prepared and in practice of community care is absolutely crucial. A knee-jerk protest won't stop a Trump power grab. It's going to take several clear, sustainable strategies that together enable us to win.

Now, with that being said, each person has a different risk model. Only you will know what you can or cannot handle, what you have the capacity for. And that's perfectly fine. Which is why it's important that the ideas I present to you today should be used as a guide for what works best for you and your personal circumstances.

But first, let's take a moment to consider all the Post – Election scenarios. As of right now Trump has made it clear that he will not go quietly. We'll consider what's going to take place in the next coming days and weeks.

Then we'll take a deeper dive into discussing the importance of safety in your strategy. Whether you plan on showing up for several actions or if you decide to abstain from being in the streets, draft out your plan. In either case, you will need to be prepared to move quickly and preferably not alone.

Last, we need to remember to Take Care. You must acknowledge that alone, you cannot do everything. You cannot effectively push back against the state if you don't take care of yourself physically and mentally and if you are not honest and realistic about your capacity.

[Content description Slide # 17: Background is light tan with a dark yellow square in the lower left corner. On the left side is a photo of a protest sign held up amidst many people. The side simply reads: NO. Slide text on the right side reads: POST ELECTION SCENARIOS.

TRUMP REFUSES TO CEDE POWER.

- Declares victory despite all ballots not being counted.
- Loses the majority in both Electoral College and popular vote.
- Results decided by the Supreme Court.

TRUMP GETS RE-ELECTED

- WTF, America?

TRUMP ACCEPTS DEFEAT

- Highly unlikely.

End of slide description.]

Mae: So in planning tonight's presentation, we discussed the various scenarios that can play out as election day approached, and I knew that once this event took place, we could be closer to knowing exactly what is happening and how this is all going to play out. But let me just stress this. Whether you are going to take to the streets or if you plan on staying home, we must find ways to apply civic pressure. We will hold our elected officials at the local, state and federal levels accountable to fight for every vote to be counted. Trump spoke last night and said that if he's declared winner before all the votes are counted, he will fight to cease counting ballots. So, not a surprise to many, he's refusing to cede power, but we already knew that was coming. He has said numerous times that he would not go out quietly.

[Content description Slide # 18: Background is dark yellow with two large light tan rectangles, one on each side. On the left side is title text reading: CALL IT A COUP, above a photo of a protester holding up a red sign that reads: TRUMP MUST GO. Photo credit reads: Photo by: Olivier Douliery. On the right side of the slide is a political cartoon with a red background featuring a giant hand wielding a gavel that is poised to smash a person standing on a sounding block. Below the sounding

block are a large group of protesters, some of whom are holding signs. Photo credit reads: Photo by: Lo Cole. Below the cartoon is a bulleted list that reads:

- Government stops counting votes.
- Government declare someone a winner who didn't receive the most votes.
- Government allows someone to stay in power who didn't win the election.

Bulleted list credit reads: Source: Choose Democracy.

At the bottom of the slide reads the text: We have to be ready to declare loudly and strongly: This is a coup. End of slide description.]

Mae: First thing's first. Let's put a name to it. We are facing the attempt of the overthrow or alteration of an existing government by a small group. So let's CALL IT A COUP. Yes, a coup can happen in the United States. We need to call it what it is so we can mobilize accordingly. We need to be specific about the language so that people know it's wrong and a violation of Democratic norms — even if they're not familiar with the exact definition of a coup. Hearing terminology like “election tampering” or “voter suppression” in everyday conversation, which has been happening increasingly leading up to where we are now, is a very alarming signal of the deterioration of the democratic process.

We know that it is a coup when the Government stops counting votes, if the government declares someone a winner who didn't receive the most votes, or if the government allows someone to stay in power who didn't win the election. These are sensible red lines that people can grasp right away. And, while our intuition might tell us that we are powerless, passive observers of what is going on with our government and the election, we have to remember the power in numbers. The power of our communities. Popular uprisings can stop coups and have done so in the past. If you are here, chances are you realize the power of the people and you're willing and ready to go to work. The next crucial moments are moments for heroism amongst the general population. It's how we make democracy real.

It's rare for any country's leader to publicly admit they might not respect the results of an election. And yet, that's where we're at. Trump has repeatedly admitted to it. However, there's a glimmer of hope in knowing that — because when the people have to mobilize to stop a coup attempt, they rarely have the chance to get training, warning or preparation. So in that way, we're way ahead of the game.

[Content description Slide # 19: Background is light tan with a dark yellow square on the left side. Inside the square is the title text: ASK QUESTIONS. After a while, a full color photograph appears below the square, featuring a number of protest signs being held high. The one in focus is a black poster with white text and a drawing of a power fist. The text on the protest sign reads: RESPECT EXISTENCE OR EXPECT RESISTANCE. On the right side of the slide is a bulleted list reading:

- What is the crisis?

- Are you primarily worried about right-wing violence?
- Are you concerned about mass power outages caused by climate catastrophes, or other forces?
- Are you concerned about what policing will look like in the tense days following the election?
- Are you worried about the rising second wave of COVID-19?

Source: Planning for Disaster: A Writing Exercise. End of slide description.]

Mae: When we strategize around safety, at the community level, it's important to ask questions. I think we have all had moments, when we couldn't articulate what we were specifically afraid of or upset about. And who can blame us? We are being pummeled by an onslaught of violence, indignity, and atrocity from all directions. And it's so difficult to make sense of the noise, let alone process what we're experiencing. So we need to disambiguate, and pull complete thoughts out of our messy responses to chaotic news cycles and right-wing onslaughts. When you pause to gather your thoughts, confront your fears by asking yourself these questions, it'll help you figure out your priorities so far, and will help you determine what you need in an emergency situation.

So if we're confronting our fears, our first question is, what is the crisis? That may sound like a silly question, but it really isn't, especially amid all of the chaos we're experiencing. Once you've identified your primary fear, it'll be easier to confront.

Then, you can move on to assessing threats. What are the things you're afraid pose a direct threat, or a potential direct threat, to your immediate wellbeing? Are you primarily worried about right-wing violence? Are you concerned about mass power outages caused by climate catastrophes, or other forces? Maybe you're concerned about what policing will look in the upcoming days? Or maybe you're really worried about the rising second wave of COVID-19 amongst this increase in civil unrest? It may seem intimidating to write all these things down, but right now, for a lot of people, these fears are just a chaotic haze, and people often don't know how to navigate that. So if we are going to talk about safety, we have to talk about what's making us feel unsafe.

