

THE AFRICENTRIC TIMES

ABSW NEWSLETTER

Knowledge is like a garden; if it is not cultivated,
it cannot be harvested. ~African Proverb

A MESSAGE FROM ABSW

HOTEP! October is finally here and the semester will be over sooner than you think. Along with readings, papers, and projects, we also have jobs, families, friends and other responsibilities that we have to attend to. Don't forget to take the time to care for yourself. If you don't then this will negatively affect everything else in your life, especially your health. It may sound selfish and you may feel guilty about doing this, but you're worth it. Go pamper yourself, lie in bed all day, or watch cartoons. Do whatever feels comfortable to you. Take a Me Day.

ABSW@VCU

DOMESTIC VIOLENCE CELL PHONE DRIVE

Did you know that Domestic violence occurs in all cultures, people of all races, ethnicities, and religions can be perpetrators of domestic violence? Domestic violence is perpetrated by, and on, both men and women, and occurs in same-sex and opposite-sex relationships.

Awareness and documentation of domestic violence differs from country to country. According to the Centers for Disease Control domestic violence is a serious, preventable public health problem affecting more than 32 million Americans, that is more than 10% of the U.S. population.

CONTINUED ON PAGE 5 >>

HAPPY BIRTHDAY

- 8 – J'Ainel Hargrove
- 12 – Melanie Johnson
- 15 – Letitia Brown
- 16 – Erika Holliday-Walker

ABSW CALENDAR

- 2-31 ~ Cell Phone Drive
- 12 ~ Book Fundraiser Ends
- Richmond Chapter Meeting
- 13 ~ Officer Meeting
- General Meeting
- 15 ~ Social Work Study Group
- 27 ~ Officer Meeting
- General Meeting
- Last day to turn in member dues

CONTENTS

A Message from ABSW.....1	NABSW Meetings.....2	Poem of the Month.....4
Cell Phone Drive1	Book Fundraiser2	Domestic Violence Myths5
Life Without Black People2	Out of the Shadow.....3	News & Announcements.....6
	Study Group3	
	Hispanic Heritage3	

LIFE WITHOUT BLACK PEOPLE

A very humorous and revealing story is told about a group of white people who were fed up with African Americans, so they joined together and wished themselves away. They passed through a deep dark tunnel and emerged in sort of a twilight zone where there is an America without black people.

At first these white people breathed a sigh of relief. At last, they said, No more crime, drugs, violence and welfare. All of the blacks! have gone! Then suddenly, reality set in. The "NEW AMERICA" is not America at all-only a barren land.

1. There are very few crops that have flourished because the nation was built on a slave-supported system.
2. There are no cities with tall skyscrapers because Alexander Mils, a black man, invented the elevator, and without it, one finds great difficulty reaching higher floors.
3. There are few if any cars because Richard Spikes, a black man, invented the automatic gear shift, Joseph Gambol, also black, invented the Super Charge System for Internal Combustion Engines, and Garrett A. Morgan, a black man, invented the traffic signals.
4. Furthermore, one could not use the rapid transit system because its procurer was the electric trolley, which was invented by another black man, Albert R. Robinson.
5. Even if there were streets on which cars and a rapid transit system could operate, they were cluttered with paper because an African American, Charles Brooks, invented the street sweeper.
6. There were few if any newspapers, magazines and books because John Love invented the pencil sharpener, William Purveys invented the fountain pen, and Lee Barrage invented the Type Writing Machine and W. A. Love invented the Advanced Printing Press. They were all, you guessed it, Black.
7. Even if Americans could write their letters, articles and books, they would not have been transported by mail because William Barry invented the Postmarking and Canceling Machine! William Purveys invented the Hand Stamp and Philip Downing invented the Letter Drop.
8. The lawns were brown and wilted because Joseph Smith invented the Lawn Sprinkler and John Burr invented the Lawn Mower.

CONTINUED ON PAGE 4 >>

NABSW

INTERESTED IN ABSW?

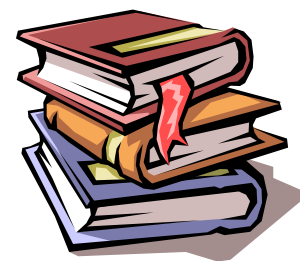
If you are interested in becoming a member of ABSW, please contact the secretary for more information and an information packet at vcuabsw@vcu.edu. Member dues are \$20 for the year. Make checks or money orders payable to **ABSW**. The last day to turn in member dues is Friday, Oct 27. To make payment arrangements, please contact Lorraine Nasir at nasirized@verizon.net.

VCU CHAPTER MEETINGS

The officer meetings will be held in the Student Lounge in the Basement of the Raleigh Building at 5p prior to the general meeting on Friday, October 13 & 27. The general meetings will be held in the Raleigh Building Room 112 at 6p.

RICHMOND CHAPTER

The Richmond Chapter of the National Association of Black Social Workers will be having a meeting on Thursday, October 12 @ 6:45p. The meeting will be held at Club 533 located on 700 N 3rd Street, Richmond VA 23219.



