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***WWFOR** seeks to replace violence, war, racism and economic injustice with nonviolence, equality, peace and justice. It links and strengthens FOR members and chapters throughout Western Washington in promoting activities consistent with the national FOR statement of purpose. WWFOR helps members and chapters accomplish together what we could not accomplish alone.*

BLACK LIVES MATTER

Fellowship of Reconciliation has a long history of working for racial justice. Many civil rights activists were (or still are) members of FOR including Bayard Rustin, Martin Luther King Jr., and James Lawson. Locally we have worked for police accountability, economic justice, health care for all, and resolved to be anti-racism activists. We are happy to see a racial justice awakening, especially among white people who have been in denial. We have never been in a "post-racial" society. We are grateful to the Black Lives Matter activists who are leading the way to a more just country. Let's acknowledge our country's shameful past and work to make a difference here and now! Several members of WWFOR's Regional Council (our decision making body) have gotten together to work on racial justice. The message from this group (below) contains some educational resources and information about activist groups. It ends with an invitation to join in this work.

These are exciting, historic days as the uprising for racial justice and police accountability continues to unfold in our communities. It's heartening to see thousands of people from all walks of life coming together to show support for rectifying the wrongs that are deeply embedded in our nation's institutions stemming from one of our original sins, enslaving African people.

In response, some of us from WWFOR's Regional Council are meeting as a Racial Justice group to explore the opportunities for leveraging social change in this moment. We are encouraging our WWFOR community to join local efforts for learning more about US history, institutional racism, white privilege, what it means to be a white ally, what it could mean to "defund the police" as well as connecting with local Black-led organizations to listen and support.

Here are some resources shared at our meeting this week:

1) **Media:** <https://www.whereweconverge.com/> Excellent live-streaming video from the Seattle streets throughout the day, including M-F Morning Show at 11 am hosted by Omari Salisbury and Trae Holiday.

2) **Movies:**

- a) "Just Mercy" <https://www.justmercyfilm.com/>
- b) "True Justice: Bryan Stevenson's Fight for Equality". <https://www.youtube.com/watch?v=JfZPI4CFEUc>
True story based on book by Bryan Stevenson about his work with Equal Justice Initiative.

3) **Groups** to follow for information and action for racial justice: There are countless groups emerging all around us. These are just a few to know about as a way into the vital conversations and organizing that is happening.

- a) Movement for Black Lives <https://m4bl.org/join-our-movement/>
- b) King County Equity Now Coalition <https://www.kingcountyequitynow.com/> in W. WA.
- c) Showing Up for Racial Justice (SURJ) : www.showingupforracialjustice.org has 4 chapters in W. WA. The Olympia chapter is planning a series of webinars on restorative justice.
- d) The Conversation: A Group that meets weekly for discussion and action on behalf of racial justice. Prior to weekly Zoom meetings, this group had been meeting in Tacoma. conversationtacoma.blogspot.com
- e) South Sound Antiracist Project: Group of white people fighting racism. Meets every other Thursday. Can find on Facebook. Open to interested White folks. Currently meeting on Zoom. Face to Face meetings in Tacoma. <https://www.facebook.com/carwseattle/>
- f) Phinney Neighbors Center/Greenwood (Seattle) Senior Center www.phinneycenter.org/gs/classes has been offering a series of (Zoom) history classes focusing on race taught by William Taylor. The summer course is *Black People Share Their Experience of Being Black in America*.
- g) Breaking White Silence Study Groups. Email cecily@phinneycenter.org to be notified of up-coming summer and fall groups (online during "Stay Home").

If you would like to help us plan how WWFOR can contribute to the transformation that is happening.. Please contact David Lambert (lambertdavid39@gmail.com) Working for Racial Justice, Vivi Bartron, Jean Gant-Delestrada, Sue Donaldson, Elaine Hickman and David Lambert



"A riot is the language of the unheard" MLK, Jr.

THE MANY CRISES CONTINUE

What To Do About the Pandemic: Testing, Testing and More Testing

by John M Repp

In early April of 2020, a friend of mine from Germany emailed me that she and her husband were shocked at the stories they were seeing coming out of the United States. She was shocked at our incompetence in the face of this pandemic. She thought we would be competent if nothing else. After all, we were one of the nations that helped defeat the Nazis and rebuild her country after World War II. Dominique Moisi, a political scientist from France, has said it more forcefully: "America has not done badly, it has done exceptionally badly."