And don't stop there. Continue to make notes about your most basic responses to things. For example, if we experienced a power outage, what is your plan? What are you going to do for those first 10 minutes or after an hour without power? Do you have supplies on hand to assist you in this situation? Maybe you want to create a phone tree of people in your community who you can reach out to gather information. Maybe someone knows that it's unsafe in a particular area of town and you should avoid moving toward that space. Again, I know it can seem overwhelming to think through such difficult scenarios, but the more prepared you are, the safer you can keep yourself and your loved ones.

You may find that you don't have any answers. You might end up with more questions than when you first thought about it. But that's perfectly okay, because you have now discovered these important questions, so let's keep it moving forward.

[Content description Slide # 20: Background is light tan with a dark yellow strip on the bottom. On the left side is the text: CENTER IN CALM, NOT IN FEAR. Below this is a full color photo of a street sign reading "DO NOT PANIC." Below the photo is the quote: "Nothing is more important than stopping Fascism, because Fascism will stop us all." - Fred Hampton. On the right side of the slide is a pink and blue ombre poster with a single white streak running diagonally across the upper left corner. The poster text reads: ORGANIZING ACTION PLAN.

- SAFETY FIRST: Ask questions, gather materials.
- Pod mapping.
- Be ready to act quickly and not alone.
- Have bail resource information on hand: Dede McClure Bail Fund - 619-356-8833.
- Protect yourself and your friends from surveillance.

Poster credit reads: Source: San Diego Post Election Guide. End of slide description.]

Mae: Like I mentioned earlier, a knee-jerk protest is not going to be effective in stopping any attempts by Trump at a power grab. And a quick temperature check will tell you that going out unprepared is extremely dangerous right now. So please, make a safety organizing plan before you head out. Our friends at Black Lives Matter SD, March for Black Women SD, and We All We Got have adapted an amazingly comprehensive post-election safety guide with tons of resources. You probably have seen it circulating on social media. This is a great tool to help you build your strategy. And I will be sure to drop that in the chat for you in a little bit.

So in making your plan, you can do so by asking yourself some key questions and then jotting those answers down: What level of action do you plan on engaging in? Have you researched de-escalation and safety resources? Do you have a list of materials necessary for protesting? This list would include items such as masks (let's remember that we are still dealing with a global pandemic that has no end in sight, and San Diego County numbers are not promising. So if you're going to go out, please wear a mask), hand sanitizers, flashlights, portable chargers for your phone, water, self-defense mechanisms of some sort such as a taser or pepper spray. Again, this list can be found on the San Diego Post Election Safety Guide.

Do you have a pod? When the pandemic first hit earlier this year, folks became really engaged in the activity of pod mapping. In fact, ASC had a social solidarity event which was a pod mapping workshop earlier in the summer. And now is a good time to pick that up again. If you have never heard of pod mapping, I'll drop a good resource for you in the chat as well

(<https://batjc.wordpress.com/pods-and-pod-mapping-worksheet/>). Pod mapping will allow you to identify the people that you would call on if violence, harm or abuse happened to you; or the people

that you would call on if you wanted support in taking accountability for violence, harm or abuse that you've done. If you plan on participating in protests, it would be great preparation to have this information readily available.

Be ready to act quickly and not alone. Talk to at least 5 people who would go into the streets with you. Plan on a meeting place or two should you lose each other in the crowd. Identify safe houses nearby that everyone in the group is aware of should you need to disperse and then regroup. Have bail fund information on-hand. Write the number to the Dede McClure Bail Fund on your person before you head out. I think most of us active Asian Solidarity Collective members have this number memorized, and you should too.

Know your rights before you take to the streets. Educate yourself, especially if participating in protests is new to you. Tensions are at an all-time high right now and it's important that you know what is well within your rights when you're peacefully protesting.

Protect yourself from surveillance. Make sure to fully encrypt the data on your phone before you head out to a protest. That way, if your device is confiscated by police, or if it is lost or stolen, full-disk encryption can help protect the information on your phone. You should also disable face and finger recognition. Consider leaving your car at home. Police use automated license trackers. Be mindful of posting photos and videos of other protesters online where their faces, or unique clothing are identifiable. Again, you'll find fully detailed resources in the San Diego Post Election Safety Guide.

[Content description Slide # 21: Background is light tan with a dark yellow rectangle in the bottom left corner. On the left side of the screen is a diluted color photo of a hand holding up a handwritten protest sign that reads: NO JUSTICE NO PEACE. On the right side of the screen is the text: PERSONAL / HOME SAFETY PLAN. Bulleted list reads:

- SAFETY FIRST: Make a plan for wherever you're staying.
- Fill up your gas tank.
- Prepare a go-bag.
- Gather supplies to last you at least a week.
- Plan where to go when home is no longer safe.

Source: San Diego Post Election Guide. End of slide description.]

Mae: If you are planning on abstaining from protesting, and plan to stay home or with a friend, there are ways that you can prepare as well. Again, drafting out a plan should begin with asking yourself some key questions. If you're planning on staying with a friend, have you reached out to that friend already to let them know your plans? Do you have a meeting location set with that friend? If you are staying at home, create an exit and strategy plan. That would entail drawing a floorplan of your

home, identify the safest route to outside, identify a meeting spot outside for your family and then practice that escape plan.

Fill up your gas tank: You never know when you'll have to hop in the car and drive, and if you'll need to drive for a while. Chances are, if it gets to that point, everyone else will be planning to do the same. Try and avoid the chaos at the pumps by preparing ahead of time.

Prepare a Go Bag: As stated earlier, you should be ready to act quickly in the days ahead. Putting together a Go Bag, if you don't have one already, is good planning. What would you put in a Go Bag, to sustain yourself and your family temporarily if you had to flee? Make sure everyone in the family knows where the bag is. And again, everyone's Go Bag will hold different contents depending on your priorities and the needs of everyone in your household. But here are some suggestions: medication, a first aid kit, access tools such as inhalers or an expandable can, snacks, water, extra masks and hand sanitizer, MTS passes, extra cash, and portable chargers.

Do you have supplies? If you're able to, plan to have supplies on hand to last you for at least a week. This includes groceries, including non-perishable items, ready-to-eat meals, toilet paper, paper towels, masks and sanitizer, pet food for those who have pets, batteries of all sizes, candles, etc. Again, I'm going to point you all to the super comprehensive San Diego Post Election Guide for a full list of suggestions. I also want to stress that if you are one of the lucky ones who can acquire everything you think you might need for these purposes, it would be nice to think: how can you help other people in crisis access those items?

