

Groundswell News Journal

A project of the 501(c)(3) Grassroots Coalition for Environmental and Economic Justice
We are a Global Family. News by and about Climate and Social Justice Activists.

Our Motto: Use it up, wear it out, make it do, or do without.

Our Slogan: The way forward: cycle back to basics.

A Celebration of Youth. www.groundswellnews.org. Issue No. 62: July 13, 2020



Photo: Rituraj Phukan

The polar regions are warming much faster than the rest of the planet, with profound impacts on the iconic biodiversity of the remotest places on Earth. In the Arctic, the polar bear has emerged as the face of the climate and ecological crisis due to the rapid loss of sea ice across its habitat, while several species of penguins face a similar predicament in Antarctica (photo page 3). Photo above in Svalbard, Norway, 2019.

2020: A 'Super-Year' for Biodiversity

By Rituraj Phukan, India

This year was contrived as a 'Super-Year' for biodiversity, with several high-level opportunities to enhance measures to prevent further deterioration of nature over the next decade. The global coronavirus outbreak has made the conservation of our biological diversity both urgent and existential in

the watershed year. It is now universally acknowledged that anthropogenic pressures including deforestation, encroachment of wildlife habitats, intensified agriculture, and acceleration of climate change, have pushed nature beyond its limit.

The year 2020 marks the final period for the 2011-2020 Strategic Plan on Biodiversity and its 20 Aichi Biodiversity Targets.

Most importantly, it is a transitional phase for the start of two other pivotal biodiversity related decades. The period 2021-2030 will be observed as the United Nations (UN) Decade of Ocean Science for Sustainable Development as well as being the UN Decade on Ecosystem Restoration.

In January, the Convention on Biological

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What is the Grassroots Coalition for Environmental and Economic Justice?

Coalition Founders: John and Iona Conner

Editor/Publisher: Iona Conner

Wire Editor: Allen Hengst

Established: September 2013

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Our Slogan

**THE WAY FORWARD:
CYCLE BACK TO BASICS.**

Mission of Our Journal

The mission of *Groundswell News* is to be a beautiful, inspiring, uplifting journal which educates and enlightens people about climate change through scientific articles and stories by and about activists who are working to protect life on Earth and preserve natural resources. We are a global family.

What is the Grassroots Coalition?

John and Iona Conner started this non-profit 501(c)(3) organization in 1990. The mission was and remains “dedicated to creating the critical mass of active participants needed to being ecological justice to this Earth by providing information and resources to individuals which encourage and assist them to make lifestyle changes beneficial to the environment and to effectively grapple with local and global environmental concerns.”

Who are we trying to attract?

We hope to reach people who are concerned about global warming and realize that they are part of the problem but don't know what to do. We invite them to sign up for our newspaper. Please tell your family and friends about us.

What are we trying to achieve?

We want to rapidly increase the number of serious climate activists in the world and inspire them through stories from other activists. Our goal is to keep their spirits up, their energy strong, their hearts open, and their eyes bright and alive.

Our Values

This journal is based on love for Earth, all people, all forms of life – plus air, clouds, rain, snow, weather, oceans, forests, etc. We love Nature. We respect everyone and are willing to share our experiences, both good and bad, with others who may profit from them.

Guidelines for Submissions

I do not get directly involved in fundraising. To submit a story, you need to write a regular article about your work and submit it in a Word document with 2 or 3 photos, including captions and photo credits and then email it to me at groundswellnews@pa.net. If you need funding, mention that in your last paragraph and be sure to give your contact information.

Please email Iona at groundswellnews@pa.net for the full Guidelines. I'll be eager to see what you submit. Thanks so much.

Fair Use Law: <https://copyright.gov/fair-use/more-info.html>

Fair use is a legal doctrine that promotes freedom of expression by permitting the unlicensed use of copyright-protected works in certain circumstances. Section 107 of the Copyright Act provides the statutory framework for determining whether something is a fair use and identifies certain types of uses – such as criticism, comment, news reporting, teaching, scholarship, and research – as examples of activities that may qualify as fair use. Section 107 calls for consideration of the following four factors in evaluating a question of fair use:

(1) Purpose and character of the use, including whether the use is of a commercial nature or is for nonprofit educational purposes.

(2) Nature of the copyrighted work.

(3) Amount and substantiality of the portion used in relation to the copyrighted work as a whole.

(4) Effect of the use upon the potential market for or value of the copyrighted work.



Fair Use Logo

Iona's Column:

My Retreat: Silence, Spirit, and Slavery



June 24, 2020

Dear Sisters and Brothers,

This is the last day of my retreat. I have never before given myself seven full days to work on myself and take time to escape from my worldly duties; however, this week has brought me right back to where I want to be and need to be.

I stayed home. I read four spiritual books, one romance novel, and one health and fitness woman's magazine. I did not read any news.

I rented the movie “Harriet” online for 48 hours and watched it five times. It's an amazingly inspiring movie about Harriet Tubman, a Black slave who traveled 100 miles alone to freedom. Then she returned to the slave-holding South to rescue hundreds of others.

Now, let me back up. In reading the first four volumes of the six-volume set of *Life and Teaching of the Masters of the Far East* by Baird Spalding, I came away with a deeper understanding of how we are indeed ALL sisters and brothers and that God resides in each of us, no matter how you label “God.” We are all offshoots of the very first humans, and even back further than that, depending on how one views evolution. We just keep multiplying. So my ancestry goes back to the beginning. Likewise, I (and you) are part of the evolutionary process creating the future in an ever-expanding Universe with our thoughts, feelings, and actions every moment of every day.

Retreat *continued page 15*

Climate Emergency

'This Scares Me,' Says Bill McKibben as Arctic Hits 100.4°F – Hottest Temperature on Record

“100°F (38°C) about 70 miles north of the Arctic Circle today in Siberia. That’s a first in all of recorded history. We are in a climate emergency.”

By Jake Johnson
Common Dreams: June 22, 2020

A small Siberian town north of the Arctic Circle reached 100.4 (38°C) degrees Fahrenheit on Saturday, a figure that – if verified – would be the highest temperature reading in the region since record-keeping began in 1885.

“This scares me, I have to say,” environmentalist and 350.org co-founder Bill McKibben tweeted in response to news of the record-breaking reading in Verkhoyansk, where the average high temperature in June is 68°F (20°C).

The *Washington Post* climate reporter Andrew Freedman noted Sunday that if the reading is confirmed, it “would be the northernmost 100°F (38°C) reading ever observed, and the highest temperature on record in

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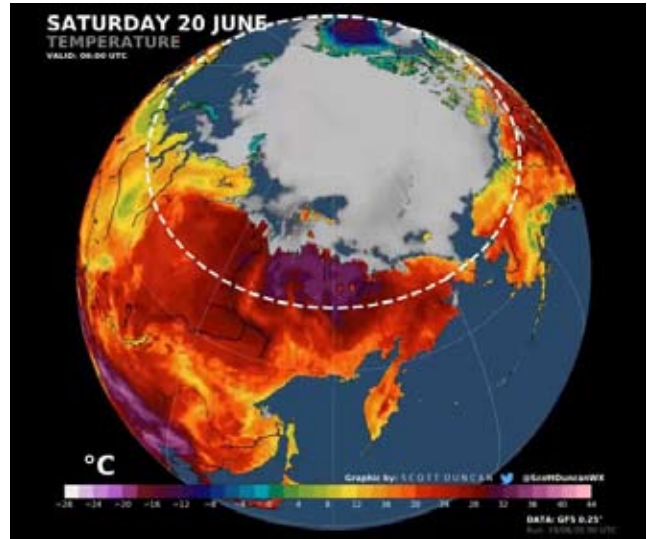


Image: Screenshot/@ScottDuncanWX

A graphic shows record heat in the Arctic Circle on Saturday, June 20, 2020.

Biodiversity continued from page 1

cal Diversity (CBD) declared that we only have 10 years to save the biodiversity on Earth. The ‘Zero Draft of The Post-2020 Global Biodiversity Framework’ stated that almost a third of the planet has to be protected, while pollution has to be reduced to half of current levels, to save our remaining wildlife, and all of this by the year 2030! The ‘Zero Draft’ was scheduled to be adopted at the CBD Conference of the Parties (COP15) at Kunming, China in October, but that is now uncertain.

As a signatory to the CBD, most nations of the world are committed to the preservation of vital habitats to stop the catastrophic loss of biodiversity in 10 years, as

envisaged in the ‘Zero Draft.’ This commitment will require creation and regeneration of new protected areas, to meet the target of protecting 30% of land and of the sea, prioritizing areas of abundant biodiversity.

“Biodiversity, and the benefits it provides, is fundamental to human well-being and a healthy planet,” proclaimed the ‘Zero Draft.’ The CBD also outlined 20 targets for the next decade to stabilize biodiversity by the year 2030 and effect recovery of fragile ecosystems to by 2050, aligned to its vision of ‘living in harmony with nature.’

Biodiversity is the foundation that supports all life on land and below water. It affects every aspect of human health, providing clean air and water, nutritious foods, scientific understanding and medicine sources, natural disease resistance, and climate change mitigation. Changing, or removing one element of this web affects the entire life system and can produce negative consequences.

The emergence of Covid-19 has underscored the fact that, when we destroy biodiversity, we destroy the system that supports human life. Today, it is estimated that, globally, about one billion cases of illness and millions of deaths occur every year from diseases caused by coronaviruses; and about 75 per cent of all emerging infectious diseases in humans are zoonotic, meaning that they are transmitted to

people by animals.

The unfolding events of the past months have only added to the urgency of remedial action. Recent events including wildfires, locust infestations, and the Covid-19 pandemic demonstrate the interdependence of humans and biodiversity. Unfortunately, several important events including the International Union for Conservation of Nature, World Conservation Congress, the 11th World Wilderness Congress, the UN Oceans Conference, and the UN Climate Change Conference, have all been postponed.

As a species, humanity has overlooked the web of life and sought to destroy the very ecosystems that sustain life on Earth. Therefore, nature is sending us a message. If these warnings are ignored, the future generations will face grave consequences of human folly and ignorance. From all indications, it will not be long before the catastrophic loss of biodiversity will have severe implications on human civilization, including the collapse of food and health systems.

Rituraj Phukan is an environmental writer with personal experience of climate change impacts at the polar regions. He has decades of experience working with grassroots communities on the interconnected issues of warming, water, and wildlife in India, and has been invited to share his learnings with audiences around the world.



Photo: Rituraj Phukan

Chinstrap Penguin, Antarctica 2013.

Climate Emergency



Photo: www.ewb-usa.org

From solar-powered ice-makers to fridges, entrepreneurs and scientists are coming up with cheap, low-carbon cooling technologies suitable for developing countries.

Ice Age: Off-grid Ways to Turn Down Rising Heat for the Poor

By Thin Lei Win
Thomson Reuters Foundation: May 22, 2020

ROME, Italy – A desire to help rural India's dairy farmers who do not have access to electricity led New Delhi-based New Leaf Dynamic Technologies to come up with a refrigerator powered by farm waste, abundantly available in the countryside.

Now the company has won a grant to use the same technology to design an ice-maker, which can produce 1,000 kilograms (2,205 pounds) a day.

Such off-grid, low-carbon innovations could provide much-needed cooling methods for about 2 billion people living without reliable power or unable to afford conventional products, said Larry Bentley of Engineers Without Borders USA (EWB-USA).

The non-profit runs a competition that

backs low-cost, energy-efficient cooling systems suitable for developing countries.

If the technologies work and are commercially viable, they would make life easier for the poor, from India to Mali, by helping keep food, medicine, and people cool as the world warms.

"Affordable refrigeration in off-grid communities will be more than a cool drink. It will, in a small way, change the world," because of wider benefits such as improved nutrition and education, Bentley told the Thomson Reuters Foundation.

Globally, temperatures have already risen by about 1.1 degrees Celsius above pre-industrial times and could climb further if the world does not step up efforts to curb planet-heating emissions, scientists have warned.

Warming is fast approaching the most

ambitious goal of 1.5°C (2.7°F) set in the 2015 Paris Agreement on climate change, beyond which lie rising seas, catastrophic weather events like droughts and floods, and the loss of species, according to scientists.

A recent study led by Columbia University warned that extreme heat and humidity are increasing around the globe, threatening millions of lives and economies in places where it could become fatal to work outdoors.

Surviving in these conditions would require adapting buildings to provide shade and cooling, and minimizing outdoor labor during the hottest hours, experts said.

But poor people cannot afford to stop working, nor can most buy air conditioners, which use 20 times as much power as

Ice Age continued on next page

Climate Emergency

Ice Age continued from previous page

running a fan and could exacerbate climate change.

Hotter temperatures also mean fresh produce spoils more easily, slashing the incomes of small farmers.

Julian Kruger from German start-up Solar Cooling Engineering said that, on Kenya's coast, people suffer up to five power cuts per day, and farmers selling milk or fisherman selling their catch "have a huge problem."

The company, also an EWB-USA grantee like New Leaf, is developing a solar-powered ice-maker that can produce 100 to 120 kilograms (220 to 265 pounds) of ice a day based on its existing cooling unit, the size and weight of a small suitcase.

