

WARRIORS

HEALERS

BUILDERS

WORKSHOP

Name: Adero Prescott

Phone: 404-433-4144

E-mail: Aprescott79@gmail.com

List three of your heroes, heroes or role models: Shahida + Hannibal
Sherron (mom + dad) - WPKesa + Afiya → role models
Nina Simone,

My knowledge of my personal family history is detailed going back 3 generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

END OF QUESTIONNAIRE -- We will only share this document with your answers among the facilitators of this workshop.

(i) My efforts to support/~~g~~bring consciousness to the case of Troy Davis.

(ii) Healing negative unconditional being flow/feelings that had me feel unwanted/undesirable - as though people have to tolerate me, as apposed to prefer me, enjoy & appreciate me. (Still working on this).

(iii) My participation in the Uhuru #Esusu Home Buying collective.

WARRIORS HEALERS BUILDERS WORKSHOP

Name: Sarina A. Madzinye

Phone: 407.909.6128

E-mail: eventhsaraina@gmail.com

List three of your heroes, heroes or role models: Harriet Tubman, John Henrik Clarke, Malcolm X

My knowledge of my personal family history is detailed going back 5-6 generations; and 2007 years.

Which most accurately describes you:

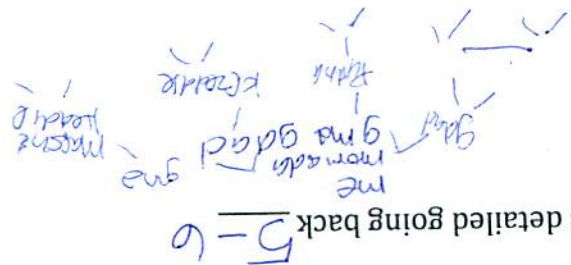
I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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Fought against oppression:
Landfills

Stood up for my African name as a child

Healed from oppression:

I typically run from my healing.

I need to work on healing.

I need help identifying because my fear for the most

part its injected oppression was being passed down

my family line.

Engaged in building for our people:

AYA Educational Institute

Forum

Acts of Passage

WARRIORS

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Name: Ruth Weston

Phone: 706-267-5026

E-mail: ruth.e.weston@gmail.com

List three of your sheroes, heroes or role models: Mrs. Childs, librarian
John Bentley, my father, Ludelle Weston,
Former mother-in-law

My knowledge of my personal family history is detailed going back 5 generations; and 89 years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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! going away to college
!! counseling
!!! encouraging others to go of counseling

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NAME: Robert Hogans, Jr.

Phone: 202 423-5470

E-mail: bobby.hogans@gmail.com

List three of your heroes, heroes or role models: Dad, Uncle Harry
Victor Mathias & Frank Smith

My knowledge of my personal family history is detailed going back 5-7 generations; and 150 years.

Which most accurately describes you:

~~XXX~~ I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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Healer

+ Helping my son and his peers navigate their thoughts and speak about their Afscemo. Helping them remain in Pakistan being. Helping my partner use the language to make an relationship change. Had my son think about community

Builder

+ Building a village with other, showing/Helping the village work together. Creating artwork + experiences for my people.

Warrior

+ Fought for the rights and proper treatment of a young African girl that was mistreated by school administration, fighting the forces of principals, PTA + parents
+ Need to be more of a warrior!

Be the best you, have the best memory

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Name: Mia A. Rutherford

Phone: (908) 577-1732

E-mail: mia.alicia.rutherford@gmail.com

List three of your sheroes, heroes or role models: Maya Angelou, Muhammad Ali, Sojourner Truth

My knowledge of my personal family history is detailed going back _____ generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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!! The most significant instance that comes to mind in which I healed from oppression is when I ~~she~~ made the decision to stop straightening my hair and solely wear it in its natural state. While it may seem minor for some, it felt major for me. I used to feel as though I could see my face change as I transformed my hair from curly to straight. Looking back I find it so interesting that I found my whole self to be more beautiful just by changing my hair. Not straightening my hair means embracing my natural self.

1. In high school I attended a predominantly white all girls institution. I was one of only eight Black girls in my class of fifty-two students. Often times the white students would act afraid of us and even called us bullies at times because of our approach to their racist comments. We ~~also~~ found ourselves in our headmasters' office on numerous occasions because of our unweaving attitudes, ~~and~~ actions and feelings on what it meant for us to stand up to the racist attitudes of our peers.