Plan on where to go when home is no longer safe: Make sure to familiarize yourself with the closest trolley station and bus stop to you. Take a look at the trolley and bus stop schedule. Confirm the people who will go with you. Remember, plan to move quickly and not alone. If you can, identify friends to go with, as there is always safety in numbers. Also, plan to have money on hand for a MTS trip or rideshare.

[Content description Slide # 22: Background is light tan with dark yellow square on the left side. Inside the square is the title text: MAKING SPACE FOR SELF-CARE. After a while, a black-and-white photograph showing hands holding up protest posters appears below the title text. The poster in focus reads: THE POWER OF THE PEOPLE IS STRONGER THAN THE PEOPLE IN POWER. On the right side of the slide is the text: How will you take care of your mental health this month? Bulleted list reads:

- Think about limiting your news and social media intake.
- Find 10 minutes of time a day to spend on something that feels good.
- Try journaling or writing about how you're processing this moment.
- Share your safety plan with your support circle.

Next header reads: Mental Health Resources. Bulleted list reads:

- NotOk App.
- Crisis Text Line: Text HOME to 741741.
- BlackLine: 1-800-604-5841.

Source: San Diego Post Election Guide. End of slide description.]

Mae: When it comes to confronting these very real and overwhelming fears, it's important to remind yourself that you cannot do everything. Civil unrest can have an impact on the entire community, including your mental health and wellbeing. At a time where you are physically, mentally, and emotionally drained (like I am), and your wellbeing has taken a dip, it's essential to take care of yourself and nourish your body. So take these tips and do what you can to keep yourself centered.

This first one is hard. I know doom scrolling is so very real, because I'm so guilty of it every day. But in the last couple of days, I found other ways to channel my anxiety. I didn't follow election day to the extent I really wanted to, and I'm grateful for pushing to do that. Make sure to take breaks from the barrage of information which undoubtedly will worsen in the upcoming days.

Find small windows in your day to do something that feels good. Take a quick walk around the block if it's safe. Watch something that will make you laugh. Listen to a really good album. Read that book you've been putting off.

If you've been following these steps so far, you should be pretty comfortable with writing your thoughts down, so maybe take a moment to journal what you're processing this moment. My friend and fellow ASC member Amelia will lead us through a journaling exercise here shortly so I hope you all are ready with your pen and journal.

Lastly, share your safety plan with your inner circle. What are some signs they could look out for that you are not currently in a good place? What are some coping strategies that will help you? What would you like for them to do if you need emergency intervention? And again, The San Diego Post Election Safety Guide also has a collection of healing and mental health resources that you should familiarize yourself with.

The notOK App™ is a digital panic button that takes the guesswork out of asking for help when you're feeling vulnerable. It's a free download.

Crisis Text Line - Text HOME from anywhere in the United States, anytime. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform and will help you move from a hot moment to a cool moment.

There is also Blackline. Blackline is a 24/7 hotline/textline offering peer support and counseling, reporting of mistreatment, and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

[Content description Slide # 23: Background is light tan and dark yellow. The color blocking has light tan on the left with a strip of light tan on the bottom and dark yellow on the right with a strip of dark yellow on the top. The way the color segments interlock is reminiscent of a blocky yin and yang. On the left is a quote reading: “Historically, survival is usually the work of people having each other’s backs.” - Kelly Hayes, Planning For Disaster: A Writing Exercise. On the right side of the slide is a photograph of a group of people standing facing a Midtown Global Market gazebo. Beneath the gazebo is a hand made poster decorated with hearts and pink and blue writing reading: 22 COUNTRIES Represented. Photo credit reads: Photo: Support the Cities. End of slide description.]

Mae: Once you have your thoughts and your plans written out, talk about them. Have conversations with people who you find it easy to talk to. Ask them what they would do in the same situations. Explain what you want in terms of help. Express these kinds of things and find out what your friends think they would need. Even if you are not the one who can meet those needs, these conversations will help you and your friends or family identify concerns and compare ideas. The people you care about might wind up better positioned to make their own plans on how to stay safe because of their talk with you.

Kelly Hayes said, “Historically, survival is usually the work of people having each other’s backs.” When we care about each other’s survival and empower ourselves and each other to do something about it, we can accomplish so much. It’s okay to be afraid but try not to let the fear paralyze you into inaction and submission. Try and find some time in the next day or two, before an election decision is made and the people respond, to ask yourself these questions and take note, have these difficult conversations. I know we are all worried about the uncertainty ahead, but we are also living in a pandemic and during an era of economic and political collapse. These formations of care and survival, whether they are mutual aid or some other form of community response, are going to be essential. Hope is a discipline. So let’s be disciplined. Let’s protect the parts of ourselves that allow us to care for other people, and for ourselves.

So, I want to thank everyone for your time and I wish everyone well. Up next is Amelia for a healing and journaling session.

[Content description Slide # 24: Background is light tan with a dark yellow rectangle in the bottom left corner. The slide is titled: HISTORY OF SELF-CARE. Laid over the yellow rectangle is a light yellow poster showing a greyscale photo of Audre Lorde and a quote reading: “Caring for myself is

not self-indulgence, it is self-preservation. And that is an act of political warfare.” - Audre Lorde. To the right of the photo is the bulleted list of topics:

- The Black Panther Party.
- The Importance of Self-care

End of slide description.]

Amelia: Thank you so much. My name is Amelia Bachtiar. Thank you Stacey and Mae for your informative lecture. Before we get into our healing portion of the event, I first wanted to take a moment to acknowledge the roots and history of self-care.

The word “self-care” has been popularized and commercialized with an emphasis on class division and oftentimes disempowers folks rather than empowering. Self-care has been capitalized by corporations as material goods and luxuries that are often priced with a high cost. Through understanding the true meaning of self-care it will only help empower us and reclaim self-care.

In the 1950s it was adopted medically to describe activities for institutionalized patients to preserve some physical independence. In the 1960s academia began to take serious consideration on how self-care impacts those with PTSD (post-traumatic stress disorder) and the term soon was spread into the larger community.

Now, not only did The Black Panther Party fight for freedom and liberation in marginalized communities and against police brutality, but they also provided community care. And adopted the term “self-care.” By distributing food to those in need, creating health clinics, building programs to educate and share accessible information with others, and more, the Black Panther Party put care into action in real tangible ways for their communities. It was a way for folks to care for themselves again and to avoid activist burnout.