'CHILL CHALLENGE'

Bentley and competition co-organizer Andrew Dowdy said their passion for off-grid solutions was born from years of overseas assignments and volunteering with EWB-USA, which took them to bush clinics and accommodation in Africa and Asia that had little or no electrical power.

"Fresh bread will mould in high heat and humidity in about three days," said Bentley, recalling a trip to rural Papua New Guinea where only one house in the whole community had solar lighting.

Last August, EWB-USA launched a \$300,000 "Chill Challenge" to fund the development of prototypes for low-cost community refrigerators and ice-makers.

The focus on larger products was intentional because many people would still struggle to buy even cheap individual refrigerators, and this way, households can



Photo: HANDOUT/Solar Cooling Engineering

A sample setup of solar-powered refrigeration systems, all equipped with Solar Cooling Engineering's products (left and middle – water-chiller with ice storage for cold room applications; right – battery-free fridge; solar panel in background).

band together to buy them or vendors can sell the ice, the organizers said.

Earlier this month, it selected seven proposals – from India, Germany, Britain, and America – out of 43 submissions.

The winners told the Thomson Reuters Foundation the grants of about \$40,000 each would allow them to buy key components and accelerate technology development. Costs are still being worked out but they want their products to be affordable, they added.

New Leaf Dynamic Technologies now hopes to deliver a working product in four to five months instead of a year or two.

Its new ice-maker will run on farm waste like straw, cow dung cakes, biomass pellets, wood and hay, and use a refrigerant with "zero global warming potential," said Akash Agarwal, who founded the company with his father. "We have lots of ideas but to convert them into products, there's some amount of capital needed. If there's access to funding, we can expedite the process," he said.

Another winning team from Imperial College London is also working on an ice-maker powered by solar thermal collectors and developed by business partner Solar Polar, which is currently being tested in the United States and India.

The final product will be a box with chambers and tubes but no mechanical or moving parts, said Christos Markides, who leads Imperial's Clean Energy Processes Laboratory.

STAYING COOL

While all three are developing ice-making systems in line with the Chill Challenge requirements, they said the technology behind their products could also be used to cool spaces, a pressing need in many developing countries.

"We already have a partner in Mali – he has a cold storage and he's also cooling down his office space because it can get up to 40 degrees (104°F)," said Solar Cooling's Kruger.

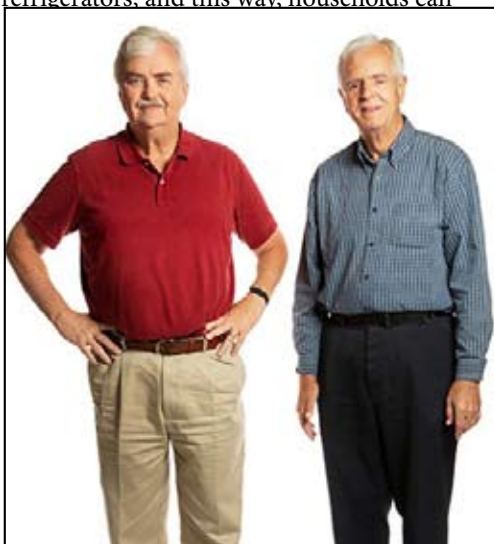
The company also aims to build and source as much of its final product as possible locally to keep costs low, and has already conducted workshops for technicians and entrepreneurs in Mali and Kenya, he added.

As the coronavirus pandemic forced countries around the world to impose restrictions on movement, Solar Cooling has started offering training online for a small fee.

Generally, poorer off-grid communities are located in a belt around the Equator where there is ample sunlight and high levels of heat, said Imperial's Markides. "The technology we're looking at, called a diffusion absorption refrigerator, is something that can convert heat to cold, which allows a very promising synergy – generating more cooling the more sunlight you have," he said.

"It doesn't have a compressor, a pump, or a fan. It's very quiet. It's dirt-cheap to make."

Source: <https://news.trust.org/item/20200522051812-tltb7/>



Andrew Dowdy (left), Larry Bentley (right)
Photo: Engineers Without Borders USA

Climate Emergency



Image: Thomas Serer on Unsplash

Sport gives pleasure to countless millions: Could it also give them hope?

Sport's Carbon Footprint is Global Bad News

By Alex Kirby
Climate News Network: June 22, 2020

The result of sport's carbon footprint is worldwide damage. And global heating is itself penalizing players and fans alike.

LONDON, UK – The amount of damage caused by global sport's carbon footprint and the other forms of climate pollution sport produces matches the havoc resulting from the activities of entire countries, a new study by a British journalist says.

Emissions from global sport fuelling the climate emergency could, at the low end of estimates, equal those of a nation like Bolivia, but could reasonably also match those of nations like Spain or Poland, which consume much more fossil fuel.

But the climate crisis is in its turn exacting a heavy price from the sporting world. The study says that by 2050:

- A quarter of English league football grounds will be at risk from flooding every season;
- One in three British Open golf courses will be damaged by rising sea levels; and
- Globally, half of previous Winter Olympic cities will be unreliable as winter sports hosts.

The study – “Playing against the clock: Global sport, the climate emergency and the case for rapid change” – was written by the British sports journalist David Goldblatt for the Rapid Transition Alliance (RTA). It warns that the climate emergency, already damaging, will have far more severe consequences for several individual sports.

“Perhaps most important of all, the global sports industry needs to reprioritize grassroots and local sport over professional and global sport.”

Climate change affects every aspect of human life, sport included. In 2019, the Rugby World Cup was disrupted by unprecedented Pacific typhoons; in early 2020, the Australian Tennis Open was disrupted by the smoke blowing in from

the country's devastating bush fires.

The Tokyo 2020 Olympics had to move long-distance running events 600 miles north of Tokyo, as the city's sweltering summer now makes them impossible to run there.

The impact on competitors can be severe. “Once you start hitting 33 to 35°C (91 to 95°F) and you are playing sport, it's all bad news”, the report says, “and there are going to be a lot more days like that in the global sporting calendar in the next few decades.” And that's before allowing for the inevitable increase in humidity.

Few sports appear likely to remain immune: the study lists some of the ways in which football, cricket, tennis, athletics, motor racing, and others will be hit, as well as possible threats to spectators and fans, many of whom will have traveled long distances to see the events.

Inertia Prevails

The report suggests radical reforms for the rapid decarbonizing of world sport, from committing every organization to a

Sports *continued on next page*

Climate Emergency

Emergency *continued from page 3*

the Arctic, a region that is warming at more than twice the rate of the rest of the globe.”

“On Sunday, the same location recorded a high temperature of 95.3 degrees (35.2 Celsius), showing the Saturday reading was not an anomaly,” the newspaper reported. “While some questions remain about the accuracy of the Verkhoyansk temperature measurement, data from a Saturday weather balloon launch at that location supports the 100-degree reading. Temperatures in the lower atmosphere, at about 5,000 feet, also were unusually warm at 70 degrees Fahrenheit (21 degrees Celsius), a sign of extreme heat at the surface.”

The World Meteorological Organization said Sunday that is “preliminarily accepting the observation as a new extreme” as

it conducts a more thorough review of the Verkhoyansk reading.

“100°F about 70 miles north of the Arctic Circle today in Siberia. That’s a first in all of recorded history,” tweeted meteorologist Eric Holthaus. “We are in a climate emergency.”

The reading comes as Siberia is in the midst of a prolonged heatwave that has alarmed climate scientists and activists.

“Been watching the Siberian heatwave for months and it’s beyond terrifying – already suffering what was expected in 2100 in a worst case scenario,” said climate activist and conservationist Charlie Gardner.

As *The Guardian* reported last week, “The freak temperatures [in Siberia] have been linked to wildfires, a huge oil spill,

and a plague of tree-eating moths.”

“Russian towns in the Arctic Circle have recorded extraordinary temperatures, with Nizhnyaya Peshha hitting 30°C (86°F) on June 9 and Khatanga, which usually has daytime temperatures of around 0°C (32°F) at this time of year, hitting 25°C (77°F) on 22 May. The previous record was 12°C (54°F).”

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Source: <https://www.commondreams.org/news/2020/06/22/scares-me-says-bill-mckibben-arctic-hits-100degf-hottest-temperature-record>

Sports *continued from previous page*

carbon-zero plan by 2030, to ending sponsorship by fossil fuel interests.

While it acknowledges the best and most innovative practice in sport’s environmental governance, it paints a stark picture of inaction.

In sporting parlance, the world is already deep into extra time. The Intergovernmental Panel on Climate Change has warned that we must deliver carbon reductions in the next decade if we are to mitigate the worst aspects of climate change. Dr Goldblatt believes global sport can offer visionary leadership on climate action.

One positive suggestion is this: “Perhaps most important of all, the global sports industry needs to reprioritize grassroots and local sport (low carbon) over professional and global sport (high carbon).”

And he goes further: “Sport may be just big enough to register, in terms of carbon emissions, as a small nation state, or a single mega-city, but its own efforts are just a fraction of a percentage point of the world total,” he says.

“Yet few human practices offer such an extraordinarily large, global, and socially

diverse constituency as those playing and following sport.

Hope for Humanity

“Making a carbon-zero world the common sense priority of the sports world would make a huge contribution to making it the common sense priority of all politics.

“Sport, from the street to the stadium, generates hope ... [and] a precious set of cultural treasures to hold in trust for the world. If global sport is ready to adopt and pursue really radical change in the field of climate action, it might be able to offer them, in all good faith, to humanity ... and then you just never know.”

Andrew Simms, coordinator of the RTA, echoes that. He says, “Sport provides some of society’s most influential role models. If sport can change how it operates to act at the speed and scale necessary to halt the climate emergency, others will follow. If its players also speak out and say they believe clean air and a stable climate matter, millions more will see the possibilities for change. It will not only send a message of

hope for the wider world, but it will help to guarantee a planet that is safe for sport.”

This report is published by the Rapid Transition Alliance, which is kindly supported by the KR Foundation, and the report is backed by Play the Game. The climate is changing faster than we are and the Alliance is an international initiative asking how we can speed up responses. It is coordinated by a small group of people drawn from the New Weather Institute, the School of Global Studies at the University of Sussex, the ESRC STEPS Centre at the Science Policy Research Unit, and the Institute of Development Studies, and with help from our friends, colleagues, and supporters.

The Climate News Network is partnering with and supported by the Rapid Transition Alliance, and will be reporting regularly on its work. If you would like to see more stories of evidence-based hope for rapid transition, please sign up at <https://www.rapidtransition.org/>. Do you know a story of rapid transition? If so, we’d like to hear from you. Please send us a brief outline. Thank you.

Source: <https://climatenetwork.net/sports-carbon-footprint-is-global-bad-news/>

THIS IS MY HOPE: THAT THE RECOGNITION OF SHARED FATE MIGHT CAUSE US TO ACT AS IF SHARED FATE IS THE REALITY THAT IN FACT IT IS.

- Jane Hirshfield -

<https://twitter.com/gratefulnessorg/status/1276843229363699718>

Regenerative Farming



Photo Courtesy Yamora

(left) Letiwa Esther Manikese is Yamora's Natural Medicinal Officer and head of Food Security and Livelihood. The gentleman on the right is one of the extension workers.

Twelve Students Learn About Malaria Healing Plant In South Sudan

By Justoson Victor Yuasa, South Sudan

Twelve Students attended a training on planting and the management of Artemisia at Yamora Artemisia garden in Yei South Sudan. Four of the students came for the training after listening to the news for the self-reliance program from Radio Miraya and Easter. Yamora could not deny them, rather accepted them to share the knowledge by offering them the training.

The key activities carried out include: Introduction to Artemisia, pot filling, and propagation of 220 Artemisia seedlings today. Weeding was done by the students in the process of learning it practically, the management of Artemisia, use of green manure in transplanting, *Tithonia Diversifolia* (Mexican sunflower or tree marigold, used to replenish soil) and preparation of Artemisia Powder.

The key lessons learned were the benefits of Artemisia, especially in building of the body's immune system, treatment of malaria, wound treatment in the mouth, and treatment of worms such as Bilharzia among others.

It should be noted that as of May 2020 alone in greater Yei 7,879 cases of malaria have been recorded, a total of 3,843 out-patients, 341 admitted while six reported death from Yei Civil Hospital. That is why Yamora organized this self-reliance actively meant for keeping students busy during the holidays and equipping them with constructive activities. Members of Yamora NNGO believe that educating and encouraging the community on the use of Artemisia can reduce the rampant cases of malaria infection in Yei South Sudan.

The idea of this project in Yei came out of an Austrian Medic Doctor, Herbert Bronnenmayer, who served as a missionary in Congo and South Sudan and gained extensive experience on Tropical Plants. Together with VeroniKa Kunze, Dr. Herbert believes in keeping away people from hospitals, with support from Miakwadang in partnership with Discover Germany/Uganda and Rural Extension with Africa' Poor (REAP, based in Nairobi, Kenya).

Dr. Rodger Sharland led a REAP Training

Institute. He offered technical trainings for Yamora staff Letiwa Esther Manikese and Justoson Victor Yuasa. Dr. Herbert Bronnenmayer and Veronika Kunze are representatives of Miakwadang, a charity organization based in Austria. Miakwadang is a Dinka Word meaning "the Future." It is the main donor for Yamora NNGO projects. Dr. Herbert mobilizes the resources under Miakwadang.