BOOK FUNDRAISER

The Richmond Chapter of the National Association of Black Social Workers is sponsoring a Personalized Book Fundraiser. The last day to turn in order forms is Thursday, October 12. Make checks or money orders payable to **NABSW**. Turn your order in just in time for the holidays.

OUT OF THE SHADOW: REALITY IS A STATE OF MIND

NASW-VA (Central District) is sponsoring the showing of this 67-minute film on schizophrenia on Friday, October 20 from 1-4p. Take advantage of the opportunity for **FREE** training and join NASW-VA members in a discussion about this film.

About the film: When documentary filmmaker Susan Smiley decided she was finally ready to turn the camera on her own family, the result became *Out of the shadow*, the story of her family's secret struggle to deal with her mother's schizophrenia within the confines of the public health system. This film is a story of madness and dignity, shame and love, illuminating a national plight through one family's journey.

Out of the shadow is a provocative and courageous film, which is also having a tremendous impact on mental health communities nationwide, providing much-needed insights to psychiatrists, case managers, social workers, educators, consumers and their families. Advocacy organizations such as NAMI (National Alliance for the Mentally Ill) and NMHA (National Mental Health Association) have hailed the film as a critical tool for raising public awareness and have sponsored hundreds of screenings nationwide.

The film is also educating policy makers about the realities, issues and needs of America's severely mentally ill population. Screenings for policymakers have been held in Washington, D.C., Sacramento, CA and Albany, NY.

Learning objectives: 1) how schizophrenia can manifest itself in and affect the life of an individual; 2) how schizophrenia can affect the individual's family members; and, 3) prompt thinking about some of the issues that may arise in working with an individual with schizophrenia.

Location:

Our Lady of Hope Assisted Living
13700 N. Gayton Road
Richmond, VA

Workshop Fee: **FREE** to members and non-members. For non-members, there is a \$10.00 fee to obtain a Continuing Education Certificate

For more information and to register for this event go to www.nabswva.org.

SOCIAL WORK STUDY GROUP

ABSW will be having a Study Group on Sunday, October 15 from 6p – 8p in the Cabell Library's study group area on the second floor. Join us if you have questions about a course or an assignment or if you need writing assistance. Please RSVP by Saturday, Oct 14 so that we'll have enough members to help out. We're here for you.

HISPANIC HERITAGE

In honor of Hispanic Heritage Month, ABSW we be having a discussion on the impact of the current immigration laws in our society. This discussion will be held during our general meeting on Friday, October 13 @ 6p in the Raleigh Building room 112, located on 1001 W. Franklin St., Richmond, VA 23284. The purpose of Hispanic Heritage Month is to recognize the contributions of Hispanic Americans to the United States and to celebrate Hispanic heritage and culture. The celebration lasts from September 15 to October 15. For more information and if you need special accommodations, contact us at vcuabsw@vcu.edu.

LIFE WITHOUT BLACK PEOPLE

<<CONTINUED FROM PAGE 2

9. When they entered their homes, they found them to be poorly ventilated and poorly heated. You see, Frederick Jones invented the Air Conditioner and Alice Parker the Heating Furnace. Their homes were also dim. But of course, Lewis Lattimer Later invented the Electric Lamp, Michael Harvey invented the lantern and Granville T. Woods invented the Automatic Cut off Switch. Their homes were also filthy because Thomas W. Steward invented the Mop & Lloyd P. Ray the Dust Pan.

10. Their children met them at the door-barefooted, shabby, motley and unkempt. But what could one expect? Jan E. Matzeling invented the Shoe Lasting Machine, Walter Sammons invented the Comb, Sarah Boone invented the Ironing Board and George T. Samon invented the Clothes Dryer.

11. Finally, they were resigned to at least have dinner amidst all of this turmoil. But here again, the food had spoiled because another Black Man, John Standard invented the refrigerator.

CONTINUED ON PAGE 5 >>

ANOTHER WOMEN DIED TODAY

Today another woman died
and not on a foreign field
and not with a rifle strapped to her back,
and not with a large defense of tanks
rumbling and rolling behind her.

She died without CNN covering her war.
She died without talk of intelligent bombs
and strategic targets
The target was simply her face, her back
her pregnant belly.

The target was her precious flesh
that was once composed like music
in her mother's body and sung
in the anthem of birth.

The target was this life
that had lived its own dear wildness,
had been loved and not loved,
had danced and not danced.

A life like yours or mine
that had stumbled up
from a beginning

and had learned to walk
and had learned to read.
and had learned to sing.

Another woman died today.
not far from where you live;
Just there, next door where the tall light
falls across the pavement.

Just there, a few steps away
where you've often heard shouting,
Another woman died today.

She was the same girl
her mother used to kiss;
the same child you dreamed
beside in school.
The same baby her parents
walked in the night with
and listened and listened and listened
For her cries even while they slept.