When referring to self-care it’s important to note that I don’t necessarily mean having a spa day or taking a bath. Yes, these modalities are great, but these are surface level forms of self-care. When engaging in self-care are you taking care of your mental health needs and processing your emotions? Oftentimes folks need to engage in these surface level forms of activities in order to become vulnerable and open to truly look within.

Finding your form of self-care is essential. Whether that looks like taking a walk on the beach with a friend, or going to the park alone and journaling, or meditating. Or even as simply as hydrating your body, making sure you laugh at least once every hour, or letting go of perfectionism. Remember self-care does not have to cost money and it is truly your right to reclaim your own self-care practice.

[Content description Slide # 25: Background is light tan with a dark yellow box in the center. Slide is titled: BREATHWORK: PRANAYAMA. Layed over the yellow square is a white poster showing

diagrams of breathing instructions. There are four steps, arranged in a square. Inside the square is the text: SQUARE BOX BREATHING. To the left of the diagrams is the text: SAMA VRITTI PRANAYAMA. The steps are:

1. Take breath in (x counts).
2. Hold breath in (x counts).
3. Take breath out (x counts).
4. Hold breath out (x counts).

End of slide description.]

Amelia: For the purposes of tonight we will engage in a few self-care methods: yoga -- and now, yoga includes breath work, meditation, and physical movements. And last we will end with journaling and reflection. Yoga is all about honoring your mind and body so if any of these forms of healing aren't resonating with your mind and body, please listen to that and opt out if you need to. Sometimes listening can be just as therapeutic. And remember, this is your time and your healing!

[slide advances]

Amelia: Stacey, can you actually go back?

[slide returns to Slide #25]

Amelia: Thank you. There are a total of 8 limbs to yoga and one of them includes breath work also known as *pranayama*. *Pranayama* is a Sanskrit word -- you will hear me mention Sanskrit words a few times during my portion. Sanskrit is a classical/literature language from South Asia.

So, I'm going to teach you three different breathing techniques that help calm the mind. The goal of *pranayama* is to strengthen the connection between your body and mind. According to research, *pranayama* can promote relaxation and mindfulness. It's also proven to support multiple aspects of physical health, including lung function, blood pressure, and brain function. Everyone responds to breathwork differently and for some reason you begin to feel activated by any of these please stop, listen to your body!

The first one technique is equal part breathing (box): *sama vritti pranayama*. This breathwork can shift your energy and connect you deeply with your body, calm your nervous system and decrease overall stress.

So, in order to do this:

You will inhale for 4 counts. Hold the breath for 4 counts. Exhale for 4 counts. Hold the breath for 4 counts. So that's one cycle. We will do a total of 4 rounds but before we begin we take a cleansing

breath to anchor in our breath. And then we will close our eyes. So, if you would like to join me in our *pranayama*, we will begin.

I'm sitting on the floor, but if you're sitting in a chair, just find a comfortable seat. Or just find some ease in your seat. I like to place my palms onto my thighs. And find a nice tall spine and just allow yourself to be free of any distraction if that is available to you.

[responding to a question in the chat] Yes, thank you. So "hold the breath out," that's exhaling out through your nose. So you will inhale for 4, hold the breath -- retain the breath -- for 4, exhale out through your nose as your mouth is closed for 4, and then hold the breath for 4. Thank you for asking that question.

Alright, so we will begin. Let's do one round. Just to see how everyone is feeling. And then if you have any questions, feel free to ask your questions in the chat. And then we'll do a total of four rounds.

So sit nice and tall, relax your shoulders, and if you feel safe in this moment, you can close your eyes or find a soft gaze in front of you. And before we focus on the breath, take a moment to acknowledge your surroundings. Notice if you hear any external noises. And rather than seeing these noises as a distraction, can you see them as part of your practice? And maybe an opportunity to help you stay even more present.

Start by taking a deep inhale in through your nose [inhales]. And a big open-mouth exhale. Let it go [exhales]. And try to make that exhale as audible as you can. Let's do it one more time as a group. Take an inhale, in through your nose [inhales]. And an open mouth "ahhhh."

We're going to do just one more. And I encourage you, on your exhale, can you sigh it out and make the biggest sigh you can, releasing stress out from within. Take an inhale [inhales]. And [exhales loudly] "AAHHHHH," let it go.

Now we will begin our one round of square breathing, our box breathing.

Take an inhale through your nose [inhales, counts] one, two, three, four...

Hold your breath for four, three, two, one...

Exhale out through your nose [counts] one, two, three, four...

Hold the breath [counts] one, two, three, four...

Take an inhale [inhales]. And open-mouth, let it go [exhales] ahhh. And gently come back to the room. I'll take a moment to see if anyone has questions before we begin four rounds of that. Wonderful. So I don't see anyone with questions. So let's begin our four rounds.

Close your eyes if you did so. Or you can keep your eyes open. Whatever resonates with you. Let's begin.

Inhale through your nose [inhales, counts] one, two, three, four...

Hold the breath [counts] four, three, two, one...

Exhale [counts] one, two, three, four...

Retain [counts] one, two, three, four...

Inhale, in through your nose [inhales, counts] one, two, three, four...

Hold the breath [counts] four, three, two, one...

Exhale out through your nose [counts] one, two, three, four...

Retain your breath [counts] one, two, three, four...

Take an inhale [inhales, counts] one, two, three, four...

Retain the breath [counts] four, three, two, one...

Exhale out through your nose [counts] one, two, three, four...

Retain the breath [counts] four, three, two, one...

Last round.

Inhale [inhales, counts] one, two, three, four...

Hold the breath [counts] four, three, two, one...

Exhale out through your nose [counts] one, two, three, four...

Retain your breath [counts] four, three, two, one...

Take an inhale [inhales]. And open-mouth [exhales] ahhhh. And when you're ready, if you had your eyes closed, gently flutter them open.

[Content description Slide # 26: Background is light tan with a dark yellow box in the center. Slide is titled: BREATHWORK: PRANAYAMA. Layed over the yellow square is a white poster showing a diagram of breathing instructions. The poster is titled: SHEETALI PRANAYAMA, THE COOLING BREATH. The instructions read: INHALE through CURLED TONGUE (with an arrow pointing to the illustration of the person's tongue). EXHALE through NOSTRILS (with an arrow pointing away from the illustration of the peron's nose). The poster credit is a URL: <http://yogicwayoflife.com>. End of slide description.]