We need more support for our projects in Yei South Sudan. We encourage every small support. Please email us at info@yamora.org. Thank you.

Email to Victor on June 25, 2020

Thank you so much for this really encouraging report, supported by pictures showing the reality of the teaching. It is so encouraging to see the interest from the younger generation. Keep up this excellent work. This teaching is very timely and will help save many lives if those taught go on to teach others.

God bless you in your work,

Dr. Roger Sharland (REAP Director)

Healing Plant continued on next page

Regenerative Farming

Healing Plant *continued from previous page*



(top and bottom left) These are Sponsored students of Yamora undergoing training at the Yamora Artemisia Garden. The students are doing weeding and showing interest in Artemisia. Nyola is the children/ students Department of Yamora NNGO. Nyola means Joy. (bottom right) Justoson Victor wearing YAMORA shirt made by women in the tailoring program we featured in our July 2020 newspaper on page 28.

Note from our Wire Editor: *This is an interesting article but you should be aware that the medical establishment considers its use as an anti-malarial treatment to be quite controversial. See Oct. 2019 official disavowal from WHO at <https://www.who.int/news-room/detail/10-10-2019-the-use-of-non-pharmaceutical-forms-of-artemisia> and cautionary medical study from "Frontiers in Medicine" at <https://www.frontiersin.org/articles/10.3389/fmed.2019.00221/full>*



Justoson Victor Yuasa wrote: "I call the tree behind me as a wisdom tree, when I am under the tree, I meditate, I enjoy its silence and its coolness, I leave it with ideas shaped!! I am wearing products of Mama Veronika Kunze Tailoring Group of Yamora NNGO Yei South Sudan."

Regenerative Farming



Photo Courtesy Farm Stay Nepal

Caring for bees. Julian Bloch (left, agrovolunteer from South Africa) holding honeycomb with honey and bees. Middle is Jeeban Bastola and right is Jeeban's brother, Amrit Bastola.

Learn About Permaculture and Have Fun

By Jeeban Bastola, Founder Amrit Kunja Organic Permaculture Farm/Farm Stay Nepal

Amrit Kunja Organic Permaculture farm was started in 1987 by my parents and was the exemplary organic Permaculture of its kind in the Western Development Region, Nepal. Overall, there are over 500 species of plants which have been deemed useful to humans and animals. We grow and harvest many different organic fruits, vegetables, herbs, and spices.

Farm Stay Nepal was started in 2001 and we have welcomed volunteers for 20 years from over 35 different countries around the world. As my family continues our work on the farm we maintain our traditional Nepali lifestyle. Our farm is in a small rural town with many simple pleasures. The farm is a peaceful but secluded place as we are surrounded by natural

beauty. Our farm has always been a family farm and has kept traditional facilities.

Life is beautifully simple here. It is by no mean a luxurious resort but we continue to welcome volunteers or interested travelers who would like to stay with our family and experience simple Nepali life on an organic permaculture farm. One of the unique aspects of our farm is that we have managed to combine traditional Nepalese farming methods and knowledge with new and experimental approaches. Although we are first and foremost a fully functioning and producing organic permaculture farm, we are also a center for growth, personal development, learning, shearing, and experiencing a new way of life.

We warmly open our gates and hearts to all travelers, students, and volunteers who would like to learn about authentic organic permaculture farming, the identification

and use of medicinal and other edible plants, Nepalese language and culture, as well as the best Nepalese organic food. You are always most welcome here. Home is where the heart is.

Wondering what to do when you will be at Amrit Kunja? Don't worry there are numerous activities to keep yourself busy.

- Catching fish
- Cutting grass for farm animals
- Feeding farm animals and chickens
- Planting fruits/vegetables/medicinal plants

- Collecting honey
- Harvesting organic fruits/vegetables
- Harvesting organic black pepper

(April/May)

- Learning Nepali language
- Short Trekking
- Meditation and Yoga

Permaculture continued on next page

Regenerative Farming

Permaculture *continued from previous page*



Photo Courtesy Farm Stay Nepal

(above) Agro volunteer Deny from USA ploughing the field in Farm Stay Nepal. (below) Authors of the Special Guest Report on next page, Jack and Lucy.



Guests from England: Jack Williamson and Lucy Garner

- Swimming in Begnas Lake
- Eating traditional daalbhaat with your hand
- Hearing insects and birds speaking a mysterious language
- Preparing black pepper and other plant seedlings
- Learning both traditional medicinal plants and their uses
- Watering the plants
- Milking buffaloes
- Village sightseeing/walking
- Enjoying the fresh air and natural environment.
- Taking part in host's daily activities
- Meal preparation with host
- Preparing the delicious home-made buffalo butter
- Cultural exchange
- Chasing monkeys
- Playing with children

Permaculture *continued on next page*

Regenerative Farming

Permaculture *continued from previous page*

Contact Jeeban Bastola:

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Email: anjanjb@gmail.com or amritkunjafarm@gmail.com

Websites: amritkunja.com and farm-staynepal.com

FB group: <https://www.facebook.com/groups/1541366699423870/>

FB page: <https://www.facebook.com/amritkunja/>

Special Guest Report Integration, Immersion, and Warmth

By Jack Williamson and Lucy Garner, England

Throughout our stay we were integrated into all activities and we felt like a part of the family.

The most special part of the stay was during Dashain festival which we were very fortunate to be around for. We ate delicious goat meat, which was reared and slaughtered on the farm in a very humane way. The festival itself was beautiful and we met many family members and locals from the village. We drank tea, ate special foods, and played on enormous bamboo swings. Both myself and my partner felt very privileged to be involved so closely in this family's festivities. The kindness of this family is so great and their happiness is infectious. We really appreciate each and every family members. Their love for all life and planet is heartwarming.

I have nothing but good things to say about this stay and I hope to return in the future to spend more time with my Nepali family. We will miss waking up to the sound of birds and other lovely animals.

Hope to visit again and wishing babu and good health.

Contact Jack and Lucy at jackwilliamson1989@gmail.com.

Source: <https://www.amritkunja.com/reviews/integration-immersion-and-warmth/>



Organic local banana
amrit kunja farm



Photo: Courtesy Farm Stay Nepal

Lucy Garner swinging in major Nepalese festival called Dashain.

Permaculture *continued on next page*

Regenerative Farming

Permaculture *continued from previous page*



(above) Organic black pepper (piper nigrum) on Jeeban Bastola's hand, photo by Jeeban. (below) Good-bye time from Farm Stay Nepal. Lucy on left, Jeeban on right. Photo by Bishnu Timilsina



Regenerative Farming

JUST AS THE CALENDAR BEGAN
TO SAY SUMMER

MARY OLIVER

I went out of the schoolhouse fast
and through the gardens and to the woods,
and spent all summer forgetting what I'd been taught—

two times two, and diligence, and so forth,
how to be modest and useful, and how to succeed and
so forth,
machines and oil and plastic and money and so forth.

By fall I had healed somewhat, but was summoned back
to the chalky rooms and the desks, to sit and remember

the way the river kept rolling its pebbles,
the way the wild wrens sang though they hadn't a penny
in the bank,
the way the flowers were dressed in nothing but light.



Submitted by Fran Staret, Pennsylvania USA

<http://michellewegner.com/tag/just-as-the-calendar-began-to-say-summer/>

Ending Racism

Retreat continued from page 2

Then I spent two days enthralled by the bravery and intelligence, courage, and stamina of Harriet Tubman. She was illiterate but God's voice guided her. "Sometimes it stings like a smack in the face; other times it's soft like a dream. Seems like I learned to see and hear God like some learn to read a book. I put all my attention on it like without question. Sometimes I wonder if I even heard it all before I can understand what it means," she says in the movie.

In the American South, slaves were prized "property." Most of them were treated horribly and brutally. Harriet went back at least 13 times and rescued dozens of other slaves. As if that weren't enough, she became the first woman in the United States to lead a military campaign deeper in the South where she and her troops rescued 750 others.

Harriet was the most famous "conductor" in what became known as the Underground Railroad before the Civil War, after which slaves were granted freedom.

"It was the first interracial political movement in American history," writes Fergus M. Bordewich, author of *Bound for Canaan: The Underground Railroad and the War for the Soul of America*. "It was the first mass movement of civil disobedience after the American Revolution," he continues. "It was the first political movement born from evangelical religion – evangelical Protestantism – and also the seedbed of the American women's movement."

In following my heart's curiosity, I read "The Perilous Lure of the Underground Railroad" by Kathryn Schulz, published in *The New Yorker* on August 15, 2016. Here are a few excerpts. [If you're skimming this, let me urge you to read the last two paragraphs, if no others.]

- Many people know of William Lloyd Garrison, one of the country's leading white anti-slavery activists, while almost no one knows about the Black abolitionist William Still – one of the most effective operators and most important historians of the Underground Railroad, whose book about it, published a quarter of a century before Siebert's, was based on detailed notes he kept while helping six hundred and forty-nine fugitives onward toward freedom. Likewise, more people know the name of Levi Coffin, a white Midwestern Quaker, than that of Louis Napoleon, a freeborn black abolitionist, even though both risked their lives to



Harriet Tubman

Photo Courtesy Wikimedia Commons

help thousands of fugitives to safety.

- Contrary to a claim made by Siebert and subsequently reflected in myriad popular representations, the Underground Railroad didn't lead "from the Southern states to Canada." In fact, with very rare exceptions, it didn't operate below the Mason-Dixon Line at all. Aside from a few outposts in border states, the Railroad was a Northern institution. As a result, for the roughly sixty

per cent of America's slaves who lived in the Deep South in 1860, it was largely unknown and entirely useless.

- "We could see no spot, this side of the ocean, where we could be free," Frederick Douglass wrote in his autobiography: fugitives themselves knew that they were only marginally better off in the ostensibly free state of Ohio than across the border in Kentucky, only marginally safer in Maine

Retreat continued on next page

Ending Racism

Harriet Tubman Museum Opened in NJ Juneteenth



Photo: <https://www.facebook.com/pg/harriettubmanmuseum/posts/>

"The Journey to Freedom" by Wesley Wofford Sculpture Studio has been installed as the first piece in the collection of the Harriet Tubman Museum.

Retreat *continued from previous page*

or Michigan or Wisconsin than in Maryland and North Carolina and Washington, D.C. Outside of scattered pockets in upstate New York, Massachusetts, and the Midwest, moral opposition to slavery was not the norm above the Mason-Dixon Line, and fugitives were not exactly welcomed with open arms.

- No one knows for sure how many enslaved Americans escaped with the help of the Underground Railroad. Eric Foner (an historian at Columbia University) estimates that, between 1830 and 1860, some thirty thousand fugitives passed through its networks to freedom. Other calculations suggest that the total number is closer to fifty thousand – or, at the highest end, twice that many.

- What we do know for sure is this: in 1860, the number of people in bondage in the United States was nearly four million. By then, slavery in this country was more than two hundred years old, and although estimates are hard to come by, perhaps twice that many million African-Americans had lived their lives in

chains. Most accounts of fugitive slaves do not invoke those numbers, and most Americans do not know them.

- In reality, and notwithstanding the viciousness of its many enforcers, slavery was institutional. The Underground Railroad, by contrast, was personal: a scattering of private citizens, acting on conscience, and connected for the most part only as the constellations are – from a great distance, by their light. They have earned our admiration and reverence, as James Miller McKim (a white abolitionist with the Pennsylvania Anti-Slavery Society) knew they would, and we have made much of their few stories, in part for suspect reasons: because they assuage our conscience, distract us from tragedy with thrilling adventures, give us a comparatively comfortable place to rest in a profoundly uncomfortable past.

- Yet there are also deep and honorable reasons that we are drawn to these stories: they show us the best parts of ourselves and articulate our finest vision of our nation. When Congress approved

funding for the Network to Freedom, it noted, correctly, that “the Underground Railroad bridged the divides of race, religion, sectional differences, and nationality; spanned state lines and international borders; and joined the American ideals of liberty and freedom expressed in the Declaration of Independence and the Constitution to the extraordinary actions of ordinary men and women working in common purpose to free a people.”

Kathryn continues, “Iniquity is always coercive and insidious and intimidating, and lived reality is always a muddle, and the kind of clarity that leads to action comes not from without but from within. The great virtue of a figurative railroad is that, when someone needs it – and someone always needs it – we don’t have to build it. We *are* it, if we choose.”