America has some of the world's best scientists, but many of our political leaders are not listening to them. The key to controlling this virus and opening up our economy successfully is testing combined with contact tracing and selective quarantining. Our governor here in Washington State knows this. In The Seattle Times of May 13, 2020, we were told our state has trained nearly 1400 contact tracers as part of a three-part strategy of broad-based testing, contact tracing and selective isolation of those who might have been infected. This virus is difficult to control because a person can have the virus for several days and be spreading it before any symptoms appear. So testing is the key to stopping the spread of the virus. If enough testing was available and the tests were accurate, those who test positive and all the people with whom they have had contact would need to be quarantined for two weeks.

The virus needs to infect people to reproduce. If all the people who may carry the virus are quarantined for 14 days, it will die because it cannot find new hosts. It is instructive to look at how other countries like Iceland and New Zealand are dealing with the pandemic. These countries have successfully contained the virus and aim to eradicate it completely, not just "flatten the curve". This method makes unnecessary the quarantining of whole populations that is so devastating to an economy. Trump lied when he said several weeks ago that anybody who wants a test can get one. He said it again on May 14, 2020. Not using the legal power he has to make sure we have enough tests and contact tracers to eradicate the virus is criminal malfeasance. It is also self-defeating if his goal is to restart the economy and get re-elected.

The Financial Times of May 13, 2020 wrote: "'Jared [Kushner] had been arguing that testing too many people, or ordering too many ventilators, would spook the markets and so we just shouldn't do it', says a Trump confidant who speaks to the president frequently. 'That advice worked far more powerfully on him (Trump) than what the scientists were saying. He thinks they always exaggerate.'"

There has been a lot of discussion in the corporate media about the origin of the virus that causes Covid-19. Some far right sources say it escaped a laboratory in China. They want to blame the pandemic on China. The most common idea is that it came from a wet market in Wuhan, China. What is not talked

about is the fact that deforestation, monoculture farming and climate change all play a huge role in the recent outbreaks of infectious disease. Much of the deforestation today is driven by huge multinational corporations who grow monocultures of palm oil and sugar cane to make products we want but don't need. Over the last four decades, the world's forest cover has been reduced by half. At the same time, the amount of infectious disease outbreaks has been steadily increasing. Think of Ebola, SARS-CoV, MERS-CoV, H1N1, and "swine flu". The current pandemic seems to be part of a global trend.

After a disciplined approach to testing, contact tracing and selective quarantining, we must take the next step and stop deforestation, plant trees by the billions and push for a regenerative agriculture.

<https://wwfor.org/testing-testing-and-more-testing/>

What to Do About Climate Change:

Putting the Green in the Green New Deal

by John M Repp

Scientists have been warning us about climate change for decades. Some have told us "their hair is on fire". Despite the fact that our corporate media frames the issue as a debate with two sides, the consensus among climate scientists is more like 98 to 2 that climate change due to human activity is real and is a serious problem.

Recently a scientific study has also told us that the planting of one trillion trees would be the least expensive way to drawdown two-thirds of the carbon dioxide that is the main greenhouse gas. Admittedly the scale of that project is massive but at least it is something everyone can imagine. It would be a part of the Green New Deal. The House Resolution 109 submitted by Congresswoman Alexandra Ocasio-Cortez and Senator Ed Markey names "afforestation" as a goal, just not as prominently as we would hope. Citizens who know U.S. history know that the Civilian Conservation Corps was a part of the original New Deal and tree planting was a CCC project to mitigate the dust bowl problem that was happening at the same time as the Great Depression.



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Public banks are also mentioned in [H. Res. 109](#). The champion of the public banking movement in the United States Ellen Brown wrote [an article](#) that suggested the planting of millions of acres of hemp worldwide as another way to drawdown carbon dioxide. She noted that trees grow slowly so **in addition to** planting one trillion trees we need to plant millions of acres of hemp. Why? She noted that hemp grows very fast and would do drawdown as the trees grow up. At the same time hemp could be a resource that can replace oil in the making of plastic and trees in the making of paper.

Finally, we can [farm kelp](#) along our shores and even in deeper parts of the ocean if we build structures that act as floors for the kelp. The Chinese are doing this. Kelp farms would attract a whole variety of sea weed and provide a place for a rich ecology of fish and other sea creatures. Kelp also grows fast. In addition, seaweed farming can make the ocean less acidic which is a problem caused by our putting too much carbon dioxide into the atmosphere.

In summary, a massive global planting of trees, hemp and kelp could deal with the approaching climate catastrophe that scientists have been warning us about for decades. The current idea that private corporations and private banks should take the lead in our economy must be questioned here. These economic forces are leading us into an ecological collapse that in the long run will make the Covid-19 pandemic seem small. We need to recognize the concept embodied in the title of H. Res. 109, that it is “the duty of the Federal Government to create a Green New Deal.”