!!! The instance that most stands out in my mind of a time when I built for our people/^{community} was when I supported School board candidates. Prior to talking to people, I prepared and personalized my approach, and modified it as I talked to people and got feedback and gained confidence. As a result I realized that I had the ability to make a difference an impact to the outcome of an important election. An empowering moment.

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Name: JEWELL

Phone: 202.491-5194

E-mail: 4MISSJ@GMAIL.COM

List three of your heroes, heroes or role models: GRANDMOTHER
MOTHER, [REDACTED], UNCLE, GODMOTHERS
ASATA SHAKUN, JAO

My knowledge of my personal family history is detailed going back 2 generations; and not sure years.

Which most accurately describes you:

- I am a Warrior
- I am a Healer
- I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

END OF QUESTIONNAIRE -- We will only share this document with your answers among the facilitators of this workshop.

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Name: CLYDE McELVENE (BABA KOJO)

Phone: 301-509-0091

E-mail: Clyde@HunstonWright.org

List three of your heroes, heroes or role models: John Henrik Clarke,
Carter G. Woodson, Asa G. Hilliard

My knowledge of my personal family history is detailed going back _____ generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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Developed 12 African American study groups in DC. AMEN
Developed the Hurston/Corynt Foundation Fight the DC School
System to establish the first African centered school in the DC.
public school system

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Name: MUDIWA

Phone: 703-598-1328

E-mail: MUDIWALOVE@gmail

List three of your heroes, heroes or role models: Grandmother, Uncle
Mom

My knowledge of my personal family history is detailed going back 2 generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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1. Decided to wear my hair natural in my work environment

1. Decided to wear my hair

11. (learned) to love myself

11. (working with a Black organization)

doing the work to learn & know my history

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Name: Ayanna Gregory

Phone: (202) 684 1433

E-mail: ayanna.gregory@gmail.com

List three of your sheroes, heroes or role models: Lillian Gregory (mother)
Dick Gregory (father) Zenobia (sister)

My knowledge of my personal family history is detailed going back 3 generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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Most significant instances of fighting oppression + healing from oppression

It's really hard to pinpoint specifics around this area because there has been so much conscious "fighting" against oppression my entire life.

I remember as a ~~pre~~ teenager working so hard to debunk the internal conversation in my mind about images of beauty. Outside of my home, ~~that~~ I was in a completely white social world and I saw very little reflection of myself. I can remember using Stevie Wonder's music like an emotional + spiritual armor around me to help me unlearn some of the "beauty image propaganda" that I had bought into.

I remember what a beautiful feeling it was once I got to ~~that~~ college and began to ~~re~~create myself and ~~appreciate~~ ^{adore} everything about my kinky hair, broad features, etc. I remember when my decision to be natural, wear African clothes + adorn my home with African images was no longer a "reactionary" experience but more of an internal and natural love for all that is good and beautiful.

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Name: Ameerah Watson

Phone: (404) 822-7829

E-mail: ameerah-watson@yclo

List three of your sheroes, heroes or role models: My mama, My Grandmother, Nana Asanti wa

My knowledge of my personal family history is detailed going back 5 generations; and 100 years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

END OF QUESTIONNAIRE -- We will only share this document with your answers among the facilitators of this workshop.

III) I) I minister to mainly children but older people too about pride and love for themselves, and the mountains they can climb.

II) I have been healing over time and believe that is a task until I pass. Learning my family's back ground and stories has been healing. My relationship has also been healing. I am still learning and understanding my ~~wounds~~ wounds and plan to ~~cont~~ keep addressing them.

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Name: Sundjata Aya

Phone: (404) 931-6686

E-mail: risingsuns@live.com

List three of your sheroes, heroes or role models: Harriet Tubman, Malcolm X, Imhotep,
(Araminta) (Omowale)

My knowledge of my personal family history is detailed going back 7 or 6 generations; and 150 years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

END OF QUESTIONNAIRE -- We will only share this document with your answers among the facilitators of this workshop.

through the positions of this workshop
END OF OPPRESSION - We will only have peace when we have justice

engage in building the new world
when you (1) identify your objectives (2) identify your audience (3) identify the work of this project (4) identify the resources you need



Which most accurately describes you?