That’s it.
With Love,

Jona

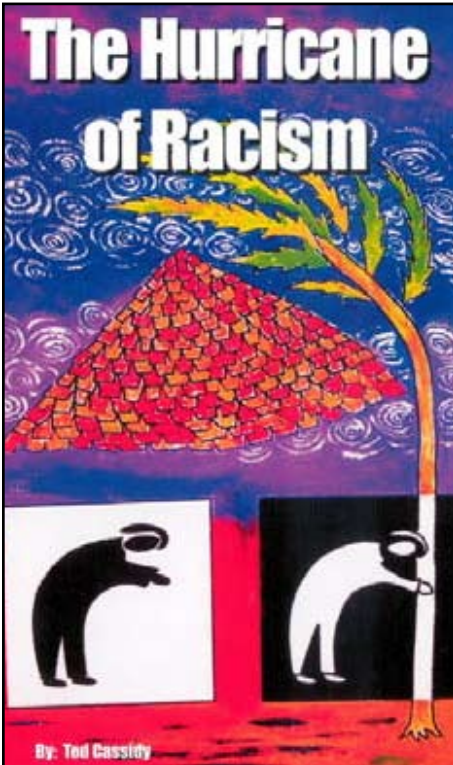
**WE ARE CANDLES BURNING, SOMETIMES SPUTTERING,
SOMETIMES STEADY, WITH THE SAME TASK AS THE STARS
IN THEIR MAJESTY MAKING LIGHT.**

- Elias Amidon -

<https://www.kathleenhanagan.com/we-are-candles-burning-sometimes-sputtering/>

Ending Racism

The Nature of Racism and How We Conquer It



By Fr. Ted Cassidy, SM, Ohio USA
Written in 2006

Chapter 4: Triangulation and How It Plays Out in Racism

Note: We published the Introduction to this book in our January 2020 issue; Chapter 1 in our February issue; Chapter 2 in our March issue, and Chapter 3 in July 2020.

White supremacy is a phrase that causes much consternation. It is a concept that needs a context to be understood. Triangulation will give the context and help in the understanding of what white supremacy means.

The triangle is the smallest stable emotional unit and can be called the molecule of emotional systems. In the example of the family described in Chapter 2, the dysfunctional mother had an uncomfortable relationship with her daughter and pulled in the father for support in her control of the daughter. This triangle of a relationship is an example of triangulation.

Edwin Friedman says that, "The basic law of emotional triangles is that when any two parts of a system become uncomfort-

able with one another, they will 'triangle in' or focus upon a third person, or issue, as a way of stabilizing their own relationship with one another. A person may be said to be 'triangulated' if he or she gets caught in the middle as a focus of such an unresolved issue."¹³ This is exactly what happened to the father. He was drawn into the triangle in the unresolved issue of the mother dominating her daughter.

Triangulation is the dynamic of a two-person relationship (as is the case of the mother and daughter) that is unstable, and it automatically becomes a three-person system under stress (in this case, the father who is pulled in).

Because the most uncomfortable one in the triangle attempts to establish a more comfortable closeness-distance, the emotional system is in constant movement. There may be constant bickering. There just will not be peace. The uncomfortable person or the person under stress finds his or her own "comfort level" disturbed. We can recognize that the relationship between the daughter and her father was disturbed. They were not honest with each other.

The term "triangle" gives a definition to the emotional forces flowing back and forth among three poles. This movement repeats itself over and over again so that one who understands the dynamics of triangles can predict the next move before it happens. It was rather easy for any therapist to predict what was going to happen

to this family. The mother pulling in the father had an injurious effect on the growth of the daughter.

If one is differentiated he or she can manage to stay above being controlled by someone trying to dominate and create a triangulation. Healthy relationship is based on mutual sharing back and forth of healthy energy and growth in building families and communities. Unhealthy relationship is disturbed as in the triangulation of the family described where one is able to control the powers of another.

Friedman explains that, "When individuals try to change the relationship of two others (two people, or a person and his or her symptom or belief), they 'triangle' themselves into that relationship (and often stabilize the very situation they are trying to change)."¹⁴

Parents soon learn not to get triangulated into squabbles between their children. The kids have to sort out conflict by themselves. I knew a family where the kids had to sit on the stairway until they solved their problems. Wise leaders know that they can't solve problems between two conflicting forces without getting pulled into a triangular relationship. They must stay above the fray. If a leader can remain unagitated emotionally and in relationship without interfering, the two conflicting forces will probably solve the problem.

Knowledge of triangles helps predict

Racism *continued on next page*

Triangulating

- ▲ In emotional systems, triangle is the basic unit
- ▲ In stress, each of two tries to pull in a third, who receives the stress
- ▲ The dynamic repeats in large groups
- ▲ Knowing this, we can predict behavior

Ending Racism

Racism continued from previous page

behavior so that a therapist can insert cues that may result in predictable shifts in emotional behavior.

The triangle is the microscopic organization of emotional systems. "In very large groups, or the total of society, the same automatic emotional forces operate with large numbers of people siding with each emotional issue."¹⁵

White supremacy is triangulation on a massive scale. American society has allowed itself to be one in which people of color are emotionally, economically, politically, and in many other ways, targeted. The powers of white society have come together to put the person of color in a secondary place.

In *Beloved*, Toni Morrison, winner of the Nobel Prize for Literature, vividly describes the effect of three centuries of racist thinking in the following manner:

*"The day Stamp Paid saw the two Blacks through the window and then hurried down the steps, he believed the undecipherable language clamoring around the house was the mumbling of the Black and angry dead. Very few had died in bed, like Baby Suggs, and none that he knew of, including Baby, had lived a livable life. Even the educated colored: the long-school people, the doctors, the teachers, the paper writers, and businessmen had a hard row to hoe. In addition to having to use their heads to get ahead, they had the weight of the whole race sitting there. You needed two heads for that. White people believed that whatever the manners, under every dark skin was a jungle. Swift, unnavigable waters, swinging screaming baboons, sleeping snakes, red gums ready for their sweet white blood. In a way, he thought they were right. The more colored people spent their strength trying to convince them how gentle they were, how clever and loving, how human, the more they used themselves up to persuade whites of something Negroes believed could not be questioned, the deeper and more tangled the jungle grew inside. But it wasn't the jungle Blacks brought with them to this place from the other (livable) place. It was the jungle white folks planted in them. And it grew. It spread. In, through, and after life, it spread, until it invaded the whites who had made it. Touched them every one. Changed and altered them. Made them bloody, silly, worse than even they wanted to be, so scared were they of the jungle they had made. The screaming baboon lived under their own white skin; the red gums were their own."*¹⁶

Basic Rules of Triangulating

- ▲ Emotional balance of any two is kept in balance by the 3rd
- ▲ 3rd party can't bring change to other two
- ▲ Stable forces often covert efforts to change relationship of other two
- ▲ The 3rd party who tries to change relationship of other two has more stress
- ▲ Forces of the triangle resist efforts to change any part of the system
- ▲ One triangle in a system is usually primary
- ▲ One side of a triangle tends to be more conflictual
- ▲ We can only change a relationship to which we belong

Morrison shows us an example of what has happened in the way people of color were taught to think of themselves and the way white people were taught to think of them.

Michael A. Cowan, a professor at Loyola University in New Orleans, in "Moving in 'White' Circles" explains that for 13 generations – from the sale of the first slave in Jamestown, Virginia, in 1619 until today – white people and Black people have cultivated Morrison's jungle. By defining themselves as white, people lose touch with the deeper cultural heritage they have from their origins.

In exchange for my birthright, I receive the cultural, economic, and political privilege of being "white" American; that is: someone with special access to the economic resources and social benefits of this country. Having accepted such a deal without even knowing it may mitigate my personal guilt for racism, but even unknowing agreements have real effects. One such effect is losing track of the plural cultural heritages, which get dimmed down by "whiteness."¹⁷

To be "white" is to have one's basic assumptions about oneself and others formed by centuries of colonialism, slavery, and racism. In America, it is to have a privileged position. To be "Black" is also to have one's assumptions formed by the same history, but in the negative way.

Cornel West, when analyzing the genealogy of white supremacy, said, "The idea of white supremacy is a major bowel unleashed by the structure of modern discourse, a significant secretion gener-

ated from the creative fusion of scientific investigation, Cartesian philosophy, and classical aesthetic and cultural norms."¹⁸

West explains that blackness was intentionally excluded from the classical ideal because the structure of discourse was dominated by the will of white men to control. As is seen in this quote, his writing is insightful and sharply descriptive of the causes and realities of racism.

"To grasp the meaning of racism we need to understand what a dysfunctional system is. It is one based on this triangulation where people of one race come together in two sides of a triangle to make themselves feel comfortable by making the third, a person of another race, an inferior person. This is called white supremacy."

An ancillary dynamic of this concept is that of the identified patient that will be treated in the next chapter.

Footnotes:

13 Edwin H. Friedman, *Generation to Generation: Family Process in Church and Synagogue* (New York: The Guilford Press, 1985), pp. 35-36.

14 Ibid, pp.35-36

15 Murray Bowen, *Family Therapy in Clinical Practice* (NY: Jason Aronson, 1983). p. 425.

16 Toni Morrison, *Beloved* (New York: Knopf, 1987), pp. 198-99.

17 Michael A. Cowan, "Moving in 'White' Circles," unpublished manuscript, 1995.

18 Cornel West, *Prophesy Deliverance* (Philadelphia: Westminster Press, 1982), p. 65.

A pdf of The Hurricane of Racism is available for free at <https://www.nacms.org/epubs/special-articles/hurricane-racism>.

Ending Racism



Photo: European Union, CC licensed

The distribution of in-kind assistance sent by Austria to Mozambique through the EU Civil Protection Mechanism in response to tropical cyclone Idai.

#PowerShifts Resources: Anti-Racism in Development and Aid

By Maria Faciolince
From Poverty to Power: June 23, 2020

‘White saviour complex’, ‘poverty porn’, ‘locals’ vs. ‘expats.’ These terms are all part of an old conversation that has revived as a result of the mass protests calling for racial justice and anti-racism across the U.S. and globally. Racism in development and aid is not a new issue, so why does it continue to be overlooked?

Sadly, I’ve noticed a notable silence from leadership in many charities and aid organizations, hiding behind the fact that their mission statements and objectives do not specifically outline “combating racism” as an integral part of their work.

But that’s perhaps because the notion of development itself is pervaded by what some have called the ‘white gaze.’ We recently published an interview with Robtel Neajai Pailey on how we can de-center this white gaze from development thinking and practice, which I strongly suggest you listen to at <https://powerinthepandemic.buzzsprout.com/833005/4144403-featured-voice-robtel-neajai-pailey-on-racism-in-development>. This anti-racist work is, essentially, about the urgent task of unpacking power dynamics that continue to limit the possibilities of collective well-being and social justice.

For this batch of #PowerShiftsResources, I’ve compiled this list of resources in the hope that we can collectively interrogate our roles in perpetuating systems of oppression within our own places of work, world-views, and behaviours. Dismantling institutional racism is cross-cutting: it goes all the way from tackling inequitable hiring and MEL practices, to reimagining partnerships and funding structures, all the way to opening up the range of possible ways of ‘developing.’

The topic raises a diverse set of questions as wide-ranging as:

Is the moral imperative of decolonizing international development a strong enough incentive?

What does accountability to anti-racism look like if leadership structures remain unchanged?

How are INGOs and their colleagues in philanthropy reimagining funding strategies to ensure that they are standing in anti-racist solidarity with Black people globally?

Who has the power to consent? And what does it mean to establish (and maintain) an equitable partnership?

How can we elevate stories and practices of anti-racist and decolonial struggles from the Global South without tokenizing them?

What does doing development differently

look like?

But before continuing, there is something important to take note of: the majority of articles and resources available to the anglo-sphere relate to experiences dictated, in their majority, by legacies of slavery in the English-speaking ‘North.’ It is not enough to use these coordinates of racial justice to explain what is happening in other regions and countries. So, please take the time to learn about the history of racial relations, representations of racism, and anti-racist initiatives in your local context.

Para hispanohablantes: en esta página encontrarán varios recursos para entender y hacer frente a representaciones de racismo en América Latina y sus consecuencias en la actualidad.

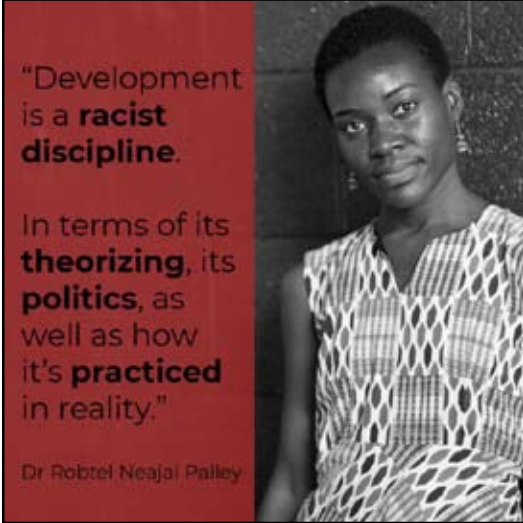
To better understand racial relations in the Dutch colonial context, I highly recommend works by Surinamese anthropologist Gloria Wekker, especially *White Innocence: Paradoxes of Colonialism and Race*.

For experiences relating to racial relations in France, Francophone Africa, and the Caribbean, you might be interested in *Une discrimination positive à la française?* by Milena Doytcheva, and *La Condition Noire* by Pap Ndiaye.

Here we go...!

Power Shift continued on next page

Ending Racism



Power Shift *continued from previous page*

Racism, Aid, and Development

As a kickstarter, I strongly suggest you take an hour of your day to watch this conversation between Stephanie Kimou, Marie-Rose Romain Murphy, Naomi Tulay-Solanke, and Arbie Baguios on How to be anti-racist in aid at <https://medium.com/aidreimagined/video-how-to-be-anti-racist-in-aid-a6eabc54d3e>. Read some of the commitments made by participants on actions they will take to be anti-racist in aid and let them inspire your own set of commitments. These are at https://drive.google.com/file/d/1UPn0H0rgtw2uMj76VYH_3-mCeUbHc9dq/view,

One organization you should really check out is PopWorks Africa, which seeks “to disrupt the historically white space of power in international development.” As a team of Black women (also led by black women), they help organizations foster anti-racist approaches in the development, implementation, and monitoring of interventions in the African continent.