Amelia: Alright, now we are going into the next breath technique. Now, the next breath modality we will engage in is called "cooling breath" (*sheetali pranayama*). One of the benefits of this breath technique is to reduce the temperature of the body which does have a positive effect on calming

your nervous system and mind. If you need to cool down literally and figuratively, this is a great method to adopt.

So in order to do this, you are going to:

Take your tongue and fold it in such a way that it becomes like the shape of a tube, like this. [demonstrates rolling tongue] And you're slightly going to stick your tongue out of your mouth.

And then what you're going to do is breathe slowly like you're sipping through a straw. The air will pass through this tube to cool the mouth, and your palate and your throat. And the breath will fill your entire stomach. And then you're going to close your mouth, and then slowly exhale out through your nose.

So I will do one round so you can see this technique. So it looks like this. So, you're going to make a sound, so it's going to sound really...just a little different. [demonstrates inhaling through folded tongue] I'll do one more round. [inhales again]

So, the exhale is very soft and gentle. And the goal here is we want to extend that exhale. So you're going to feel a cooling sensation. So if you're feeling a little hot, this is great for you. So let's begin. Let's do one round, actually, and let's see if anyone has questions.

So, once again, sit nice and tall. And if you want to keep your eyes open so you can look at me, go ahead and do so. Let's begin. [inhales through folded tongue, exhales quietly] Let's just do one more to see if anyone has questions about it. Inhale in. [demonstrates again] Hopefully you all feel a little cooler in your mouth. Any questions? No? Okay. Perfect.

We are going to do a total of 10 rounds. And I will cue us in on the count that we're in, but I will do it along with you so you can have a visual on the pace that I'm going. But of course, if my pace is too fast or I'm going too slow, listen to your body.

Let's begin. [inhales slowly through folded tongue, exhales quietly]

Going into two. [inhales slowly through folded tongue, exhales quietly]

Three. [inhales slowly through folded tongue, exhales quietly]

Four. [inhales slowly through folded tongue, exhales quietly]

Five. [inhales slowly through folded tongue, exhales quietly]

Six. [inhales slowly through folded tongue, exhales quietly]

Seven. [inhales slowly through folded tongue, exhales quietly]

Eight. [inhales slowly through folded tongue, exhales quietly]

Nine. [inhales slowly through folded tongue, exhales quietly]

Ten. [inhales slowly through folded tongue, exhales quietly]

Take an inhale. [inhales] And open-mouthed “ahhhh.” Hopefully you all are feeling a little cooler than we started.

[Content description Slide # 27: Background is light tan with a dark yellow box in the center. Slide is titled: BREATHWORK: PRANAYAMA. Layed over the yellow square is a white poster showing a diagram of breathing instructions. The poster is titled: Anuloma Viloma: Alternate Nostril Breathing. The poster shows an illustration of a person sitting cross legged and holding their nose closed. Beside the person is a larger illustration of a hand, palm up, showing that the thumb, ring, and pinky fingers are extended and the index and middle finger are curled in. End of slide description.]

Amelia: Alright, going into our last breathwork. And this is called “alternate nostril breathing,” *Anuloma Viloma*. By practicing this technique, we are balancing the polarities between our right and left side of our body. Now, your right energy channel is associated with heat and being active. And your left energy channel is associated with coolness and nourishment and repair. We want to balance these two energy channels. If you start to become mindful throughout your day, there is always going to be one nostril that is dominant with your breath. This is also a calming breath technique and helps build your lung capacity through the breath retention.

All right, so I’m going to give you instructions on how to do it.

With your right hand, you will find the vishnu mudra. Mudras in yoga are hand gestures that help us embody a certain element. This mudra is all about destroying your ego and putting your ego aside.

So what you’re going to do is drop your index and middle finger down. Now, the reason why these two fingers are down is because they say that your index finger is the finger that you tend to point with, and it’s very directive. And we all know that the middle finger is a bad finger. So we are dismissing these two fingers.

What you will do is, with your right thumb, place your right thumb onto your right nostril. And then we will inhale through the left nostril for 4 counts. Then I will cue us to go to the other nostril. Now, when you close your left nostril, you’re going to use both fingers. Make sure that it’s not just one, but both. Then you’re going to lift your thumb and exhale through your other nostril for 6 [counts].

Then what you’re going to do is close both nostrils -- pinch your nose. And you want your mouth closed. And were going to hold the breath for 6 [counts]. So it’s going to be: inhale for 4, exhale for 6, hold the breath for 6. Traditionally, once you’ve built your lung capacity, the count is typically: inhale for 4, exhale for 8, hold it for 16. And that sounds like a long time. And when you’re learning, it’s a really long time and you’re building that lung capacity. But for the sake of tonight, we’re going to stick to 4, 6, 6.

You want to make sure that your right elbow is directly pointing down and then your hand stays in the Vishnu mudra. If at any point you start to panic, just open your mouth and the breath retention. I never want you to feel anxious during this practice.

Okay, so I'll do one round so you can see what it looks like. So I am plugging my right nostril. I'm taking a deep inhale through my left [nostril]. [inhales] Close my left nostril, exhale out through my right [nostril] for 6. Close both nostrils, hold my breath for 6. One tip before we begin is when you take your inhale, take your biggest inhale that you can from your belly, deep from your belly, visualize that happening. And then when you exhale, you want to be very soft and gentle and exaggerated. So that you really focus on lengthening your exhale.

Okay everyone, if you would like to join along with me, go ahead and find your hand in the Vishnu mudra. Right thumb and your ring finger and your pinky finger are out.

Begin to place your right thumb onto your right nostril.

Let's take a deep inhale through your left [nostril]. [counts] One, two, three, four.

Close your left nostril with both fingers. Exhale out through your right [nostril]. [counts] One, two, three, four, five, six.

Close both nostrils, hold your breath. Stay calm. [counts] Two, three, four, five, six.

Now we're going to the right, lift your thumb.

Inhale. [Counts] One, two, three, four.

Close your nostril. Exhale out through your left [nostril]. [Counts] One, two, three, four, five, six.

Close both nostrils. Hold the breath. [Counts] One, two, three, four, five, six.

Release your hand, take an inhale. Keep your mouth closed. Exhale out through your nose.

All right, any questions? Okay. All right everyone.

