

ANTI POLICE-TERROR PROJECT SACRAMENTO

SEPT. 2021

MONTHLY NEWSLETTER

UPCOMING ACTIONS

- 9/11 NorCal Resist [Brake Light Clinic](#) and Community Table
- 9/13 Community Ready Corps Allies and Accomplices [Intro to the 5 Methods](#) Webinar
- 9/18 M.H. First [Responder Training](#)
- 9/19 Feed Sacramento Homeless [North Area Monthly Outreach](#)
- 9/20 Sacramento Poor People's Campaign [Monthly Meeting](#)
- 9/29 Defund University Police - Sac State [General Meeting](#)

GET INVOLVED

Our Communications Committee is growing our team! We're looking for folks with experience in graphic design, public relations, or data collection. If you're interested please email us your name, your social media handles, some of your skills, and what you might be interested in helping with to:

aptp.sac.comms@gmail.com



THIS MONTH WE REMEMBER

By all accounts **Albert Wheeler**, 50, was a family man. He had been married to his wife Lucretia for 13 years and was involved in the lives of his step daughter and her children.

"He was amazing with my kids, with my sisters, and gave them the world," his step daughter Kara Koto told local news outlet CBS 13.

In an all too familiar story, Wheeler began experiencing mental distress in August of last year. He had an encounter with law enforcement where he was threatening suicide and a cop tried to intervene. But instead of receiving care or help, the encounter left him wanted by Sacramento Police.

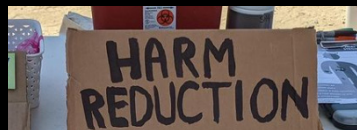
It took police nearly a month to locate Albert three blocks from where they first encountered him. Still suffering from mental illness and receiving no care or compassion, Wheeler was trapped in the home of a family member by law enforcement on September 1st. Fearing being returned to prison and surrounded by the SWAT team, a situation that can only exacerbate mental health issues, Wheeler tried to escape out the back of the home where he was shot and killed by police.

He leaves behind his wife, his step children, and his grandchildren none of whom were allowed to speak with him during the standoff or see his body one last time.

COMMUNITY RELIEF

We have free passes to Asha Urban Bath House for family members impacted by police terror. Each pass can be used to schedule an appointment for up to two people. You can apply by sending an email to:

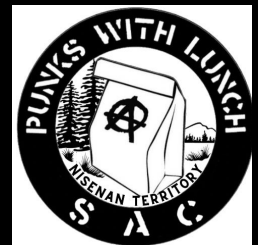
aptphealingjustice@gmail.com



Sacramento Punks With Lunch is a mutual aid collective that channels community power in order to bring food, clothes, supplies, and harm reduction tools to neighbors in need. They organize various food distributions (with clever names like Sammies for the Family, Let's Get Baked baked potato distro, and Punk-nics) where they hand out food to our unhoused neighbors. At these distros they also have a variety of other supplies such as clothing, contraceptives, self-defense tools, tarps, books, tents, and more.

To get involved and keep up on their activities visit them on [Instagram](#), [Facebook](#), and [Twitter](#), and find out more on their [website](#). They were also recently shadowbanned, where their posts are artificially limited in the number of people who see them. They need help getting their visibility back up and ensuring they have enough volunteers, money, and supplies to keep doing their distributions.

MUTUAL AID SPOTLIGHT



LOOK BACK AT IT



“The Attica Prison Riot took place at the Attica Correctional Facility in Attica, New York on September 13, 1971. This conflict would leave twenty one inmates and nine guards dead. It was the bloodiest prison conflict since the Civil War. There were numerous causes of the riot. Tensions were already high as the prison was extremely overcrowded and inmates were being denied basic sanitation needs. They were usually limited to one shower a week and one roll of toilet paper per month. Additionally there were allegations of racism by the prison’s all white guards against the 54% black population and a significant Puerto Rican minority.

The Riot began when a fight between two inmates was broken up by a guard and they were taken to isolation cells. Rumors circulated that the men were going to be beaten in reprisal for the fight. Angry inmates crowded against a prison gate when a faulty bolt gave way, suddenly allowing them access to other areas of the prison including the control center.

Using pipes, chains, and baseball bats, the inmates quickly overcame the guards in the area. Suddenly they were in command of the prison and had taken 40 staff members hostage. Their demands were: federal takeover of the prison, better conditions, amnesty for the crimes committed during the revolt, and the removal of the prison’s superintendent. The authorities and prisoners remained at a stalemate for four days until New York Governor Nelson Rockefeller approved an operation to reclaim the prison. Tear gas was dropped by helicopter into the prison yard and law enforcement officers opened fire into the smoke. In six minutes more than two thousand rounds had been discharged. The prison was retaken but at the cost of 39 inmates and ten guards’ lives.”