In this interview, the founder of PopWorks Africa, Stephanie Kimou, said she sees three windows of opportunity for global development professionals to decolonize the way they work: dismantling the ‘white gaze,’ fostering transparent partnerships with locally-rooted partners, and elevating local expertise. Since last year, they set up an e-learning platform for international development professionals “looking to unpack questions of race, white privilege, and how the colonial hangover is still impacting the global aid sector today.” It will run from September 7th until December 20th, 2020. **Make sure someone in your organization is part of this.**

Another group to check out are the No

White Saviours (NWS) campaign, led by a majority female African team of professionals based in Kampala, Uganda. NWS works with organizations to educate and bridge the knowledge gap that exists when it comes to responsible aid work and unjust treatment and stereotypes in the development space. Through their social media channels (Twitter, Instagram, and Facebook) they are constantly spotlighting the problematic ways in which the white saviour complex manifests in the African continent.

Another important player is CharitySoWhite, a POC-led campaign group seeking to tackle institutional racism in the charity sector. Their vision is grounded in seeing a sector “taking the lead on tackling and rooting out racism,” because “unless we take serious and urgent action to tackle racism, social justice will not and cannot prevail.”

Some more readings on the nexus between racism and development and aid:

- Angela Bruce Raeburn on why International development has a race problem (read to the end for a helpful list of tangible ways NGOs can make change);
- Degan Ali on the systemic racism impacting humanitarian responses;
- Hugo Slim questions if racism is part of our reluctance to localise humanitarian action; and
- Thandie Mwape Villadsen tells aid workers ‘It’s time to practise what you preach’.

Other great resource compilations to check out:

- Racism in the aid industry and international development, a curated collection by Aidnography;
- Reading list on anti-racism specifically for aid workers, put together by the Fifty Shades of Aid community;
- Ways to be in action against anti-Black racism, by Jennifer Lentfer from How-Matters.org; and
- Compilation of resources on anti-racism in general, compiled by Sarah Sophie Flicker and Alyssa Klein.

“The careless treatment of professional Black aid workers by humanitarian aid organizations suggests a hierarchy of worth, with workers from the Global South, especially if they are Black, valued the least. We came to this work naively thinking

everyone would be treated equally regardless of race, gender, or religious affiliation. It didn’t take us long to discover that equality is a charade in this sector.” Tindyebwa Agaba and unknown author, Open Democracy, 2018.

Changing Organizational Culture

Racism and exclusion are issues of power, and tackling racism involves an equitable distribution of organizational power, revising individual privileges within teams, ensuring pay justice, and decolonizing program designs. Change requires a range of actors, including ‘intravists’ – those that work to change institutions and their cultures.

A piece by Rashida Petersen and Jennifer Lentfer from 2017, on how to tackle racism in the aid sector, outlines four ways to challenge the structural racism that stands in the way of real ‘development’:

- 1) Question the need for expats to get the job done;
- 2) Don’t just talk about hiring, talk about leadership at all levels;
- 3) Know the difference between diversity and inclusion; and
- 4) Recognize and question how dominant white culture shows up within an organization.

White supremacy shows up in our everyday lives in insidious ways. Follow up with this resource on how ‘white supremacy culture’ looks like in organizations, taken from *Dismantling Racism: A Workbook for Social Change Groups*. You won’t be surprised at how normal these behaviors seem. Use this resource to reflect on how your organization or place of work unconsciously uses these characteristics as

Power Shift *continued on next page*



Ending Racism

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its norms and standards, making it hard (if not impossible) to open the door to other cultural norms and standards. Most importantly, why is it so hard to talk about racism? The systems and structures that make up our sector reinforce racism, says Martha Awojobi. But we really need to learn to talk about it openly. To those those working in international development and humanitarian organizations: hold your institutions accountable for silences around racism. Here's a recent conversation that guides us in how to talk about racism in our workplaces. If you work for an institution that has been publicly silent on racism and structural violence against black bodies, here you can find an email template you can use to demand action: <https://www.patreon.com/posts/37905478>.

To take this work further in your workplaces:

The Dismantling Racism Works collective has put together some more fantastic offerings for action tools and tools of analysis for organizations that want to embark on cultural shifts towards race equity.

Follow and join the Healing Solidarity Collective to challenge the ways in which all of this shows up in our organizations, and exchange ideas on how to tackle it. As they say, "We all play a part in upholding this system or we choose to be part of ending it."

Decolonizing Knowledge in Development

Crucial to this conversation are the attempts to decolonize Eurocentric knowledge systems and their role in challenging the enduring effects of colonialism (and racism). We've touched on this from the very first post on the Power Shifts project,

which talked about the 'Black Market' of knowledge production.

Here are some other pieces we've published on this:

- Who is an expert?, by Farida Bena;
- The "local" researcher – merely a data collector?, by Stanislas Bisimwa Baganda;
- How do we liberate agriculture and development from academic preferences?, by Charles Dewa;
- "When will we get a report on your findings?": reflections on researcher accountability from DRC, by Christian Chiza Kashurha; and
- PowerShifts Resources on Reclaiming Representation.

Below are some interesting spaces and discussions to learn from:

- A list of contributions by selected individuals, collectives, and organizations actively engaged in the decolonization of knowledge. <https://decolonial-dialogue.wordpress.com/2020/04/04/online-resources/>
- Convivial Thinking collective, which center decolonial perspectives in the development debate. <https://www.convivialthinking.org/index.php/online-talks/>
- Decolonizing development – what, how, by whom, and for whom? <http://blog.gdi.manchester.ac.uk/decolonising-development/>

Who should I be listening to?

Groups, networks, and campaigns:

- Charity So White
- No White Saviors
- Dismantling Racism Works
- #BlackWomenInDev – global network is a group by and for black women working in international development across the globe.

• Racial Justice Network: The Racial Justice Network (RJN) is a multi-racial, grassroots organization, committed to fighting for racial justice and building bridges across racial, social, and economic lines.

- Kick Out Zwarte Piet (NL)
- Dipsaus Podcast (NL)
- Decolonize your anti-racism

Afro-feminist collectives:

- Afroféminas (Spain and Latin America)
- Ofraneh (Honduras)
- BA(F)FE (France) – a feminist database where you can search by tag (e.g "afrofeminisme") to gather the latest news/articles from this tag.
- Rosa Collectief (The Netherlands)

Racial justice educators, activists, and scholars to follow:

- Rachel Cargle
- Degan Ali
- Adrienne Maree Brown
- Jessica Horn
- Yuderlys Espinosa
- Ochy Curiel
- Stephanie Kimou
- Holiday Philips
- Robtel Neajai Pailey
- Wangüi wa Kamonji
- Naomi Pieter
- Rokhaya Diallo
- Assa Traoré
- Bayo Akomolafe

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From Poverty to Power is managed by María Faciolince (@maria_fm), a Colombian-Curaçaoan anthropologist, and an activist-researcher with lots of experience in generating multimedia content. María Faciolince is a multimedia communicator with many roots. A blood daughter of Colombia, she was born in Curaçao, grew up in Uruguay and The Netherlands, and has lived in the UK and Honduras since then. Currently she is based in Barcelona. She has an M.A. in Psychology and Social Anthropology from the University of St Andrews, UK and an MSc in Anthropology and Development from the London School of Economics and Political Science, UK.

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Source: <https://oxfamblogs.org/fp2p/powershifts-resources-anti-racism-in-development-and-aid/>



María Faciolince

Ending Racism



Photos: Wendy Lynne Lee

For an astonishing collection of activist photos, go to <https://www.flickr.com/photos/186725636@N02/albums/72157714564760907>.

Woman Uses Camera and Words Hoping to Make the World a Better Place

Wendy Lynne Lee is professor of philosophy at Bloomsburg University of Pennsylvania where she has taught for 28 years. She chose philosophy because it's about everything – so she can write about the many things that matter to her life as a writer-militant, animal welfare advocate, environmental insurgent, mother, and amateur photographer. She's published some 45 scholarly essays and four books. She's currently working on the fifth, *The Commodification of Sentience: Nonhuman Animals, Climate Change, and Eco-Nihilism in the Kleptocene*. She began her work as a photographer in the effort to document the environmental destruction and the monstrous toll on human communities caused by the fracking industry. She has photographed both decimated landscapes, human suffering, and many protests – each of these an embodiment of human rights in action and endangered. Most recently she has begun to photograph the resistance: resistance to police brutality, resistance to systemic racism, resistance to the gutting of democratic institutions, and resistance to what she regards as the most corrupt and callous federal administration in American history since the end of slavery: the autocratic Trump regime. She looks forward to a time, however, when, because it is possible for us all to breath without fear, our attention can turn to images of the beautiful and the good – that is, if the climate crisis, the next pandemic, or war over clean water doesn't get us first. She worries.

Ending Racism

Resources for Unlearning and Transforming Racism

From The Greatfulness Team
at A Network for Grateful Living



*Start where you are. Use what you have.
Do what you can.*
- Arthur Ashe -

As our organization commits to engaging with and supporting anti-racist work, we share these resources with you as an invitation to join us in learning, taking action, and working toward individual and collective change. We offer this compilation as a starting point with the recognition that the work extends far beyond what's included here and happens over the course of a lifetime.

How Race Was Made

For much of human history, people viewed themselves as members of tribes or nations but had no notion of "race." Today, science deems race biologically meaningless. Who invented race as we know it, and why? By John Biewen, with guest Chenjerai Kumanyika. <http://www.sceneonradio.org/episode-32-how-race-was-made-seeing-white-part-2/>

Black Lives Matter

A global organization that campaigns against violence and systemic racism toward Black people. <https://blacklivesmatter.com/>

What Black Lives Matter Means (and Why It's Problematic to Say "All Lives Matter")

(*Good Housekeeping*) Why saying that black lives matter doesn't mean that other lives do not. <https://www.goodhousekeeping.com/life/a32745051/what-black-lives-matter-means/>

Free Racialized Trauma 5-Day eCourse

"Moving from race to culture is important, transformative, and takes work. A lot of work. I help people, communities, and organizations find strength in healing that is holistic and resilient. Together let's set a course for healing historical and racialized trauma carried in the body and the soul.

I am a healer. I help people rise through the suffering's edge. I am a cultural trauma navigator. I am a communal provocateur and coach. I consider it my job in this moment to make the invisible visible." Resmaa Menakem, MSW, LICSW, SEP. <https://www.resmaa.com/>

Our Mental Health Minute

A video series created by psychologists Riana Anderson and Shawn Jones to provide mental health resources for the Black community. <https://www.ourmhm.com/>

How to Have a Voice and Lean Into Conversations About Race

In this talk Dr. Amanda Kemp discusses her process for seeking to understand others and dialogue on discussions about race and other sensitive issues. Dr. Kemp is a Stanford University graduate and the creator of the H.E.A.R.T. System for Racial Justice and Mindful Living. A Master Teacher and artist, Dr. Kemp has helped over 25,000 people cultivate racial justice and compassion. <https://www.youtube.com/watch?v=IF--2vGj7Tg>

Deconstructing White Privilege

Dr. Robin DiAngelo is the author of *What Does it Mean to Be White? Developing White Racial Literacy* and has been an anti-racist educator, and has heard justifications of racism by white men and women in her workshops for over two decades. This justification, which she calls "white fragility," is a state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation. <https://vimeo.com/147760743>

Fearless Dialogues

Fearless Dialogues is a grassroots organization committed to creating unique spaces for unlikely partners to engage in hard heartfelt conversations that see gifts in others, hear value in stories, and work for change and positive transformation in self and other. <https://www.fearlessdialogues.com/>

Anti-Racist Resources from Greater Good

The *Greater Good*, a magazine that

turns scientific research into stories, tips, and tools for a happier life and a more compassionate society, has gathered here pieces that explore our potential to reduce prejudice in society and in ourselves. You can read their latest coverage on racism, diversity, and bridging differences along with key articles addressing:

The psychological roots of racism,
How to overcome bias in yourself,
Confronting racism,
Reducing bias in criminal justice,
Building bridges,
Resources for parents, and
Resources for educators.

https://greatergood.berkeley.edu/article/item/antiracist_resources_from_greater_good

Resources from The OnBeing Project

From the May 30 edition of *The Pause* newsletter, penned by Krista Tippett: "The question of 'who we will be to each other' has been surfacing ever more insistently across my conversations for over a decade, and its civilizational implications have now been laid bare in our economies, our politics, and our cultures." We share the following from OnBeing:

More Beautiful: James Baldwin said, "American history is longer, larger, more various, more beautiful, and more terrible than anything anyone has ever said about it." Imani Perry embodies that prism. For the past few years, Perry has been pondering the notions of slow work and resistant joy as she writes about what it means to raise her two Black sons – as a thinker and writer at the intersection of law, race, culture, and literature. This live conversation was recorded at the Chautauqua Institution. <https://onbeing.org/programs/imani-perry-more-beautiful/>

The Spiritual Work of Black Lives Matter: Black Lives Matter co-founder and artist Patrisse Cullors presents a luminous vision of the spiritual core of Black Lives Matter and a resilient world in the making. She joins Dr. Robert Ross, a physician and philanthropist on the cutting edge of learning how trauma can be healed in bodies and communities. A cross-generational reflection on evolving social change. <https://onbeing.org/programs/patrisse-cullors-and-robert-ross-the-spiritual-work-of->

Resources continued on next page

Ending Racism



Photo: Wendy Lynne Lee

One of hundreds of thousands of peaceful protesters in the United States seeking an end to racism everywhere.