Shortevity and the Road Back to a Longer, Healthier Life

by *Stephen Bezruchka* Chair, *Washington Physicians for Social Responsibility, Economic Inequity & Health Task Force*

Most people are concerned with their health. We are bombarded with what to do to keep ourselves healthy as individuals. What if that is not sufficient? What if the society in which we live matters more for our health than what we do to keep ourselves healthy?

The health of people in a country can be measured by how long they live, life expectancy. Calculating this requires only that you know when someone is born and when they die. All rich countries and many not-so-rich calculate this yearly. Many mortality rates can similarly be calculated from this information.

This century, the United States stands with Syria as the countries where mortality is going up and life expectancy is going down. Last century this happened suddenly in Russia after the breakup of the Soviet Union, and in high AIDS-prevalent countries in Africa.

Since 2015 life expectancy has declined here every year instead of continuing to increase. If health had continued to improve as expected, the excess deaths we’ve experienced

is equivalent to eradicating deaths from motor vehicle crashes, other accidents, and homicide.

Our health decline is huge and yet Americans are mostly unaware of this carnage.

Maternal mortality, deaths of women from childbirth-related causes, has risen 50% in the last 15 years. Back in 1951-53, we had the lowest rates of such deaths in the world. Now almost 60 nations surpass us. Adult mortality, ages 25 to 64, is similarly rising for all racial-ethnic groups in this country.

Why is this happening? We are not at war. There is an opioid death epidemic but it explains only a small part of this seeming slaughter. **Much evidence suggests our increasing income and wealth inequality is a major part of this process**, similar to what happened in Russia after the breakup only here the increase has been gradual over decades rather than happening suddenly there. Our income inequality continues to increase despite many people saying this is not good for us.

The other finger points to a lack of support for early life. Only two countries in the world do not grant a working pregnant woman paid time off after she has her baby. One is, of course, the United States, and the other is Papua New Guinea. We have the most child poverty of all rich nations. Our government spends for remedial action on failing students, rather than putting resources towards early life. For example, Sweden, one of the world’s longest-lived countries, spends more government money in the first year of life than in any subsequent year. **Early life expenditures have a great return on investment compared to those repairing broken men and women.**

While access to good medical care is important, it is not the driver of these fatalities. We spend more on health care than the rest of the world combined. Similarly for many health-related behaviors. We have among the lowest rates of cigarette smoking of all rich nations. Japan, the longest-lived has more than twice as many men smoking per capita than we do.

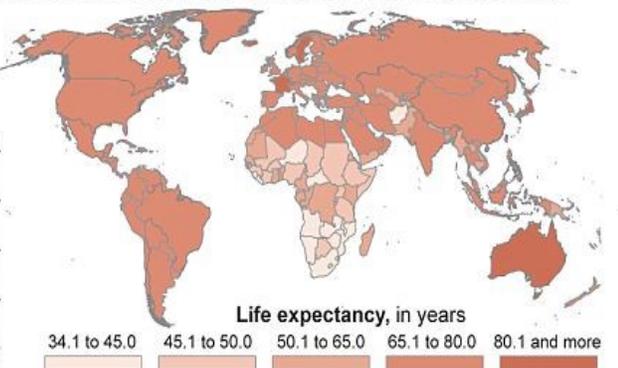
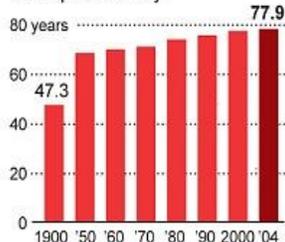
Our health decline is not on the list of presidential issues that are being discussed and debated. This was also the case after the 2013 Institute of Medicine report with the title that said it all before our health decline. “U.S. Health in International Perspective: Shorter Lives, Poorer Health.” Things are considerably worse now. This needs to become a national issue. It is much more important than Medicare for All or other such discussed programs. Yes, universal health care needs to be enacted but it won’t treat our health decline.

One-fifth of all countries exceed U.S. in life expectancy

Japan’s life expectancy was 82 years for babies born in 2004, leading the list of developed countries, while the U.S. is just above Mexico with 77.9 years.

U.S. life expectancy

has been extended by 30 years in the past century.



The FIRST Virtual WWFOR 2020 Spring Assembly

by David Lambert

This year's WWFOR Spring Assembly, a video-conference, was held on Saturday, May 2 and consisted principally of five workshops. Fifty- Five people attended this video-conference. Planners for the event were: Rick Trombley; Vivi Bartron, Fran Hall, Marti Lambert, Susan Donaldson and David Lambert. David was Host and Co-Host was Carly Brook. Carly has had previous experience with Zoom Webinars and David was grateful to Carly for offering very competent assistance.