We are going to do 4 rounds. So going right to left and then left to right, that is one round. We are going to do a total of 4. Like I said earlier, if it doesn't resonate with your body, or if it's activating you in some sort of way, please sit out and maybe practice a different technique that we learned earlier.

Okay, if you would like to join me, find your hand in the Vishnu mudra. Right thumb onto your right nostril. Keep your shoulders relaxed. Let's begin.

Take an inhale through your left [nostril]. [counts] One, two, three, four.

Close your left nostril, exhale out through your right [nostril]. [counts] One, two, three, four, five, six.

Close both nostrils, hold the breath. Stay calm. [counts] Two, three, four, five, six.

Lift your thumb. Inhale. [Counts] One, two, three, four.

Close your nostril. Exhale out through your left [nostril]. [Counts] One, two, three, four, five, six.

Close both nostrils. Hold the breath. [Counts] One, two, three, four, five, six.

To the left, second round. Inhale. [counts] One, two, three, four.
Close your left nostril. Exhale out through your right [nostril]. [counts] One, two, three, four, five, six.
Close both nostrils, hold the breath. [counts] One, two, three, four, five, six.
Lift your thumb. Inhale. [Counts] One, two, three, four.
Close your right nostril. Exhale out through your left [nostril]. [Counts] One, two, three, four, five, six.
Close both nostrils. Hold the breath. [Counts] One, two, three, four, five, six.

To the left. Inhale. [counts] One, two, three, four.
Close, exhale out to the left. [counts] One, two, three, four, five, six.
Close both nostrils, hold the breath. [counts] One, two, three, four, five, six.
Inhale through the left. [Counts] One, two, three, four.
Close your left nostril. Exhale out through your right [nostril]. [Counts] One, two, three, four, five, six.
Close both nostrils. Hold the breath, last time. [Counts] One, two, three, four, five, six.
Remove your hands. Keep your mouth closed. Take an inhale. Exhale out through your nose.
Take an inhale [inhales]. Exhale out through your nose.

Now I did forget to mention that this is a cleansing breath. So it's natural for mucus to arise. If that is happening, be sure to blow out your nose. It is suggested that you do this first thing in the morning.
[Laughs] Yeah, that mucus will come up. Which is a good thing! So maybe you'll feel a subtle difference between which side feels more dominant.

[Content description Slide # 28: Background is light tan. Text reads: 15 MINUTE CHAIR YOGA MOVEMENT + BODY SCAN MEDITATION. End of slide description.]

Amelia: Alright everyone, so now we begin our physical movements and going into our meditation. When I say "chair yoga," typically I'm sitting in a chair. But I felt like sitting on the floor, just feeling more grounded. So, again, if you are sitting in a chair, that is great. If you are sitting on the ground, if you're sitting on your couch, that is perfect. So find yourself in a comfortable seat. I'm just going to back up a little bit. And of course, once again, I always want to emphasize that if a movement is not calling to you, please listen to your body. And if a movement doesn't feel good, please don't force your body.

All right. So sit nice and tall. Place your palms onto your thighs. And if it feels good, begin to close your eyes, if it feels safe. Or, keep your eyes open. I just ask that you find one thing to focus on in front of you. We call this your "*Drishti* gaze," where nothing around this point matters.

Let's start by taking a deep inhale, in through your nose. And a big open-mouthed exhale, let it go, "ahhh." Once more, inhale. [inhales] And open-mouthed exhale, "ahhh."

Now begin to close your mouth and start to breathe in through your nose. [inhales] And out through your nose. [exhales] This is called your “breath of yoga.” Start by constricting your muscles in the back of your throat and creating an oceanic sound like waves hitting the shore. We’re going to retain this type of breath throughout our practice. In yoga, the priority is always your breath. And the poses always come secondary.

Now take a moment to observe your internal world. Notice your thoughts. Give yourself some grace if you arrive in this space with a jumbled mind. Know that it’s completely okay for your mind to be wandering. And of thoughts do come to mind, simply acknowledge them and let them pass, without any judgment, of course.

And then begin to shift your energy and your focus to your physical body. How do you feel physically? Maybe you can even wiggle a little bit from side to side. Notice where you are holding onto tension. Notice where tightness is speaking to you. And can you send your breath to those areas that feel particularly tight. Or maybe you don’t feel anything at all. And that is completely okay.

Keeping your palms onto your thighs, you can open your eyes and look at me. Or you can keep your eyes closed. Whatever feels best. Begin to move your body in a circular motion, going around the world. Guiding your chest forward, sending her chest back. And really exaggerate this movement. And just notice: where do you feel this movement? Maybe your low back, your hips.

And then begin to move your body in the other direction. Now take a big inhale [inhales]. And exhale, find [inaudible]. Keeping your hands on your thighs. Inhale [inhales], cow pose. Bend your elbows slightly. Gently guide your chest forward and send your gaze up towards the ceiling. Relax your shoulder blades as much as you can and lift your chest up.

Now take an inhale [inhales] and exhale. Cat pose. Lean back, round through your spine and pull your chin into your chest. Separate your shoulder blades as much as you can. Maybe you grab onto your knees to help you lean a little further back.

All right, were going to go back and forth. Inhale, belly forward, send your gaze up. Move with your breath. Exhale, cat pose. Send your chest back, round your spine. Chin into your chest. Inhale, belly forward, send your gaze up. Exhale, round through your spine, chain into your chest.

Twice more. Inhale, belly forward, send your gaze up. Exhale, round through your spine, chin into your chest. Once more. Inhale, belly forward, send your gaze up. Exhale, round through your spine, chin into your chest.

On your next inhale, begin to find a neutral spine. Going next to our hands and our wrists. The two move your wrists in a circular motion. Maybe at the same time, you begin to open and close your

wrists. And just move freely. Maybe you are experiencing some noises through your wrists. I sure am. And try not to judge. Just notice. And then maybe switch to the other direction. We do so much with our hands. So it's so important that we give them some love.

Now take and inhale. Exhale, place your hand onto your thigh. And then press your fingertips onto your thighs, but be mindful of your shoulders. Inhale, lift the heels of your palms off your thighs, so only your fingertips are touching. And if you're feeling sharp pain, please back off. But go as far as it feels good in your body. Exhale, drop the heels of your palms down. Inhale, lift the heels of your palms. Exhale, down. Inhale, lift. Exhale down. Two more. Inhale, lift. Exhale, down. Inhale, lift. Exhale, down.