Resources continued from previous page
black-lives-matter-may2017/

A Small Needful Fact: A beautiful poem by Ross Gay honoring Eric Garner and other victims of police brutality. <https://onbeing.org/poetry/a-small-needful-fact/>

Let's Talk About Whiteness: This conversation was inspired by Eula Biss's stunning *New York Times* essay "White Debt," which had this metaphor at its core: "The state of white life is that we're living in a house we believe we own but that we've never paid off." She spoke with us in 2016 and we aired this last year, but we might just put this conversation out every year, as we're all novices on this territory. Eula Biss had been thinking and writing about being white and raising white children in a multi-racial world for a long time. She helpfully opens up words and ideas like "complacency," "guilt," and something related to privilege called "opportunity hoarding." To be in this uncomfortable conversation is to realize how these words

alone, taken seriously, can shake us up in necessary ways – and how the limits of words make these conversations at once more messy and more urgent. <https://onbeing.org/programs/eula-biss-talking-about-whiteness/>

Civil Conversations & Social Healing: The Civil Conversations and Social Healing team represents The On Being Project's presence in the world as they nourish, embolden, and accompany the work of social healing. Their organizational capacities to produce audio and digital resources are strengthened by programs and convenings that stitch relationships across rupture and equip for resilience and repair. <https://onbeing.org/civil-conversations-project/>

Video Recordings: Spirituality and Social Change Symposium

The UMass Amherst Libraries and A Network for Grateful Living presented a dynamic afternoon of conversation, poetry, music, and meditation that explored the landscape of engaged spiritual practice and action for social change on September

27, 2019 at the UMass Fine Arts Center, Amherst, Massachusetts. The Radical Aliveness and Belonging Symposium was inspired by the life and work of Br. David Steindl-Rast, a Benedictine Monk and co-founder of A Network for Grateful Living, known as the "grandfather of gratitude" and one of the most important figures in the modern interfaith dialogue movement. Brother David, whose papers are in the Libraries' Special Collections and are part of their significant holdings documenting social change movements and activists, traveled from Austria to participate in the symposium. <https://gratefulness.org/resource/video-recordings-spirituality-and-social-change-symposium/>

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Source: https://gratefulness.org/featured_resources/resources-for-unlearning-and-transforming-racism/

Ending Racism

Lloyd's of London to pay for 'shameful' Atlantic slave trade role.

Lloyd's says sorry and that they will pay for past sins, pledging to fund opportunities for Black and ethnic minority people.

By Guy Faulconbridge and Kate Holton
Reuters via Thomson Reuters
Foundation: June 18, 2020

LONDON, UK – The Lloyd's of London insurance market apologized on Thursday for its "shameful" role in the 18th and 19th Century Atlantic slave trade and pledged to fund opportunities for Black and ethnic minority people.

As part of a global reassessment of history and racism triggered by the death of George Floyd in the United States, some British institutions have begun re-examining their past, especially connections to slavery.

The Bank of England also apologized for what it called the "inexcusable connections" of some past governors and directors to slavery, and said it would remove any portraits of them from display anywhere on its premises.

About 17 million African men, women, and children were torn from their homes and shackled into one of the world's most brutal globalized trades between the 15th and 19th centuries. Many died in merciless conditions.

"We are sorry for the role played by the Lloyd's market in the 18th and 19th Century slave trade – an appalling and shameful period of English history, as well as our own," Lloyd's said in a statement on Thursday. "Recent events have shone a spotlight on the inequality that Black people have experienced over many years as a result of systematic and structural racism that has existed in many aspects of society and unleashed difficult conversations that were long overdue," it added.

The world's leading commercial insurance market, Lloyd's – which started life in Edward Lloyd's coffee house in 1688 – is



Photo: Wikipedia

The 1986 Lloyd's building in Lime Street is the current headquarters of Lloyd's of London in England.

where complex insurance contracts ranging from catastrophe to events cancellation are agreed and underwritten.

Lloyd's grew to dominate the shipping insurance market, a key element of Europe's global scramble for empire, treasure, and slaves, who were usually in the 18th Century included in insurance policies in the general rate for ship cargo.

Weapons and gunpowder from Europe were swapped for African slaves who were shipped across the Atlantic to the Americas.

Those who survived endured a life of subjugation on plantations, while the ships returned to Europe laden with sugar, cotton, and tobacco.

'INEXCUSABLE'

Although Britain abolished the trans-Atlantic slave trade in 1807, full abolition did not follow for another generation.

Lloyd's said it would invest in programs to attract Black and minority ethnic talent, review its artefacts to ensure they were not racist and support charities and organizations promoting opportunity for Black and minority ethnic people.

Among other British institutions reassessing the legacies of the past is Oriel College, part of Oxford University, which said on Wednesday it wanted to remove a statue of 19th century colonialist Cecil Rhodes.

Greene King, which describes itself as Britain's leading pub owner and brewer, apologized for the profit one of its original founders made from the slave trade. Greene King would make investments to help the Black, Asian, and minority ethnic (BAME) community and to support race diversity in its business, chief executive Nick Mackenzie said.

The history of several other British financial firms, including Barclays, is also under fresh scrutiny.

The bank was named after David Barclay, a Quaker who campaigned actively against slavery in the late 18th century, but it later acquired institutions with links to the slave trade, including Colonial Bank in 1918 and Martins Bank in 1969.

"We can't change what's gone before us, only how we go forward," a Barclays spokesman said.

The City of London Corporation has launched the Tackling Racism Working Party, which it said will look to promote economic, educational, and social inclusion in the City of London and assess the future of statues and monuments.

Additional reporting by Sinead Cruise, Huw Jones, and David Milliken; editing by Estelle Shirbon and Andrew Cawthorne.

Source: <https://news.trust.org/item/20200618133656-r8hpy/>

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Orphans Helping Orphans Need More Help



Photos: Ssengendo Yasin Siginalaminat

(photo on left, left to right) Mr. Ssengendo Yasin Siginalaminat's on the left (26), Nakaziba Rajibab (10), Nakimuli Rashidah (4), Naigaga Sumaya (wife, 25), and Nakigozi Rahumah (1). "Na" is how names of girls in the Baganda tribe start. Born by a couple, both of whom who grew as orphans and later God blessed them with three beautiful girls. In addition to that they have 45 needy total orphans who need your help. Our goal is, if we can get a simple of land of about \$6,500, it will help us to grow our own food so we call upon your support! (right) Nangobi Anisha. Ssengendo wrote this about her: "Am sad. Lost one of the kids at the orphanage! She got tetanus and no food at orphanage wish all mean people who spend money in useless things should die! They are so selfish and mean. She was 9 years old, lost her parents in 2011. I tried to show her care." In addition to money for food and rent and other daily expenses, Ssengendo also needs money for unforeseen medical expenses.



By Ssengendo Yasin Siginalaminat, Uganda

Let me share our story of the two married orphans trying to help fellow orphans!

My wife is called Naigaga Sumaya. She is 25 years old, in the Jusoga tribe, Uganda. We live in Jinja. I met her in 2015 and we started dating as I found her crying after she had been used up by a certain guy who impregnated her and later dumped her. She gave birth to her first child in 2012 when she was even still in school.

When she explained to me how hard is life I decided to take her as my wife and her daughter as my daughter! After a year we got engaged in church!

She produced for my first child that I named NAKIMULI RASHIDAH SSEN-GENDO THAT WAS ON 30TH September 2016. AND AFTER WE GOT ANOTHER DAUGHTER NAMED NAKIGOZI RAHUMAH SSENGMENDO who is 1 year now!

Am happy to have them as their Father though I didn't have a chance to grow with my parents but good that God blessed me with kids of my own, 2 beautiful girls. When I found naigaga Sumaya, her kid was 6 years old; she is now 10 years and she produced for me two girls. We now together have 3 of our own kids. I've been with my wife now its 7 years. We pray you meet us soon! Some day.

We both me and my wife didn't get a chance of seeing our parents but we are

so blessed to have 3 kids of our own and the 45 total orphans who need more help. I didn't grow with my parents but I have tried my best to care for my family and few orphan kids so if I get huge help, I will help thousands of needy. So we need huge land we build a big orphanage home for our fellow orphans!

God shown the world that money is not everything so those people who have don't help should understand that share with the needy the little you have so God give other helping hearts.

Am sad lost one of the kids at the orphanage! She got tetanus and no food at orphanage wish all mean people who spend money in useless things should die! They are so selfish and mean. She was 9 years old, lost her parents in 2011. I tried to show her care. Full names is Nangobi Anisha. Mother, try your level best to help the remaining kids. A donation of \$30 a week from about 10 people it can help us. Try to get people who can help. Our major problems are feeding and renting for the kids.

I have been in touch with different people who have land for sale. Some land in areas which are just developing an acre goes to \$3,500 and if the land is already developed an acre goes up to \$6,500.

And one of the friends of brother Matthew had an idea. That if we can't afford paying that land at once we take two options: either to pay that land in payments/

installments either \$500 in 12 months or \$1,000 in 6 months. So if we can take his idea we try, \$1,000 for the 6 months until we make the goal of \$6,500. God bless you all.

PERSONAL PROFILE ABOUT SSEN-GENDO YASIN SIGNALAMINAT

PERSONAL PARTICULARS: I Ssengendo Yasin Siginalaminat, am a Ugandan by nationality, aged 26 years, male, a Muganda by tribe who was born in Mafubira sub county, Jinja district in 1992. I am an orphan who was catered for a grandmother. The grand mother told me that my parents died when I was 3 years old. So I grew up with my grandmother who used to cater for me throughout my life. I am currently living in Jinja, Uganda.

EDUCATION PARTICULARS: I hold an Advanced certificate in senior six from Iganga Top care secondary school, I also possess a Uganda Certificate of Education (UCE) from Iganga Top Care secondary school. I accomplished my primary education (PLE) at St. Mary's Child Empowerment primary school Kanguulumira.

CAREER PROFILE: I conduct my business (retailing first class clothes) in Jinja Central Market which helped me to earn a living. Currently am working as the Executive Director for Jinja Church Children's Home and Orphanage.

Contact Ssengendo at ssengendo80yasin80@gmail.com.

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Girl Finds New Life at Village of Hope After Atrocities Took Her Parents

Submitted by Cindy Cunningham, Founder & International Director Village of Hope Uganda [Name changed to protect privacy.]

Here is Gloria's story. I interviewed her again today just to update the story.

Gloria is a 15-year-old orphan, who comes from an Internally Displaced Peoples camp called Abili Camp. She is currently in primary five at Village Of Hope-Uganda, but before her dream came true, she went through a lot of trying times.

Gloria was abducted with several of her family members, where she underwent a lot of physical tortures and at the same time witnessed so many of her family members get killed by the L.R.A rebels. This included her parents.

At a cross-fire with the government, Gloria managed to escape and ran for her life.

When the rebels realized that the government soldiers had come in to attack them, they went to her village and everyone was pushed into a huge hut and it was set on fire, everyone was burnt alive except Gloria and a few others who were looking for firewood outside the compounds.

She was then taken to World Vision Rehabilitation center for rehabilitation for several months.

Then she returned home. Gloria's life was turned upside down, everything seemed to have come to an end after returning home; she didn't see any close family members anymore.

So she was taken by her aunty and uncle, they were both HIV positive, though the aunty later got killed again by the rebels, leaving poor Gloria even more and more hopeless.

Gloria's uncle started proposing that she gets married because she is old enough so that she can earn him money from her dowry. She wept day and night, because she had always dreamed of studying hard and becoming a somebody; but with this news, she knew she wouldn't fulfill her dreams by getting married.

She stood strong, and said No to her uncle's proposal, but this did not leave her at peace with her uncle, so she was kicked out of his home. She moved to her other aunty's home where she met Village of Hope groups, and she joined. She praises God she was moved to the Village after she had to drop out of school for about three years. She was so happy and ready to be back in school once again.

Gloria says this all the time to others, "I can't thank God enough for how he brought me back to life from the grave. Village of Hope has given me a second chance to love others again and also brought those who love me so much into my life."

Gloria continues to thank God for mama Cindy every day, because through her great work and struggle she has brought loving and caring parents like Peta and Bob for her again, even after she thought she had lost her biological parents.

She keeps telling her friends that she will serve God till the end of time because of this opportunity.

Many times Gloria flashes back on how miserable her life was, a life of torture, hunger, walking long distances, death, abusive life, just to mention but a few. This was always the order of the day, but now it's no more.

She says she can't believe it, because she never thought it would all be a history, and this day is now here, she concludes in tears.

Gloria says the Village is the answer to her prayers, and she prays that all the other kids get to come and enjoy their home here at the Village. She said she can't thank God enough for her sponsors in Texas because they have helped to change her life to what it is now. She says she feels like her dead parents have risen in a better version through Bob and Peta. And concluded that may God bless everyone who is praying and supporting Village of Hope.