Following a brief introduction, David introduced Paul Cheoketen Wagner, a Saanich First Nation Tribal member who has worked extensively in activism with the Puyallup Indian Tribe and who has organized walks from Pierce County to the state Capitol. Paul gave a moving Land Acknowledgment and then moved into his presentation on his activism opposing the Tacoma Liquid Natural Gas Plant and his work in helping to persuade Governor Inslee to declare a state-wide climate emergency. He told how he and others were finally able to meet with the governor and this act was a success even though the governor has not acted to declare a climate emergency. In discussing action people can take against the LNG development, he included a [Petition online](#) that one can sign. Paul spoke in a strong, moving, and centered manner about his work and weaving the values and spirituality of his people into his talk in an eloquent, centered manner displaying strong reverence for the earth, elders, and ancestors.

The second workshop was given by Deborah Cruz, manager of [Advocates for Immigrants](#) and by Betty Devereux, volunteer with this organization. AID works on behalf of people who are detained at the Northwest Detention Center in Tacoma. Prior to the pandemic, they visited with recently released people to help assist them with meeting basic needs. Their Welcome Center provided them with clothes, food, transportation to stations, and access to phone calls with loved ones to help them reunite. Volunteers would also meet with detained individuals twice monthly. Currently, no visits inside the Detention Center are occurring; however, AID volunteers are assisting family and friends to correspond by letters with people inside. A Hospitality House assists released individuals while waiting to make logistical arrangements to reunite with loved ones. People can help by volunteering to help immigrants directly or with financial donations. Contributions can be made through Karma Payments, Pay Pal, or checks made out to AIDNW, 1915 S. Sheridan Avenue, Tacoma, WA. 98405.

The third workshop was given by Maru Mora Villapando of [La Resistencia](#) who told how this organization was started in 2014: "For five years we have fought to close the Northwest Detention Center and we will not stop until the doors are opened and everyone is free." Maru stated "La Resistencia doesn't believe in charity and that the people themselves who are detained are the very ones who can lead a movement to Shut Down the NWDC. La Resistencia helps publicize the conditions at the center. Group members show up regularly at the facility to support the people inside who have staged a number of hunger strikes. She told that the detention center staff is clearly violating social distancing orders and that La Resistencia encourages people to fill out a form reporting their

illegal activity and ultimately to put on Governor Inslee to use his powers to declare an emergency to free all people detained. Organizations can support La Resistencia in a variety of ways: donate money, supplies, pen pals, and, when it is safe again, to hold rallies at the detention center. See La Resistencia website.

Workshop # 4 was presented by Kwabi Amoah-Forson who talked about his [The Peace Bus](#) project, how it was started and has evolved. He told of being inspired by Brian Haw, a lone British peace activist and how later he traveled to Europe to discuss peace with people from many countries. Later, he decided to purchase The Peace Bus. He and friends delivered thick warm socks to homeless people while traveling down the West Coast in 2019, eventually ended up near the U.S./Mexico border where he also interviewed border patrol staff. Kwabi told how he does his best to listen to all people with an open accepting mind. Currently, he is delivering breakfast food, from donations he has garnered, to low-income families and children. Additionally, he is collecting letters from children on what they are doing to create peace. He has learned from many individuals that the most pressing way to create peace in the world is to help people have sufficient food, clothes and shelter. On the horizon, he has plans to create The Peace TV show. Professionally, Kwabi works as a mental health counselor.

The fifth workshop featured Carly Brook, staff at WPSR and coordinator of [Washington Against Nuclear Weapons](#), and Kit Burns. They discussed challenges people from the Marshall Islands who were evacuated from their home island and transferred to other islands as a result of U.S. testing of nuclear bombs have faced, hardships facing the Spokane Tribes in their ordeal with having to manage their land following uranium mining; how the production of Plutonium near Hanford created a "wasteland", and how many treaties of Native Americans have been broken or weakened in connection with the US. nuclear weapon policies. True national security currently rests more with the critical need for a much greater supply of medical supplies to deal with the pandemic; supplies such as PPE's, ventilators, and that the \$50-60 billion dollars annually spent on nuclear weapons could be transferred to public health needs. Kit told of a number of [excellent documentary films](#) on nuclear issues such as: 1. Nuclear Savage: the Islands of Secret Project 4.1 (2009); 2. The Atomic States of America (2012); 3. Countdown to Zero (2010); 4. Uranium Drive-In (2013),

Much credit for organizing the information in this write-up goes to Jean Buskin, volunteer staff person of WWFOR.

