

San Diego Association of Black Social Workers

Quarterly Newsletter

June 2018 Vol. 1, Issue 2



MISSION STATEMENT

San Diego Association of Black Social Workers is comprised of people of African Ancestry who are committed to enhancing the quality of life, promoting social justice, and empowering people of African Ancestry through advocacy, human services and outreach.

CODE OF ETHICS

In America today, no Black person, except the selfish or irrational, can claim neutrality in the quest for Black liberation nor fail to consider the implications of the events taking place in our society. Given the necessity for committing ourselves to the struggle for freedom, we as Black Americans practicing in the field of social welfare, set forth this statement of ideals and guiding principles.

If a sense of community awareness is a precondition to humanitarian acts, then we as Black social workers must use our knowledge of the Black community, our commitments to its self-determination, and our helping skills for the benefit of Black people as we marshal our expertise to improve the quality of life of Black people. Our activities will be guided by our Black consciousness, our determination to protect the security of the Black community, and to serve as advocates to relieve suffering of Black people by any means necessary.

(View our full Code of Ethics on our website: www.sdabsw.org)

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President's Message

By Patricia Kelly, MSW

The San Diego Association of Black Social Workers took great pride and honored to be chosen to host the National Association of Black Social Workers' 50th Anniversary and Celebration. The Conference was held at the Sheraton San Diego Hotel and Marina from April 3-7th, 2018.

Our National President, J. Toni Oliver, and National Conference co-Chairs, Zelma Smith and Brenda Baker Mbacke stressed that the conference was not only a time for attendees to Celebrate Our Legacy but it was also a time to address issues of social work delivery in the areas of administrative management, child welfare, family preservation, physical and mental health, the military, professional development, youth development and social issues and civil liberties with the goal of improving communities for people of African ancestry. We were expected to leave the Conference impassioned and instructed on how to work in our communities to overcome the current political regime.

It was extremely moving and empowering to hear from some of the Founders who shared their thoughts and feelings about what happened 50 years ago when black social workers demanded that, as people who work in all communities that the National Association of Social Workers takes a stand on the issue of civil rights for all. After being told that there would be no statement issued, these workers walked out and formed the National Association of Black Social Workers and, as evidenced by the current political climate this Association continues to be quite relevant and timely.

The Conference was very successful and more than met the goals stressed by our National President and Co-Chairs! We left revitalized and ready to work together to improve our communities! **WE WILL STAY WOKE!**



In the true spirit of Harambee, SDABS wishes to thank everyone who helped to make the National Association of Black Social Workers 50th Anniversary and Conference, held in San Diego, CA a huge success.



42 Years Strong:

SDABS Longest Membership

By Dr. Yvonne Murrell-Powell, LCSW

The Association of Black Social Workers is an important aspect of my life which is probably based upon when I joined the organization. I was an undergraduate at San Diego State College (later renamed San Diego State University) from 1966 until 1970 and majored in interdisciplinary studies with an emphasis in developmental psychology, human development and family life. Other areas in this area of study also included sociology, education and social welfare. My undergraduate major is probably why I am interested in so many areas in my profession and have changed my professional direction more than once. Some of the high points of my early education included the study of the socialization of children, especially those of color, the study of covert prejudice in the education system and the study of Christian marriage and divorce.

After graduation I knew I wanted to return to school for a master's degree but I didn't have a specific direction. I was hired by the Department of Social Welfare at the end of 1971 and started working in the January 1972. This job lead to my return to school with a major in social work in 1973 because I knew that I did not want to stay in my current position and I was able to get time off from work.

Within my first month I was asked if I wanted to join this new group that had started at the University, the Association of Black Social Workers. The population of Blacks in the MSW during my first year was larger than it has been in the years since with at least 15 Black students. As a part time student, I was in the program for three years. The student organization was strong the first year I was there. I was a member and attended meetings when my time constraints allowed. By my final year my participation had decreased and I am not sure the organization was still as strong. (Cont. on pg. 4)

Event Calendar

- ♦ Jazz on the Patio Fundraising Event **Sept. 9, 2018**
- ♦ SDABSW 2018 Holiday Party and Food Drive Collection **Dec. 7 or 8, 2018**
- ♦ ADOPT-A-FAMILY Gift Distribution **Dec. 15, 2018.**

Serving the Community!

Since the 70's, SDABSW has served the community by

- Conducting a Saturday elementary school tutoring program
- Co-host a free annual Day in the Park event to teach children and their families about health and wellness, while just having fun the old school way
- Provides college scholarships
- Assists social work students with their studies, resumes, and job leads
- Donates 60 gallons of water per year to a community organization that distributes the water to people struggling to pay their water bills
- Provides food, clothing, school supplies and toys to low income clients and students.

These are just a few projects that SDABSW is actively involved in, while continuing to search for additional ways to serve the community.



The San Diego Association of Black Social Workers plans to adopt the San Diego County Black Infant Health Program. Stay tuned for more information as it becomes available.