God bless you all.

Cindy Cunningham, Founder & International Director, Village of Hope Uganda: Where God transforms children of war into children of hope.

<http://www.villageofhopeuganda.com>
P.O. Box 700126
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817-715-0465

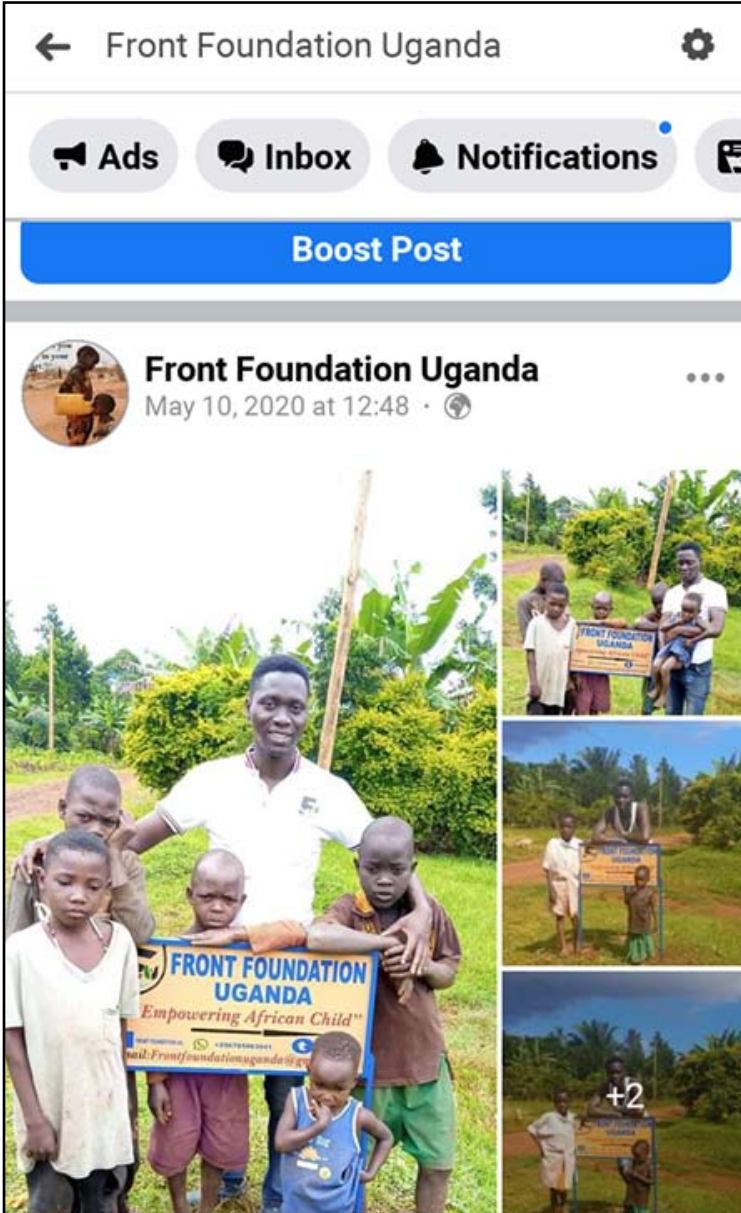
BUYING JEWELRY AND OTHER PRODUCTS HELPS WOMEN AND CHILDREN IN UGANDA



<http://villageofhopeuganda.com/tabitha-project/>

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Kwagala Sandra, six years old, total orphan.

By Peter Frontman
Founder of Front Foundation, Uganda

I am going to tell you the situation of Covid here.

With Covid-19 here in Uganda, we were put under lockdown for 3 months now. No movements, curfews from 7 p.m. to 6 a.m. So far we have 745 cases. Yes, the lockdown has affected us too much but I don't blame the government. That was the only way we could survive the virus. We are 44 million people but with only 55 ICU beds. So I can tell you that we don't have enough

survive on.

Most of the people here work from hand to mouth. They have nothing to save, so when you stop them from working, it's total trouble. As for the orphanage, we were affected so much because most of our local support was locked in and those who were giving us the little support stop when they stopped working. That means we have to struggle to find a meal for a day. Our kids and staff are safe from the virus but struggling to get two meals a day is a huge issue and we decided to have one meal a

facilities to battle the virus. However the only trouble we got is starving. The government locked us but it didn't give us anything to

day to keep surviving. Most of our kids in the orphanage are battling with HIV. We can't even afford \$ to buy food and soap as well as medication for HIV for most the kids. It's not easy.

That's how that situation is taking us here.

Thanks a lot sister. May God bless you for such a good heart.

Because we are still living in poor life, I haven't managed to get like a website where people can donate.

But in case people want to help us, they can use Western Union, MoneyGram, World Remit, or send Wave.

Thanks a lot for loving the orphan children.

Contact: Peter Mwesigwa

Tel: +256785963041

Country: Uganda

Email: peterfrontman9@gmail.com or frontfoundation@gmail.com

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Photos: Felix Akicho

Children at Kakayando Organic Farm during the banana harvest.

Saving Seeds, Growing Food in Kenya

Kakayando Organic Farm

By Felix Akicho, Kenya

Current crops that are planted:

- Bananas
- Pumpkins
- Potatoes
- Pawpaw
- Lemon grass
- Sugar cane
- Cassava
- Butter nuts
- Chili
- Spider plant
- And more

The animals we care for:

- Cows for milk
- Dogs for security
- Cats

We plan to start a poultry flock but we cannot afford this. We have not started doing this yet.

Some of the seeds on the right are cow peas, black night shade, beans, and spider plant.

Website: <https://kakayando-organic-farm.business.site/posts/4378528444580385004>

If you would like to help contribute to these projects, please donate via PayPal to felixakicho2000@gmail.com



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Photos: Manyindo Elijah

Christian Ahabwamukama (the pastors wife, left) and Lillian Kababuma, in the garden Christian planted with Lillian's teaching and guidance.

Woman Helping Women Learn Skills

By Lillian Kabahuma, Founder of Rise and Shine Women Initiative for Environment Protection and Conservation, Uganda

Here it was in February, I taught women in town to have small gardens for greens, although they have no land, now check our town gardens, in a very small place.

I found out people in town were buying everything to eat because of having small places, but I used to go on teaching women how to use small places to plant vegetables,

now this is a lady called Christian. I taught her growing vegetables in a small place, I came to check on her, she was very happy with my idea, I'm very happy too.

My sister, I'm a woman who can try every type of thing. I'm so creative, but my problem is I have no capital, I was been helped by my goats project now I'm really down, but I can try each and every project. [In our July issue, we wrote about the flood, which killed 28 of her goats.]

Sorry my sister, these days I may not be

online every day, but when you don't get me just leave me a message. I no longer have any income now and using this phone here in my country I pay daily tax and data, so these days due to lockdown nothing is moving well here.

I want to start up a school for dropout girls, a school for hand crafts because young girls are suffering a lot; it's one of my dreams.

Woman continued on next page

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Woman *continued from previous page*

Charcoal Briquettes

I used my charcoal is very good and burning. I'm really very happy for my idea. It can work better than the ones from the trees. Wow wow my sister, I wish you are near me, you would use this, too. I feel so happy, now I would like to go on teaching people how to do it, or to employ many workers to do it and sell it to the community, so that people may stop cutting trees to protect our planet.

(photos above) Lillian wrote: "I was so busy teaching my helper, Melissa Kengonzi, how to make charcoal from garbage and soil, to avoid cutting of trees, then if it works for me, I will teach the community, I want to first try it myself."

Baskets

Now here I was teaching women how to make business in their homes by making baskets. I keep on trying everything and, whatever I try, I teach women so that they can also do things for themselves. Everything I think of I have to try it, my only problem is capital, I would be doing very many things.

(photo at right) Lillian wrote: "Now here I was teaching women how to make business in their homes, by making baskets. I keep on trying everything and whatever I try I teach women so that they can also do things for themselves."



Contact Lillian: +256782363242.
Western Union: Kabahuma Lillian, Uganda
Email: kabahumalillian80@gmail.com



Photo: Herbert Bagyeni Kajoki

Some of the beautiful animals one can see on trips sponsored by One Village Tours & Travel in Uganda.

Tours in Africa: Wildlife, Community

By Herbert Bagyeni Kajoki, Uganda

One Village Tours & Travel is based in Kabale, Uganda. This company is dedicated to serving clients or tourists from the world over by promoting Uganda. We take pride in our expertise to provide the most memorable vacations/trips that answer your interests, timeframe, budget, desire, wonder, and realities of visiting Uganda, the pearl of Africa.

One Village Tours provides tailor-made tours/trips within Uganda. We offer unforgettable experiences combined with the opportunity to interact with the people who call Uganda home (the friendliest people in the whole world). Our knowledgeable guides, custom-designed tours, and commitment to both customer service and giving back to the community will ensure a memorable adventure.

This experience brings you to supporting a community indirectly whereby the profit made out of travel goes to community development through education and agriculture or directly through supporting a family in need.

Voluntourism in relation to agritourism is a unique way through which tourists are subjected to home stay events, seasons, household experience, community project development as well as classical tourism combined. Travel volunteers/tourists will have enough time with the community, families, projects, learn a language, teach a language, feed an animal, participate in the garden, learn how to plant a seed/crop, and experience a culture or country that is different from theirs.

Volunteering Combined Package

1 week \$200; 2 weeks \$300; 3 weeks \$400; 4 weeks \$520

Includes accommodation, 3 meals per day (breakfast, lunch, and dinner) with local food. NOTE: The above packages attract a non-refundable placement booking fee of \$100 and no excursion, but airport pick up and drop off are included with local transport means.



Minimum Adventure Package

1 week \$660; 2 weeks \$760; 3 weeks \$860; 4 weeks \$960

Includes excursions like Lake Bunyonyi canoe/boat cruise, sight seeing, Echuya forest walk, kisizi falls, adventure tours.

Our Goals/Objectives and Vision

1. To donate profit share to community development projects in areas of education, agriculture, and conservation, to create a sustainable tourism thereby raising income in rural communities.

2. To organize trips/tours which would give our clients the best possible Africa experience.

3. To put into practice the requests of our clients to arrange some of the best trips in Uganda, Africa.

4. To make sure that our trips/travels are personalized with clients' own interests, budgets, timeframes, and other requirements.

We are specialists in the following:

- Student trips/experiential
- Bird watching
- Agritourism that outweighs ecotourism and community tourism
- Gorilla tracking
- Chimpanzee tracking
- Wildlife and game drive safaris
- Volunteer opportunity trips
- Mountain Hiking
- Photo safaris
- Nature/jungle walks
- Cultural heritages
- Water cruises
- Hotel/accommodation bookings
- Car/vehicle hire or rental

The tour and communities, cultural tours offer airport pick up and drop off using local means.

Full Adventure Packages

2 Weeks \$1,385

3 weeks \$1,850

4 weeks \$2,270

Includes city tours in Kampala, Queen Elizabeth National Park, Lake Mburo National Park, Lake Bunyonyi excursion, cultural museum, culture immersion, Hiking Mt. Muhabura; airport pick up and drop off.

Contact us at:

www.onevillagetours.com

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Onevillage2013@gmail.com

Whats App: +256701233725

or +256772692569

SOMETIMES OUR LIGHT GOES OUT, BUT IS BLOWN AGAIN INTO INSTANT FLAME BY AN ENCOUNTER WITH ANOTHER HUMAN BEING. EACH OF US OWES THE DEEPEST THANKS TO THOSE WHO HAVE REKINDLED THIS INNER LIGHT.

- Dr. Albert Schweitzer -

<https://www.goodreads.com/quotes/55109-sometimes-our-light-goes-out-but-is-blown-again-into>

Consumer Liberation

Use it up, wear it out, make it do, or do without.

Email Iona at groundswellnews@pa.net and she will put you on our email list to receive monthly issues of our climate activist journal. "Every new one makes us stronger," sings Pete Seeger.



Groundswell News

An activist publication bringing readers struggles and successes as well as climate-change news in the U.S. and around the globe. People everywhere are working to make change. Our beautiful journal will inspire and encourage you. Learn more at www.groundswellnews.org. Email groundswellnews@pa.net to be put on our e-list.. It's free but donations are gladly accepted. A project of the 501(c)(3) Grassroots Coalition for Environmental and Economic Justice. Photo <https://www.google.com/search>

Groundswell News Now Accepting Ads

Please consider placing your ad with us. As we are an alternative source of news, we have an alternative ad policy. Send me your material and pay what you feel is reasonable, depending on how much space your ad needs. If your ad requires some of my time to create it for you, there will be an extra charge. If you can afford \$50 for half a page and \$100 for a full page, that will be wonderful. Our distribution is small now but we hope to grow quickly and our readers are wonderfully supportive people!

Thank you.



Remember your dreams.



Messages from Our Friends

(For many, English is not their native language.)



