A Call for Justice and Peace in Ukraine

We of the Modesto Peace/Life Center abhor the invasion of Ukraine by the armed forces of Russia under the leadership of Vladimir Putin.

We are saddened by the disruption, fear, injury and death inflicted upon innocent people.

We condemn this attack upon a people and nation attempting to create a free and democratic society.

We are in deep sympathy with our fellow citizens who have friends and relatives in Ukraine and are now consumed with worry for their safety.

While extreme, this aggression is but another example of the serious threats to freedom and democracy that are rising around the world including within our own country.

We urge that all diplomatic means to end this conflict continue, even in this dark hour.

Fear, hatred, despair and violence must be transformed into dialogue and peaceful co-existence.

“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”

— Martin Luther King, Jr.

The Board of the Modesto Peace/Life Center
Jocelyn Cooper, President
James Costello
David Tucker
Dan Onorato

HOW TO HELP UKRAINE NOW!

NEWS: The Kyiv Independent is Ukraine’s English-language media outlet and is still in operation at press time reporting on the invasion from the ground. Subscribe for email updates. Support this newspaper by donating to its GoFundMe or Patreon.


WRITE TO YOUR ELECTED OFFICIALS: This is one thing everyone can do to support Ukraine right now - write to your representatives in Congress, call and write to the White House, and speak with your elected officials about supporting Ukraine.

United Help Ukraine distributes medical supplies, food, and donations to Ukrainian refugees and people on the ground in Ukraine. Offers support to Ukrainian families who have lost soldiers to war. Donations toward their current fundraiser will help provide emergency medical aid and humanitarian relief to those on the front lines.

USA for UNHCR: The UN Refugee Agency is accepting donations via a restricted fund to provide emergency aid to children, women and men displaced by the violence in Ukraine.

Razom for Ukraine: Razom, which in Ukrainian means “together,” was originally founded in 2014 to support Ukrainians after Russia annexed Crimea. Now, the volunteer organization is on the ground providing relief for soldiers and doctors on the frontlines.

The Red Cross: The global nonprofit’s Ukrainian branch is accepting donations to go towards distributing vital aid and resources to Ukrainian civilians affected by the Russian invasion.

Voices of Children: Works to provide psychological and psychosocial support to Ukrainian children affected by conflict.

Nova Ukraine: An American nonprofit that works with activists and other organizations in Ukraine to offer humanitarian aid to vulnerable groups and individuals. Accepts both monetary donations and the donation of children’s shoes and clothing, bedding, personal hygiene items, wheelchairs, and more.

Come Back Alive: An organization which The Kyiv Independent has suggested donating to. It supports the Ukrainian military by offering supplies, protection, training, and psychological support to soldiers.

Army SOS: Directly helps Ukrainian troops by providing food and other supplies.

UNICEF: Together with its partners, at the forefront of the humanitarian response in eastern Ukraine supporting vulnerable children and families affected by the conflict with essential services, including health, education, protection, water, and sanitation.

The organization is seeking $66.4 million to provide access to these services and emergency cash assistance for up to 7.5 million children. Donate here.

CARE has launched a relief effort in Ukraine along with local partners on the ground. Pledged to help at least four million Ukrainians with immediate aid and recovery in the form of food, water, hygiene kits, psychosocial support services, and cash assistance.

International Medical Corps: Los Angeles-based nonprofit and global first responder has been working in Ukraine since 1999, from delivering essential medicines to healthcare facilities to training more than 500 local doctors and staff. Now, it’s providing free medical and mental health services to civilians there, and you can help support the work by donating here.

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Help the Peace Center: Attend the John McCutcheon Concerts

By KEN SCHROEDER

The second in a series of livestream John McCutcheon concerts to benefit the Modesto Peace/Life Center. The concert, 50 years of Traditional Music, is Sunday, March 6 at 4:00 PM Pacific Time on Mandolin, an excellent streaming service.

Though John is often thought of as one of the most prolific and powerful songwriters in folk music, his roots are firmly planted in traditional music. As a young 20-year-old he traveled the Appalachians, apprenticing himself to some of the greats of traditional Southern music.

This concert will feature an homage to his many mentors, selections from his field recordings housed at the Library of Congress’ Archive of American Folksong, and some very special surprises.

Single concert ticket prices are $20 single ticket; $30 family/household; $10 student; $5 unemployed; $50 music supporter. The Modesto Peace/Life Center gets a share of ticket sales. Tickets and info here: https://boxoffice.mandolin.com/products/john-mccutcheon-50-years-of-traditional-music-livestream-ticket

On Sunday, April 3 at 4:00 PM Pacific time John will be joined by three of his favorite songwriters (Darrell Scott, Beth Nielsen Chapman, and Crys Matthews) for a round-robin of amazing songs. These writers will talk about the songs, their writing process, and how they bring what’s inside, outside. https://boxoffice.mandolin.com/products/john-mccutcheon-songwriters-in-the-round-livestream-ticket

Tales and Trails of California’s Mountains

Friday, March 18, 2022, 7:00 P.M.
Matt Johanson

Prepare to be inspired. Discover little-known waterfalls and scenic outings in Yosemite National Park. Experience the exploits of mountaineering legends Royal Robbins, Lynn Hill, and Tommy Caldwell.