And someone has confused his rage
with this woman's only life.

~Carol Geneya Kaplan

LIFE WITHOUT BLACK PEOPLE

<<CONTINUED FROM PAGE 5

Now, isn't that something? What would this country be like without the contributions of Blacks, as African-Americans?

Martin Luther King, Jr. said, "by the time we leave for work, Americans have depended on the inventions from the minds of Blacks." Black history includes more than just slavery, Frederick Douglass, Martin Luther King, Jr., Malcolm X, and Marcus Garvey & W.E.B. Dubois.



DOMESTIC VIOLENCE

<<CONTINUED FROM PAGE 1

Domestic violence has many forms, including physical violence, sexual abuse, emotional abuse, intimidation, economic deprivation or threats of violence.

In honor of National Domestic Violence Awareness Month, ABSW will be collecting used cell phones for survivors of domestic violence from October 2 - 31. Your donations will be sent to the YWCA of Greater Richmond. We will need the battery and if possible the instruction manual. Your donated items can be taken to the donation box under the ABSW bulletin board in the Raleigh Building.



If you or someone you know is in a violent relationship, please contact the Domestic Violence Hotline at 1-800-799-SAFE. This nationwide toll-free hotline will provide immediate crisis intervention, counseling, and referrals to emergency shelters and services.

MYTH & REALITY: DOMESTIC VIOLENCE

Myth: Domestic violence does not affect many people.

Reality: A woman is beaten every 15 seconds.

Myth: Battering is only a momentary loss of temper.

Reality: Battering is the establishment of control and fear in a relationship through violence and other forms of abuse.

Myth: Domestic violence only occurs in poor, urban areas.

Reality: Women of all cultures, races, occupations, income levels, and ages are battered - by husbands, boyfriends, lovers and partners.

Myth: Domestic violence is just a push, slap or punch - it does not produce serious injuries.

Reality: Battered women are often severely injured - 22 to 35 percent of women who visit medical emergency rooms are there for injuries related to ongoing partner abuse.

Myth: It is easy for battered women to leave their abuser.

Reality: Women who leave their batterers are at a 75% greater risk of being killed by the batterer than those who stay.

NEWS & ANNOUNCEMENTS

SECOND STREET FESTIVAL

The Second Street Festival will be held from Friday – Sunday, October 6-8, 2006. The hands of time are turned back to the past when 2nd Street was the heart and soul of Richmond's African American community. Come and hear live music on two stages, enjoy children's activities, taste delicious food, shop in the marketplace and dance in the streets! This event will be held on 2nd Street from Broad north to Jackson in historic Jackson Ward and is free and open to the public.

NATIONAL FOLK FESTIVAL

The National Folk Festival is a large-scale FREE three day event on the banks of the beautiful James River in Downtown Richmond, VA. The festival features over 25 of the nation's finest performing groups and crafts people, seven stages of continuous music and dance, craft exhibits and demonstrations, a Folk Arts Marketplace, children's area and delicious regional and ethnic foods. Over 80,000 gathered in 2005 to celebrate the roots, richness and variety of American culture through music, dance traditional crafts, storytelling and food. This event will be held on Oct 13-15. For more information go to www.nationalfolkfestival.com.



SESA WORUBAN

“I change or transform my life”

The symbol of life transformation.

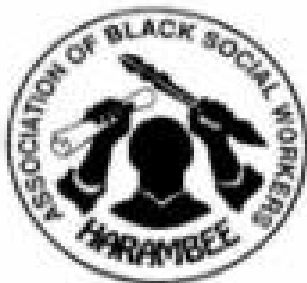
This symbol combines two separate adinkra symbols, the "Morning Star" which can mean a new start to the day, placed inside the wheel, representing rotation or independent movement.

HEALTH CARES ABOUT DOMESTIC VIOLENCE DAY

The Institute for Women's Health is sponsoring Health Cares About Domestic Violence Day on Wednesday, October 11 from 10a –12n. Health professionals and community experts will be available to answer questions, distribute resources, provide referral information, and domestic violence screening and prevention tools. VCU Medical Center Main Hospital Lobby - 1st Floor- 1250 East Marshall Street. For more information www.womenshealth.vcu.edu or contact Janett Forte @ (804) 327-8843.

UMOJA

The Institute for Women's Health is sponsoring “Umoja: How an African Village is Banning Violence Against Women” on Monday, October 11 from 7 – 8p. Violence Against Women Can Be Stopped. The guest speakers will be Rebecca Lolosoli, an Indigenous Sambura woman from Kenya and Vivian Stromberg, the executive director of MADRE. For more information call (804) 828-6710.



Association of Black Social Workers

Virginia Commonwealth University

P.O. Box 842027

Richmond, VA 23284-2027

Email: vcuabsw@vcu.edu

www.angelfire.com/va3/absw_vcu

To post an announcement in next month's newsletter, send an email to hardingcl@vcu.edu or call 804.222.4914.