In addition to *GNJ's* usual climate change topics and 3rd-world projects, this edition included a timely, 10-page focus on racism (pgs. 34 - 38 & 51 - 55). Since I'm already somewhat familiar with those issues, the big attraction for me this time were the half dozen articles on spiritual/philosophical approaches to overcoming our materialistic suicide pact with capitalism: Revolution, The Rights of Mother Earth, We Are the World, Now is the Time to Practice Beauty, The Path Beyond Extinction & Escape and Mass Consumerism Is the Roadblock. As usual, the organization and layout of all articles were logical and aesthetically pleasing.

Allen Hengst, Wire Editor
Washington, DC, USA

Thank you for the latest issue of *Groundswell News Journal*. It was awesome, heart-warming, and inspirational. It is encouraging that it has such a world-wide readership and engagement. The sad part of the situation is that we (humankind) are still hurtling toward disaster in environmental destruction and climate change. People are so ignorant and careless about what our self-indulgent, heedless consumerism is doing to our planet.

You have heard, haven't you, about how a frog, placed in a pot of room temperature water, will not respond with alarm if the temperature of the water increases very slowly. Finally, the frog dies of overheating. That seems to be the situation in which humankind finds itself. Ignorance may be momentary bliss, but reality tends to catch up with us.

The *Groundswell News Journal* is a masterly production. I can't imagine how you are able to create such a voluminous, first-class journal every month, pretty much by yourself! It helps, of course, that you receive great contributions of articles from your readers all over the world. The "Revolution" essay was beautiful, and the philosophy of "We are the World: Past, Present, Future" is so calming in these times of stress. But you, the producer, still have to read all those things - and more -

yourself. You have to select and edit them and format the Journal with them.

Anders Eklof, Sweden

I have not used a drier since my two children left home at 16 and 18. I have always used cold water. I have an electric hot water heater but I had a lever installed on it and I only heat the water when I take a bath two or three times a week. If I need hot water to wash dishes, I heat up a tiny kettle's worth. I often unplug my computer to save on electric.

I heat w/oil (forced hot air). I turn the thermostat to 45 degrees at night. It then never comes on. When I wake in a.m., I turn up the heat to 62 degrees and then turn it off a half hour later. I turn it on two more times at lunch and dinner. For the first time in years I left it on a few times at night. Getting weaker in my old age; I am now 81.

My monthly electric bill is around \$46. I only have a light on in the room I am in. I have selected the option of renewable energy from NYSEG. I have supported the construction of wind turbines in my town of Guilford, New York, though there is a strong movement against them. I wear my clothes more than one day, thereby saving on using the washing machine.

I shop for vegetables very little and know what weeds on my property are edible and highly nutritious. Soon I will harvest my nettles for the first time. I have already cooked wild mustard and am about to cook dock leaves. I always pick dandelion leaves for my salad and soup. I have a bounty of domestic raspberries and freeze enough to last until the next summer's harvest. I also still have a gallon of hazelnuts from last summer's harvest from my 3 hazelnut trees planted years ago. I plant a garden every year.

I try to drive as little as possible which isn't that hard now with shelter at home. I was very active in the anti-fracking movement to ban fracking for natural gas in New York. We were successful but now have to fight against the corporate efforts to build pipelines and other infrastructure.

I also burn wood which I know is worse than a pellet stove, but when it's in the 20's or below nothing makes an old house warm like a wood furnace.

I also used to flush the toilet with saved bath water and electricity because the well pump doesn't need to go on but a few years ago my shoulder couldn't take lifting the bucket heavy with water. Boohoo.

I would like to help Pine Ridge Lakota Sioux reservation install solar panels so people aren't so cold out there when they can't afford propane. Any ideas

[*Are you rich? Iona asked.*] No, but Bill Gates and others are. We need to have people recommend helping Pine Ridge if one res(ervation) does, others might follow. When I said "help," I meant to get an initiative started. Actually, it fits in w/your newspaper because it would be a transition to renewable over fossil fuel.

I talked about raised bed gardens, eating dandelion leaves, and getting solar panels on homes at Pine Ridge with CRYSTAL at Red Cloud Indian School there. She was very receptive and interested in what I had to say (old teachers never die, they just keep talking). Her number is \$%&. That's the school number. You may have to ask for her. She might have a picture or tell u how to find one. I am going to Google it now. Let Crystal know you talked with me and I had suggested u call her)

People can reach me at gospelhill@juno.com. (That's the name of road I live on!)

Katharine Dawson, New York USA

My goodness, so much heartbreak to hold!

You may find some of our resources helpful. Here is a link to different categories (grief and loss, meaningful work, the heart of peace and justice, the natural world etc.) <https://gratefulness.org/explore/interests/>.

Be sure to take care of yourself too!

I would be honored to receive your newsletter.

Thank you again Iona. Blessings to you and all of those that are so lucky to have

Messages *continued on next page*

Messages *continued from previous page*
you be their champion!

With a grateful heart and appreciation,
Serafina, On behalf of Your Gratefulness
Team, A Network for Grateful Living, a
501(c)(3) nonprofit

Am proud to have you, chief, in my life.
Thanks. Since I have nothing to give you
in the run-up to this New Year 2020. I am
transferring a sum of Good Health to be
withdrawn in the Peace Bank located in the
District of Prosperity, at the Avenue of Hap-
piness, behind the Building of Success. This
transfer is available in all networks of Love
and Friendship of the world. Here is the
code "GOD BLESS YOU" Send this message
to all your friends. I'm waiting for mine!!
Chadrack Deng Apiu Amuk, Sudan

I hope am not speaking out of the box as
a result of pressing needs and imperative
challenges.

I applied with Bio4Climate; I clicked
on the "work with us" button, there I was
directed to work with them. First one must
be an intern, which I gladly accepted, as
an opportunity to acclimatize to the global
fellowship of regenerative development in
line with planetary health (a feeling I have
nurtured for several years), scanning for
like mindedness people to synergies with,
though tough to express alone, happy am
I with Bio4Climate in my projection in
the future of the world, worth my potent
energy.

Am an assistant writer and intern with
Bio4Climate. We see the world better than
when we see only ourselves in it.

I feel shy over it, like its difficult to trust
the world. But MOST trustworthy feel-
ings from the inside, that, which does not
defile the heart only exonerates and edifies

the Father of creation and Mother Earth.
You are welcome to share every feeling
expressed, though with much tears of joy,
to be appreciated.

Ajibona Tolulope, Nigeria
Great Love and regards
(for: friends of fireflies)

Thanks for adding me! I love love love
what you guys are doing and excited to
participate! I am Matt Draggoo's room-
mate in Nevada and he shared it with me.
Thank you for all you do! I look forward to
learning more! A million hugs!

Cyndie Peterson, Nevada USA

That's so gorgeous to hear, thank you! It's
wonderful that you're interested in publish-
ing more of my writing. I would love that!

What kind of piece would you be look-
ing for? I have a few non-fiction pieces
written about my time growing up (one
involves working in the potato fields as a
kid, and another involves the different ritu-
als my family has had, such as walking the
local labyrinth every week) – these would
be quite focused on nature and/or spiritu-
ality. However, I have some short stories
that would also work with these themes.

Thank you so much for having an inter-
est in my writing! I hope you are doing
really well. The recent issue of *Groundswell
News* was really gorgeous, and I loved
how you presented my piece ("Revolution:
Imagine the World YOU Want to Live In,"
front page July 2020 issue).

Surnai Malloy, Ireland

Wow wow wow! I have seen and read
the newspaper. It's beautiful, people sur-
rounding are meeting many challenges,
others are doing great things, thank so
much my beloved sister.

Lillian Kabahuma, Uganda

The Mentor (No Die No Rest)

The moment we begin to allow out-
side voices to dictate with who we are, it
diffuses and creates a hindrance to our
self-esteem and confidence. Never allow
someone's opinion to become your reality.
Remember, your job is not to make people
love you because no matter how good you
are, you will never be good for everyone.

We must bear in mind that we are
humans and are not infallible. Never allow
your past mistakes to derail you from the
new path you have created. Let's not pull
people down when they are building a
whole new positive version of themselves
by injecting previous shortcomings.

#MindofaBillionaire.

#YouHaveTheRightToBeInspired.

Mohammed D. Konneh, Liberia

What a beautiful issue! If it gets any
bigger, you'll have to start calling it a
magazine. I am a bit ashamed that some
items I sent you, I hadn't read until today;
I just thought, "I bet Iona would enjoy
this." And, the article on the environmen-
tal benefits of forests made me feel better
about my half-wild 10 acres. Most places
on this country road are skinned of all
nature and covered by grass cut too short
to thrive. (They think I'm eccentric and
I think they're boring!) I am so glad you
included the pages on racial justice and I
hope people of all colors will be inspired to
put some of the "75 Things" into practice.

C. B., Pennsylvania USA

Greetings from Assam. It is wonderful to
read through this edition of the newspa-
per. Thank you for including the sections
related to racism; these have helped me
understanding the challenges.

Rituraj Phukan, India

Fence Success for Permaculture Land



Note: We ran the story about Bigboy needing
funds to fence the land he was given in order to
keep it in our July 2020 edition, pages 23 and 24.
Here is the follow-up. They are still raising money.

By Musemwa Bigboy, Zimbabwe
June 22, 2020

Thank you for donating towards our Fence
Our Dream fundraiser. Currently the welders
are making poles for the site. It's good we raised
enough for the fence and that we are to fund the
building of a well and a small two-room shelter
for the caretaker. Our next aim would be a toilet
and a bathroom. Kindly stay with me in this
journey. Be welcome to Zimbabwe and together
for a better world. For additional donations,
please go to [https://www.facebook.com/donate/
676657402912479/10220295554793538/](https://www.facebook.com/donate/676657402912479/10220295554793538/)



NEWS FLASH: Two Wins Against Pipelines in U.S.



Photo: Peg Hunter/Flickr/cc

Thousands gathered at the San Francisco Civic Center in solidarity with the Standing Rock Sioux against the Dakota Access Pipeline on Nov. 15, 2016.

Court-Ordered Shutdown of Dakota Access Pipeline

Submitted by C.B., Pennsylvania USA

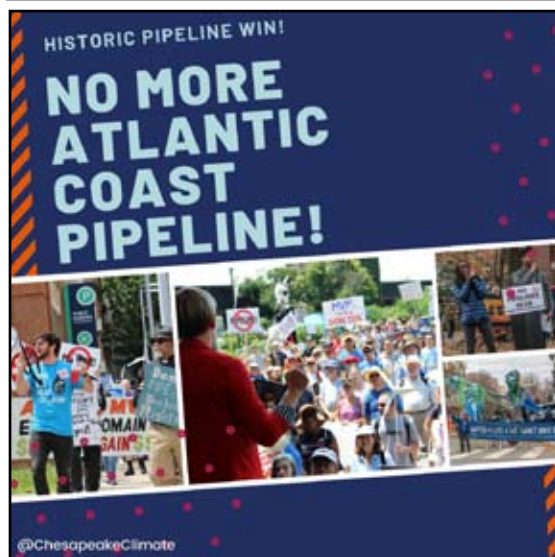
By Jessica Corbett, *excerpt*
Common Dreams: July 6, 2020

A U.S. district court on Monday delivered a major win to local Indigenous organizers and climate activists – and a significant blow to the fossil fuel industry and the Trump administration – by ordering the Dakota Access Pipeline (DAPL) to be shut down and emptied of oil by August 5 while federal regulators conduct an environmental review of the project.

“Today is a historic day for the Standing Rock Sioux Tribe and the many people who have supported us in the fight against the pipeline,” said Mike Faith, Standing Rock Sioux Tribe. DAPL, as the Energy Transfer Partners (ETP) pipeline is widely known, transports crude oil from North Dakota’s Bakken shale basin to a terminal in Illinois. The pipeline has gained international notoriety in recent years due to protests – particularly on and around the Standing Rock Indian Reservation – by environmentalists and Native Americans who live along the route.

The Monday decision by D.C.-based District Judge James E. Boasberg comes after four years of litigation brought by the Standing Rock Sioux, Cheyenne River Sioux, and others against the U.S. Army Corps of Engineers for allowing ETP to construct and operate the pipeline beneath Lake Oahe, a dammed portion of the Missouri River near the reservation. . . .

Source: <https://www.commondreams.org/news/2020/07/06/monumental-victory-tribes-and-climate-activists-celebrate-court-ordered-shutdown>



No Pipeline for Fracked Gas

By Mike Tidwell, Executive Director, *excerpt*
Chesapeake Climate Action Network
Email July 6, 2020

We won. It took six years, hundreds of rallies, countless hearings, thousands of phone calls, millions of emails (it seems), and dozens of peaceful arrests – but we did it. We just stopped Dominion’s Energy’s Atlantic Coast Pipeline (ACP) for fracked gas.

On Sunday, the companies behind the project announced they were flat-out cancelling the controversial ACP. The \$8 billion, 600-mile-long pipeline would have shipped fracked gas from West Virginia, through Virginia, and into the Carolinas. Construction of the

pipeline would have decapitated whole mountain ridges, destroyed farms, polluted human communities, and contributed mightily to global warming. But not now. It’s dead.

Why is Dominion Energy – Virginia’s largest and most notorious utility monopoly – pulling the plug? The company claims a recent court decision in faraway Montana was the final straw. And yes, environmental groups like CCAN, from coast to coast, have been burying companies like Dominion in nonstop legal challenges because what they sell kills people and the planet. But it’s the people who really stopped the Atlantic Coast Pipeline. . . .