Now begin to extend your left hand forward. I'm going to mirror you. With your right hand, bring your fingertips back. Be mindful of your shoulders, that it stays relaxed. Begin to move your thumb in a circular motion.

That's it. Continue to breathe. Now take an inhale, and exhale. Slowly release. Drop your fingertips down and then pull your fingertips back. And then begin to wiggle your thumb. Be mindful of your breath. Take an inhale. And then exhale, slowly release.

Let's move to the other side. Extend your right hand up. Pull your fingertips with your left hand. And then begin to wiggle your thumb here. Just notice your thoughts. Take an inhale. Exhale, point your fingertips down, and pull your fingertips toward your body. And then wiggle your thumb.

Take an inhale. And then exhale, slowly release. Inhale, stretch your arms over your head. If this feels uncomfortable, you can always place your hands onto your shoulders. And then begin to move your arms in a circular motion, finding expansion through your chest, your shoulders, your side body. And make as big of circles as you can. It also looks like this. And just move. Notice the tempo of your breath as you begin to find movement in your arms. And then begin to move in the opposite direction.

Now take an inhale. And exhale, begin to interlace your fingers at the nape of your neck. Guide your elbows as wide as you can and allow your head to rest happy. Inhale, lift your head up, open your elbows wide, and send your gaze up towards the ceiling. Take an inhale. Exhale, pull your chin into your chest, guide your elbows towards the center of your body. And finding a gentle stretch through your neck. Inhale, lift your chest up, open your elbows wide. Exhale, pull your chin into your chest. Inhale, lift your chest up. Exhale, curl in. Inhale and then exhale, slowly release.

Begin to place your right hand onto your left ear. And extend your left arm out. Find a long spine. Take an inhale. And exhale, gently pull your ear toward your right shoulder blade. And begin to tuck

your chin into your chest and look down at the ground. Pretend as if you had fish gills and that oxygen is directly coming out through the side of your neck. And just breathe.

Notice the quality of your breath. Take an inhale. And then exhale, begin to place your hand at the back of your skull and gently pull your chin down towards your right armpit. Hopefully your armpit smells good. [Laughs] Just kidding. Breathe.

Just one more breath cycle. Take an inhale. And exhale. Inhale, slowly come back to center. Let's move to the other side.

Left hand to your right ear. And exhale, gently pull your head towards your shoulder. The more that you tuck your chin in, the deeper of the sensation you'll feel on the right side of your neck. Move with your breath, inhale. And exhale. Inhale. And exhale.

On your next inhale, place your hand at the back of your skull, begin to pull your chin down towards your left armpit. And sending breath through the back of your neck. And just breathe. Inhale, slowly rise back to center. Now going into a twist, inhale, reach your arms over your head. And exhale, place your left hand onto your right side. If you have a back to your chair, you can grab for the back of your chair. Or if not, you can just grab for whatever's behind you. Or even finding a half bind if you want to place your right arm at your lower back. Whatever feels best.

Now look forward. Find length through your spine. Take an inhale. And exhale, slowly bend your elbows and twist a little deeper. Inhale, gaze to the front. Find length through your spine. Straighten your elbows. Exhale, and twist.

Twice more. Take an inhale. And exhale. One last time. Inhale. And exhale.

Inhale back to center. Let's move to the other side. Left-hand to the outside of your right thigh or your knee. Bring your left hand back. Relax your shoulders. Take an inhale, lengthen through the crown of your head. And exhale, twist. As you gaze over your left shoulder, go as far as your body will allow you to. Inhale, back to center. It and exhale, twist. Inhale to center. And exhale, twist. One last time, inhale to center. And exhale, twist.

Inhale to center, and slowly release your hand. Just shake it out. Now inhale, stretch your arms over your head. And exhale, cactus your arms. Spread your fingers as wide as you can. Keep your elbows in the same line as your shoulders. Now take a big breath in. And exhale, find a gentle back bend. You're going to lift your chest up towards the ceiling. If you are experiencing pain in your shoulders, you are more than welcome to just keep lifting your chest. Whatever feels best. Now take an inhale. And exhale, round through your spine, cross your arms in front of one another. Pull your chin into your chest, just like our cat and cow like we did earlier.

We're going to repeat. Inhale, bend your elbows, squeeze your elbows toward your mid back, look up. And exhale, round, inhale, look up. Exhale, round. Two more. Inhale. And exhale. Once more. Inhale. And exhale.

Slowly release. Just like we started, keep your hands on your thighs. And just begin to move your body in a circular motion. And maybe just ask yourself: how do you feel, from when you started movement, and how do you feel now? And then moving your body to the other direction. And then slowly finding stillness.

Inhale, shrug your shoulders into your ears. And exhale, bring your shoulder blades back. Let the release feel good. Inhale, shrug your shoulders and your ears. And exhale. Inhale, lift. And exhale.

Now going forward. Inhale, lift. And exhale, bring your shoulders. Two more. Inhale. And exhale. One more. Inhale. And exhale. Begin to find stillness here. And you can close your eyes if that feels safe. Or focus on your *Drishti*, that one point that you're focusing on. Take a deep inhale, in through your nose. [inhales] And then open-mouthed exhale, let it go.

Going into our body scan meditation. Connecting with your breath. Take an inhale. [inhales] And an open-mouth exhale, "ahhh." One more, inhale. And open mouth [exhales]. Now can you return to the natural rhythm of your breath? And just notice how you feel. Without any judgment, just noticing. And begin by bringing your attention into your body. Notice the feeling of the weight of your body on your chair, the floor, wherever you are. And as you breathe, notice how your chest and abdomen expand to allow the air to enter your lungs. What sensations are you aware of? And as you exhale, bring your awareness to the stillness, and notice the sense of relaxing more deeply.

Now bring your attention to the top of your head, noticing any sensations to your scalp. Down the back of your head. To the sides of your head. Your face. Notice your jaw, if you're holding any tension in your jaw. And let your face be soft. And relax the muscles around your eyes and your mouth. Remembering to breathe in, and breathe out.

Now notice your neck and your throat. Let them be soft. Notice your shoulders and arms. Do you feel any sensations as you allow your attention to move from your shoulders down to your upper arms, your elbows, your forearms, your wrists, hands, and fingers? Notice any tightness, any temperature sensation. Noticing what the fabric of your clothing feels like against your skin. Continuing to breathe.

