

FAME-EAW

October Newsletter

fame-eaw.org

October 18, 2024



Equity Alliance of
WASHINGTON
F.A.M.E.
Thrive • Revive • Dwell

Empowerment Through Action: Vote, Advocate, and Take Care of Yourself



Letter from FAME-EAW

It has become common to set our emotions aside just to keep up with the daily grind. Understanding and naming our feelings is a powerful tool for improving mental health. When we put words to our emotions, we gain greater self-awareness, improve our ability to manage those feelings, and enhance our communication with others.

To get better at understanding your feelings, start by taking a moment each day to check in with yourself. Expand your emotional vocabulary beyond simple "good" or "bad" - are you feeling content, anxious, hopeful, or frustrated? Keep a feelings journal to track patterns over time, and don't hesitate to share your emotions with trusted friends or family. In our community, there can be stigma around mental health and showing vulnerability, but know that your feelings are valid, and expressing them is a sign of strength, not weakness.

Bottling up emotions doesn't make them disappear—it often causes them to spill out in more harmful ways. As we observe Domestic Violence Awareness Month, we're reminded of how unexpressed feelings can escalate into destructive behaviors. When we don't have healthy outlets for our emotions, especially intense ones like anger or fear, they can manifest in damaging ways, sometimes leading to violence against loved ones. By cultivating emotional awareness and learning to express our feelings constructively, we take a significant step towards preventing domestic violence. Let's break the silence, seek help when needed, and create safe spaces for emotional expression.



Your Vote is a Powerful Tool Against Domestic Violence

As we observe Domestic Violence Awareness Month, it's crucial to recognize the impact our votes can have on this issue. While it often occurs behind closed doors, its effects ripple through our entire society, touching everything from public health to economic stability.

Elected officials shape crucial aspects of domestic violence response and prevention:

1. Funding for shelters, counseling, and support services
2. Laws on restraining orders and penalties for abusers
3. Housing rights and protections for survivors
4. Education and prevention program initiatives

By voting for candidates committed to addressing domestic violence, you contribute to building safer communities. Your vote is your voice. Use it to support those affected by domestic violence and create a safer future for all.

Voting in Washington State:

- Online Registration: **Monday, October 28, 2024**
- By Mail (received) **Monday, October 28, 2024**
- In person: **Tuesday, November 5, 2024**

Quote of the Month!

“ Not voting is not a protest. It is a surrender.
— Keith Ellison — ”

FAME-EAW Updates

As Giving Tuesday approaches on December 3rd, we have an opportunity to make a lasting impact on families in our community. At FAME-EAW, we're dedicated to providing safe, affordable housing for Black families in Seattle, but our mission goes beyond just putting roofs over heads—we're building foundations for success.

The need is critical. In Seattle:

- Black residents make up only 7% of the population but represent 32% of the homeless population.
- The median household income for Black families is \$42,500, compared to \$105,100 for white families.
- Only 27% of Black residents own their homes, compared to 51% of white residents.

Your Giving Tuesday donation to FAME-EAW directly supports families in our housing facilities, providing:

1. Stable, affordable housing
2. Access to educational resources and job training programs
3. Financial literacy workshops
4. Community support networks

Your contribution can help us expand our reach and deepen our impact. Mark your calendar for December 3rd - every dollar brings us closer to our goal of breaking the cycle of poverty and creating generational wealth within Seattle's Black community.

BCIA

The Black Community Impact Alliance (BCIA) is celebrating its 10th Anniversary this November. As we mark this milestone, it's important to recognize the BCIA's significant contributions.

The BCIA has been instrumental in helping to secure millions of dollars for ethnic communities across Seattle through its involvement in the creation of the City of Seattle's Equitable Development Implementation (EDI) Fund. Also, the BCIA was part of the MOU that built the Liberty Bank Affordable Housing Project, and persevered to transform Fire Station 6 into the William Grose Cultural Innovation Center, bringing technology and entrepreneurship to the Black Community in the Central District. The BCIA has made many other contributions that will help transform the Black Community and other Communities of Color for years to come.

In 2014, four Black leaders came together to push back on the gentrification and displacement that was taking place in their historic Black Community, the Central District of Seattle. Former Representative Dawn Mason, George Staggers of CADA, Evelyn Thomas Allen, President & Executive Director of FAME-Equity Alliance of Washington, and K. Wyking Garrett of Africatown Community Land Trust put out a call to action to other Black leaders and formed an organization as a power base to advocate for resources and investments leading to generational wealth in their historic Black Community.

The BCIA was originally formed under a \$600,000, Five (5) year grant awarded to Catholic Community Services of Western Washington's Village Spirit Center, from the national Catholic Campaign for Human Development.

The BCIA is an intergenerational collective of Black leaders working for racial and economic justice impact over the past 10 years and we're happy to celebrate this impactful organization. Please visit our website www.bciawa.org for more information.

Present organizations serving on the BCIA-Planning and Strategy Advisory Committee include: Parents for Students Success (Dawn Mason), CADA (George Staggers), Africatown Community Land Trust (K. Wyking Garrett), FAME-Equity Alliance of Washington (Evelyn Thomas Allen, Pauline Gary), Outsidethinc (Mujale Chisabuka), Tubman Health Center (AyeNye Abye), Wm. Grose Center (Ty Griffin), Colorful Communities (Emijah Smith), Poet (Kamira Bright), Institutional Affiliate: Seattle University Sundborge Center for Community Engagement

BCIA General Affiliates - The Black and Brown Communities of King County



Supporting Our East Coast Family After Recent Hurricanes

Our hearts go out to those affected by the recent hurricanes on the East Coast. In times like these, we're reminded of the strength that comes from standing together. If you're looking to help, consider donating to reputable disaster relief organizations or local community groups directly serving affected areas. Even small contributions can make a big difference.

Empowering Our Community: Check out these Exciting Upcoming Events

- **Congo Peace: Spirit of Congo 2024 | Oct 12 | Bellevue College, Student Success Center**
- **WomenTech Connect | Oct 17**
- **Comedian Ron Funches | Oct. 25th and 26th | Laughs Comedy Club**
- **BLKBOK Live @ WOODLAWN HALL | Oct 27**
- **Inclusive Learning Summit 2024 | Oct 29 | Lynnwood Event Center**