Generations and 100 years
My knowledge of the world is limited to what I know

My name is _____
My address is _____
My phone number is _____

My email address is _____

My social media handles are _____

My website is _____

- Fighting Oppression - Youth Development work, My Own Sankofa Process, + more
- Healing Oppression - My own Sankofa Process, Counseling + Case management work
- Building For Our People - Rising Sun Development Center, African Community Center, Unity Council. My own Sankofa Process.

WARRIORS

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Name: Robert Taylor

Phone: 202 210 9870

E-mail: _____

List three of your heroes, heroines or role models: KEA Taylor

My knowledge of my personal family history is detailed going back 3 generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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WARRIORS

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Name: Kea Taylor

Phone: 202 726 0287

E-mail: kea.taylor@yahoo.com

List three of your sheroes, heroes or role models: My mom, my aunt, Joyce Paul Robeson

My knowledge of my personal family history is detailed going back 4 generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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1. Fought Against Oppression

Two occasions come to mind

- 1) When I organized ^{with} a community group to protest the mandatory vaccination of young girls with the HPV vaccine.

2) When I looked to publish my book, "I Stole Do - A Celebration of African-American Weddings" in response to the many negative images of Black relationships. The book is a celebration of my most inspiring images from ten years of photographing Black weddings.

II Healed From Oppression

Stole in the process. I guess growing my hair out naturally

was (and still is) a process of healing from oppression

!!! Engaged in Building for Our People

- Had a daughter

- ~~Work with~~ ~~gum~~ ~~women~~

- Have high school interns in studio (at work)

- Work with gum women... an organization to help Black women document their struggles w/ cancer

WARRIORS

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Name: Aziza Caines

Phone: 202-466-5548

E-mail: jahaife@yahoo.com

List three of your sheroes, heroes or role models: My mother, Harriet Tubman, Anthony Browder

My knowledge of my personal family history is detailed going back 2 generations; and _____ years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

I need more time to think about this AND I've responded as best as I can.

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I. Fought against oppression
II. Healed from oppression

III. Engaged in ~~healing~~ building for our people

Two ways that I have done all of these is through my work with the
and my work as a health coach and nutrition educator. As an Egypt
on the former Facilitator, cultural circle member and AARobration Project
board member, I engaged in fighting oppression, healing oppression and
building community with others to build for African people.
As a holistic health coach and nutrition educator, I am an ambassador
for wellness engaged in fighting the oppression of corporations, GMOs,
pharmaceutical companies & the list goes on. I've healed myself through
nutritional education & choice and I am committed to building a
community of healthy ~~and~~ African who are ^{physically} prepared & ready to do
our lives work. Health is wealth!

WARRIORS HEALERS BUILDERS WORKSHOP

Name: Ife Nema Madzimo

Phone: (678) 379-8471

E-mail: Ife1992@gmail.com

List three of your heroes, heroes or role models: John Henrik Clarke, Amos Wilson, My mother - Ife Madzimo

My knowledge of my personal family history is detailed going back 5 generations; and 150 years.

Which most accurately describes you:

I am a Warrior

I am a Healer

I am a Builder

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(i) My efforts to support/~~to~~ bring consciousness to the case of Troy Davis.

(ii) Healing negative unconditional being flow/feelings that had me feel unwanted/undesirable - as though people have to tolerate me, as apposed to prefer me, enjoy & appreciate me. (Still working on this).

(iii) My participation in the Uhuru #Esusu Home Buying Collective.

WARRIORS HEALERS BUILDERS WORKSHOP

Name: Dale Rescott

Phone: 404-433-4144

E-mail: daillydale13@gmail.com

List three of your heroes, heroes or role models: Harriet Tubman, Marcus Garvey, Muhammad Ali, Wakesa + Afiya Madderimoyo

My knowledge of my personal family history is detailed going back 2 generations; and 113 years. → my grandparents: very limited info on great grandparents
Which most accurately describes you: I am a Warrior

I am a Warrior

I am a Healer

I am a Builder

Using the back of this paper, describe the most significant instances in your life when you: (i) fought against oppression; (ii) healed from oppression; and (iii) engaged in building for our people.

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ii) fought against oppression

- did a battle right now with Bank of America over
unlawful mortgage practices & foreclosures

- I send my children to Pan-African Cultural
School ... I can no longer allow my children
to be "taught" by folks who don't love & value
them.

iii) Healing is an ongoing process

= Ukwue Esegwu is one way I am building
for my family & community.

I will & am sharing this concept with
others.