And then slowly bring your awareness to your belly. Your lower back. Notice if you are holding onto any tension. Can you let go and release? And then start to travel down to your legs, your thighs, your calves, your ankles, your toes. Maybe even wiggling your toes. And then if your feet, if they're

connected into the ground, just noticing the sensations. Feeling pressed into the earth. Feeling any energy in your feet.

And now visualize your entire body as a whole. Seeing the unity with your mind and body. And then slowly cross arms, and begin to give yourself a big squeeze, wrapping your arms around your entire body, giving yourself the biggest hug of this day. And just thanking your body for being with you throughout your entire life thus far. Take an inhale. And exhale, slowly release.

And then place your palms in front of your heart, uniting our right and left brain hemispheres. We end our meditation and our yoga practice with one cleansing breath. Start by taking an inhale. And an open mouth exhale, “ahhh.” Always or member to find the peace within the chaos. To use your privilege to spread knowledge. To honor the indigenous Kumeyaay land that we’re on. And have gratitude for the Indian yoga practitioners for this practice of healing and liberation.

Option to bring your palms to your third eye. Center the space right in between your eyebrows. From my heart to yours, I truly bow forth with gratitude. Thank you.

[Content description Slide # 29: Background is light tan with a dark yellow square slightly off-center to the right. The slide is titled: JOURNALING AND REFLECTION. Laid over the square is a full color photograph of a pair of Black hands holding a journal and writing in it with a pen. End of slide description.]

Amelia: Thank you everyone. All right. Were going to go into our final self-care healing technique: journaling. There are so many benefits to journaling. And there is something to be said about writing all of your unfiltered thoughts on paper, where no one but you can see them. It also helps one process emotions.

So I offer 6 short journaling prompts that I will guide you in. If you can grab your writing tool and a journal or a notebook, this would be a good time.

We will begin with one minute stream of consciousness: you will write whatever comes to mind. Know that it doesn't have to make any sense. It can be random words or even pictures. This helps your mind and body get warmed up for journaling. So if you are ready, I will set the timer. And I just want you to write fluidly. And of course, if journaling is not calling to you in this moment, don't force yourself. In the time, all anchor in the bell where we're going to begin. [rings bell]

And write superduper fast! It doesn't have to be your prettiest or neatest handwriting. Just write any thought that comes to mind. How you're feeling, any frustrations. Whatever that might be. And if you feel like you have nothing to write, write “I feel like I have nothing to write.”

You're halfway there.

And then-- [bell rings] --Can you all hear me? I think I'm freezing up.

Okay. All right. So, if you would like to begin our next journaling problem. Write down: what is one thing on my mind. I will write it in the chat. "One thing on my mind is _____" [pauses for about 30 seconds]

And then if you're ready to go to the next prompt: "One thing on my heart is _____" [pauses for about 30 seconds]

The next one is--and take your time-- [typing sounds] "What is the emotion that you are feeling in your body right now?" Really tapping into that connection with your mind and body. [pauses for about 30 seconds]

The next question is: "In what ways am I putting the needs of others before my own?" [pauses for about 30 seconds]

The next one: "List 3 opportunities to treat yourself with self-love and care." [pauses for about 30 seconds]

The next one is: "What is one thing you are grateful for?" [pauses for about 30 seconds]

The last one is: "My commitment at this moment is _____" [pauses for about 30 seconds]

We wanted to open this last part for anyone who would like to share their journaling reflection or any reflections or thoughts during our History and Healing Summit. Or any questions. So we open up the floor to you all.

[Pauses for about a minute]

All right. Wonderful! I love that. Thanks for sharing all of your reflections and thoughts in the chat. It certainly has been a pleasure being able to guide you in some healing modalities. And I hope that you can take these and adopt these. And I'm always here for questions. And that is all from my end!

So thank you, everyone!

[Content description Slide # 30: Background is white with a broad black stripe across the top. There are two side-by-side posters. On the left is the NOW IS THE TIME poster repeated from Slide # 4. Description repeated here:

A poster with a yellow background. The poster has the Asian Solidarity Collective logo in the upper left hand corner and has a black title box with large white letters reading: NOW IS THE TIME. The poster reads: Now more than ever is the time to organize. Organizing work doesn't end post election as it calls us to find our political homes, and commit to transformative solidarity and movement building work for our collective liberation. Zoom with us and get to know Asian Solidarity Collective's Members as they share their own experiences in their organizing journeys! Get together and get involved and find out what you bring into the mix. FRIDAY 11/06/20, 6:30 pm to 8:00 pm. RSVP at AsianSolidarity@gmail.com.

On the right is a poster with a tan background. It features three slightly overlapping stylized speech bubbles. They are yellow, magenta, and blue, and where they intersect, the colors blend into orange, green, and indigo. The speech bubbles contain the text: JOIN US FOR A MONTHLY VIRTUAL GATHERING. EVERY 1ST WEDNESDAY 12 - 1PM PT. RSVP AsianSolidarity@gmail.com. Above the speech bubbles is the hashtag: #ASC SocialSolidarity (no space). At the bottom of the poster is the text: For accessibility, please contact AsianSolidarity@gmail.com. End of slide description.]

Lauren: Thank you so much, Amelia, that was so beautiful. I'm feeling healed today. And I'm so grateful for everybody who has been joining us here on Zoom for this event. As a reminder, we have an event coming up this Friday with our Action Committee. And if you're interested in more events like this, we do Social Solidarity events the first Wednesday of every month.

[Content description Slide # 31: Background is light tan with a broad dark yellow strip down the left side. Taking up most of the slide is a full color photo of a group of ASC organizers wearing facemasks. Some are standing, some are kneeling. Some are holding handmade protest signs and some are raising power fists. Photo credit reads: Photo courtesy of Jeff Valenzuela. In the lower left of the slide are two black text boxes with white text reading: JOIN US! Become a member at AsianSolidarity@gmail.com. Facebook and Instagram @AsianSolidarityCollective. End of slide description.]

Lauren: We would love for you to join us. Join our Mailing List and become a member today!

You can find out more about ASC on our website at www.AsianSolidarityCollective.org or by following us @AsianSolidarityCollective on Facebook and Instagram.

Thank you to everyone who made today possible, especially Darryn and Melissa for the care you give to providing accessibility. And thank you to the amazing ASC volunteers and our entire Asian

Solidarity Collective membership and supporters. Please show someone some love and care at this moment, even if that person is you! And thank you all for joining us. Have a great night!

Participant: Good night [echoes]

All: [laugh]

Kandi: Is everyone here? [pause] Let me stop recording.

[end of event recording]