Read the full article from [Black Past](#)

UPLIFTING ARTISTS



Taylor'd Mind Studios is a gallery and community resource center that opened in Sacramento right before the 2020 lockdown. They offer exhibitions, concerts, studio classes, lectures, children's activities, and more through their social medias and website. When it is safe to do so, they host in-person events.

The owner, Taylor Pannel, dreamed of having her own studio at a young age. Ever since she's worked tirelessly on everything artistic from custom clothing to murals and canvas paintings. Chances are you've already seen some of her work around downtown.

"Taylor'd Mind Studios is born out of a combination of my innate abilities, training, and experience, which allows my perspective as an artist to remain traditional yet expressionistic. Art is how I battle against the indifference of humans and offer new ways of viewing the world."



You can find out more about the classes and services offered by the studio as well as donate to the studio on their [website](#).

Read more about Pannel's journey from [The State Hornet](#)

MENTAL HEALTH FIRST TIP OF THE MONTH

September is National Suicide Prevention Month. Take time this month to check-in on family and friends. If you've been feeling down, this is a perfect reminder to share those feelings. *Don't keep suicidal feelings to yourself.*

"No matter how much pain you're experiencing right now, you're not alone. Many of us have had suicidal thoughts at some point in our lives. Feeling suicidal is not a character defect, and it doesn't mean that you are crazy, or weak, or flawed. It only means that you have more pain than you can cope with right now."

Excerpt and advice from [Help Guide.org](#)

If you're having suicidal thoughts, remember:

- Your emotions are not fixed—they are constantly changing. How you feel today may not be the same as how you felt yesterday or how you'll feel tomorrow or next week.
- Your absence would create grief and anguish in the lives of friends and loved ones.
- There are many things you can still accomplish in your life.
- There are sights, sounds, and experiences in life that have the ability to delight and lift you—and that you would miss.
- Your ability to experience pleasurable emotions is equal to your ability to experience distressing emotions.



M.H. FIRST
COMMUNITY FIRST RESPONSE

(916) 670-4062

Friday - Sunday, 7pm to 7am
Follow on Twitter @MHFirstSac

RADICAL ROOTS

A Small Needful Fact

Is that Eric Garner worked for some time for the Parks and Rec. Horticultural Department, which means, perhaps, that with his very large hands, perhaps, in all likelihood, he put gently into the earth some plants which, most likely, some of them, in all likelihood, continue to grow, continue to do what such plants do, like house and feed small and necessary creatures, like being pleasant to touch and smell, like converting sunlight into food, like making it easier for us to breathe.

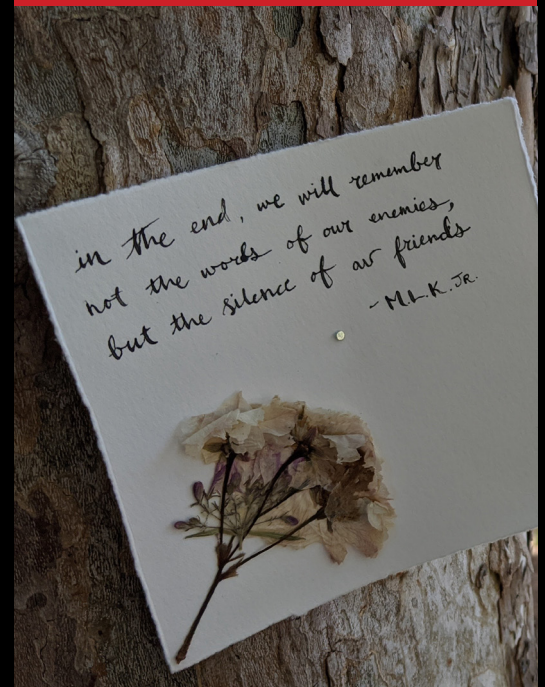
By Ross Gay



RIP Eric Garner
September 15, 1970 - July 17, 2014
Staten Island, New York
Choke hold/Suffocated by New York City
Police Officer

Our **Health and Wellness Fund for Black Women** is still open! We recently passed the halfway mark for our \$10,000 goal. Keep the momentum going by giving a little something to the [GoFundMe](#) today.

“Black women and femmes deserve and are owed rest, care and rejuvenation!”
—Isadora (donor)



This month's **Recommended Reading:**

We Do This 'Til We Free Us
by Mariame Kaba

The ebook edition is free right now and is part of the Study and Struggle Fall 2021 curriculum. You must order through [Haymarket Books](#) to get this deal.