My Experience in Washington D.C

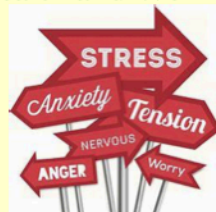
By Lucy Williams, 2017 Al Davis Scholarship Recipient

This is an excerpt from my #InternFeature working in Rep. Davis' office. I'm from Chula Vista, California and I'm majoring in Political Science at Portland State University.

I interned on Capitol Hill because I wanted professional experience and exposure to how the political agenda of our nation is constructed. DC has been a great place to network and gain information about resources and opportunities. It's also an exciting place because there are so many great places to explore. My most memorable experience in DC was having a BBQ lunch at Representative Davis' home. My primary interest areas include civil rights, mental health, and education. I had the opportunity to learn more about this by helping staffers around the office and attending various hearings in the capitol.

I loved interning for Representative Davis because she's very relatable and passionate about making a difference. My favorite thing to do in the office was to go to briefing meetings because it gave me more insight into various topics. It was also a great opportunity to see first-hand how interest groups and other organizations are involved when formulating policies. My career goal is to become a civil rights attorney or work in a capacity to influence public policy and promote community development in marginalized communities. #CA53 #WashingtonDC #DCinternship#SummerInDC #Hilltem

Health and Wellness



The Importance of Stress Reduction and Self-care

By Sheila Stittiams, LCSW

We as African Americans are under a tremendous amount of stress on a daily basis. With the current state of affairs under the leadership of "45" it seems as though people of color across the country are being targeted by racist extreme groups, the police in some cases, and a radical shift in how elected government officials are responding to the needs of the people. Before one crisis is over, we're faced with another.

When you think of everything that's going on it seems as though we barely have a chance to breathe, regroup, and regain our balance. That is why it is importance, more so than ever, that we take better care of ourselves, so that we are not responding to every crisis situation in a way that negatively impacts our mind, body, and spirit.

Stress is a natural part of living; however, we can manage some aspects of it in a healthy way. This means not turning to drugs or alcohol to help us cope, relax, or calm down. African Americans have a rich tradition of using plants and herbs to naturally manage

some of our symptoms. Just ask your Mother or Grandmother how they dealt with issues in their generations.



I started my journey of exploring ways to reduce my own stress after working many years in a very demanding, fast paced career that required working long hours, running from one thing to another without a break in between and the list goes on. Sometimes it takes others to make us realize the full impact that stress has on us. This can take the form of weight loss or gain, having a ran-down/tired appearance, being short tempered, anxious, depressed, just to name a few. To help me, I incorporated the following stress reduction tips by:

1. Taking an honest and critical look at possible causes that were contributing to my stress (work, family, finances, relationship, etc.).
2. Identifying how I responded to these and other stressors.
3. Lessening the level of stress and regain some control by taking an inventory of what worked for me in the past. Doing what was successful so I could avoid adding additional stress to an already stressful situation. Remember the goal is to reduce stress not add to it.
4. Eating healthier! Doing so helps the body generate energy to cope with stress. By adding fresh fruits and vegetables, whole grains, nuts, lean meats and fish to my daily diet helped my body to be better able to handle stress.
5. Incorporating meditation and quiet time to allow my mind time to take a break to relax and recharge for the work to come.
6. Getting plenty of rest and strive for at least 7-8 hours of sleep each night. I started taking mid-day power naps. Just napping for 15 minutes can make a world of difference.
7. Surrounding myself with positive people who supports and uplifts me during difficult times.
8. Being purposeful to my mind, body, and spirit, by attending my needs. This meant taking the time to really care for myself on a daily basis.
9. Believing in the greater good and knowing that there is a power much higher than myself.
10. I also added "fun" in my life. Be it date night with hubby, game night with the family, going swinging at the park, reading a good book, or doing brain fun puzzles (Sudoku, Crossword or Word Find), just adding fun to my life helps reduce stress and improve my mind, body, and spirit! (see next page for brain fun examples).

WORD FIND PUZZLE

L E G E N D S A M E L L A M U H A M M A D
 O I A N N I V E R S A R Y O Q W Z A I S O
 S A V I N G U S F O R U S R T F E L L S U
 A C T I V I S T S S M B U Y B L A C K O G
 N J T O N I O L I V E R B D A M N O P C G
 G R E A T G E O R G I A P A R K S L Z I L
 E X R C M Y F I F T Y C I V I L H M S A A
 L K V O P Q W O E R T M N I M B I V A T S
 E A R P S L I A U S I Z X D A C R O C I G
 S E A Q Z A X C V N B N A S T R L U R O O
 K H W T H U R G O O D W T O T Y E R A N W
 B E T T Y C L E C K L E Y N E E Y H M I E
 E U R O S L O V E Y O U R P R A B I E N M
 G A R L A N D J A G G E R S F R E S N O A
 R W U P N Y L U R O C K B Z M S T T T H T
 E I M K D L H A R R I E T O A I T M O A T
 A N A T I O N A L P Y C R X D N E R A R E
 T A R W E N V Y J A M E S M A D R Y Y R R
 W I T H G E B I R I G H T S M W I L L I Y
 O B I E O B A Y A R E A M I C H E L L E O
 W A N G E L A S T I L L S O J O U R N E R

- | | |
|-------------|-------------|
| ACTIVISTS | LIVING |
| ANGELA | LOS ANGELES |
| ASSOCIATION | MADAM CJ |
| BAY AREA | MADRY |
| BE GREAT | MALCOLM |
| BETTER | MARTIN |
| BETTY | MARY |
| BUY BLACK | MICHELLE |
| CIVIL | MUHAMMAD |
| CLECKLEY | |
| DAVIDSON | NATIONAL |
| DOUG | OLIVER |
| FOR US | PARKS |
| FOUNDERS | RIGHTS |
| FRESNO | ROSA |
| GARLAND | SACRAMENTO |
| GEORGIA | SAMELLA |
| GLASGOW | SAN DIEGO |
| HARRIET | SAVING US |
| J TONI | SHIRLEY |
| JAGGERS | SOJOURNER |
| JAMES | THURGOOD |
| LEGENDS | WE MATTER |

HIDDEN MESSAGE

H _ _ _ y _ nn _ _ _ r _ _ ry!
 l _ fi ty m _ _ _ ye _ _ s,
 w _ w _ l s i l M _ _ _ er!

FOOD FOR THOUGHTS

Meaning: Anything that provides mental stimulus for thinking

If you had to leave Earth for 10 years,

- Name five things you must take with you. Why?
- Name five things you would leave behind. Why?
- If you could only tell five people where you are going, who would you tell? Why?
- Who or what would you miss the most? Why?
- Who do you think would miss you the most? Why?
- If you had to confess your deepest innermost secrets and/or regrets, what would you say?

Draw your favorite thing (ex: flower, sunset, boat.). What do you like about this thing?

**Match the NABSW Living Founders
First name with Last names**

1.	BETTY	PARKS
2.	DOUG	DAVIDSON
3.	GARLAND	BETTER
4.	GEORGIA	GLASGOW
5.	JAMES	CLECKLEY
6.	MARY	MADRY
7.	SAMELLA	MUHAMMAD
8.	SHIRLEY	JAGGERS



SDABSW MEMBERS

President: Patricia Kelly

Vice President: Carlotta Wright-Fleener

Treasurer: Loretta Swanegan

Secretary: Denaya Kelly-Darby

National Steering Committee Reps:

Dr. Yvonne Murrell-Powell
Deborah Fitch

Website Host: Ronda Felder

Technology Specialists:

Leona Ekanem and, Myron Mason

Newsletter Layout/Designer: Barbara Greer

Members:

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Charlotte Pannell-Taylor	Erin Edward
Isaac Ford Jr.	Jewel McDowell
Pat Belvyn	Sheila Stittiams
Sheliah Wills	Shlyn Guarian
Twila Robinson	Veronica Martin Parris

BENEFITS OF MEMBERSHIP

Not only will your membership entitle you to be a part of the San Diego Association of Black Social Workers, but it also includes the benefit of being a member of the National Association of Black Social Workers, Inc. (NABSW).

Like the SDABSW, NABSW works to create a world in which people of Black African ancestry will live free from racial domination, economic exploitation, and cultural oppression.

NABSW's vision is guided by the Principles of the Nguzo Saba, which are Unity, Self-determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, and Faith, and the Seven Cardinal Virtues of Ma'at, which are Righteousness, Truth, Justice, Order, Reciprocity, Balance, and Harmony.

By joining, **YOU** can expect the following benefits:

- Networking opportunities
- Discounted full-time student membership
- Discounted pricing for State, Regional, National and International Conferences
- NABSW Members Rewards Program
- The opportunity to participate in quarterly National Steering Committee Meetings
- The ability to purchase Professional Liability Insurance
- Presenter opportunities at the NABSW Annual Conference

SDABSW Longest Membership Cont'd from pg. 1

When I graduated I joined SDABSW in 1976 and reconnected with some professionals I had known as an undergraduate and met new people. In the spring of the next year I went to my first NABSW Conference in New Orleans. This is when I really began to develop as a professional. The emphasis was on providing the service for the Black community and we were taught things that were never taught in the MSW program. Most programs are still weak in this area of study unless they have professors who are strong and comfortable with the Black culture and community. NABSW also sponsors an African Centered Academy of which I am a proud graduate.

Did You Know...

The Al Davis Scholarship Application is designed for African American high school and undergraduate students interested in pursuing a degree in the areas of social work, sociology or criminal justice? Now that you know, please be on the lookout for the scholarship application each year in February.

NABSW Living Legends/Founders: Shirley Beiter, Betty Cokerley, Samela Muhammad, Mary Davidson, Doug Glasgow, Garland Jagers, James Madry, and Georgia Parks.
 HIDDEN MESSAGES: Happy Anniversaries! In fifty more years, we will still MATTER!



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CITY, ST ZIP CODE

Website: <http://sdabsw.org> Follow and like us on