Learn secrets to success on the John Muir and Pacific Crest Trails. Dare to dream about climbing California’s most spectacular mountains, including Half Dome, Mount Whitney, and Mount Shasta. Award-winning guidebook author Matt Johanson combines history, photography, and decades of personal experiences in “Tales and Trails of California’s Mountains.” This unforgettable hour will motivate you to launch your own outdoor adventures.

Matt Johanson enjoys hiking, running, climbing, skiing, and writing about the outdoors for California newspapers and magazines. His books include Yosemite Epics, Yosemite Adventures, Sierra Summits, and California Summits. Matt’s writing has won awards from the Inter-national Center for Journalists, California News Publishers Association, Outdoor Writers Association of California, and National Outdoor Book Awards Foundation. He lives in Castro Valley with his wife Karen.

To attend this Zoom format program, please email our Chair, Anita Young, at ayyoungbooks2@gmail.com any time the week before and she will send you the link.

Annual Used Book Sale Slated for May 7 at Modesto Library

Mark your calendar for Saturday, May 7 – the annual FOML Used Book Sale at the Modesto Library. Event Chair Pat Glattke has announced that used book donations are now being accepted. Call (209) 985-7156 to arrange to drop off your books. Or, take them to the Modesto Library in boxes or bags clearly marked MODESTO FRIENDS USED BOOK SALE.

As always, volunteers are needed to sort books prior to the sale and to work at the event. Contact Marilyn Drew, WalkingMD@pacbell.net, to volunteer.

Donate Your Vehicle to KCBP Radio: It’s a Win-Win Solution

Have you considered donating a vehicle to KCBP Radio?
Not only will you cruise past the hassles altogether, but you’ll make a lasting impact.
1. It’s easy and the pick-up is free!
2. The proceeds from the sale of your vehicle will help us continue to provide community programs to you!
3. Donating saves time and money on repairs and maintenance.
4. Donating beats the hassles and worries of selling.
5. Our Vehicle Donation Support Team is here to guide you every step of the way.
6. We help you take care of the paperwork and provide you with any necessary tax documents. Vehicle donations are tax-deductible.

To donate, call (855) 500-7433, or submit the secure online form at https://careasy.org/KCBP. We accept all types of vehicles that meet the following basic requirements: Vehicle has a clear title, is in one piece, is accessible for safe towing, does not need to be running.
Condemning Russia’s Invasion, Voices for Peace Say ‘War Is Not the Answer’

Russia’s military attack on Ukraine sparked anti-war demonstrations across the globe—including in downtown Moscow.

By JAKE JOHNSON, Common Dreams

Peace advocates across the globe reacted with horror and outrage Thursday to Russia’s military assault on Ukraine, a full-scale invasion that sparked anti-war demonstrations in Spain, Norway, Japan, and elsewhere—including downtown Moscow.

“Russia’s shocking invasion of Ukraine will inevitably lead to more fear, misery, and death,” said British MP Jeremy Corbyn, former leader of the Labour Party. “It is a frightening escalation of the ongoing crisis. Russia must withdraw its troops and return to diplomacy. If it does not, dark days are ahead for Ukraine, Russia, and all of Europe.”

Stephen Miles and Sara Haghdoosti of the U.S.-based advocacy group Win Without War sent a similar message, declaring in a statement that “there is simply no justification for the premeditated war we are now witnessing.”

“We strongly condemn this act of violent aggression by Russia,” Miles and Haghdoosti said, calling on the Biden administration to “use every diplomatic tool at their disposal to encourage Russia to cease its offensive.”

“Above all, our thoughts... are with the people of Ukraine,” they added. “War is inherently violent, deadly, and destructive, and we fear for the potential human costs of this violent escalation. While the news will likely be dominated in the coming days by troop movements and scenes of fighting, real people will be suffering, and we urge the media to not erase their humanity by solely focusing on the political leaders directing the very violence causing that suffering.”

Dozens have reportedly been killed as Russia continues its land, air, and sea invasion of Ukraine, bombing the country with airstrikes and fighting Ukrainian troops on the ground.

Aid groups are warning that the potential consequences of Russia’s assault on Ukraine could be catastrophic and global. Ukraine’s neighbors, including Poland and Romania, are preparing to accept millions of refugees fleeing for their lives.

The International Rescue Committee (IRC) said Thursday that “there will be far-reaching humanitarian implications across Europe and the globe, destabilizing the continent, straining resources of Ukraine’s neighbors, and impacting food supply for countries like Yemen, Libya, and Lebanon—already facing acute levels of food insecurity.”

The only way to avert such a nightmare scenario, observers and advocates argued, is an urgent return to the negotiating table—not an escalation by any parties involved.

“What we know for sure is that U.S. military intervention will only fan the flames of war,” argued the U.S.-based anti-war group CodePink. “War is not the answer.”

As airstrikes and shelling bombard Ukraine, it’s far from clear whether a diplomatic solution is in reach at present. The Kremlin said Thursday that Russian President Vladimir Putin is prepared to negotiate with Ukraine’s leadership regarding the country’s “neutrality,” an apparent reference to the nation’s ambition to join NATO.

Bridget Moix, general secretary of the U.S.-based Friends Committee on National Legislation (FCNL), called on Putin to “immediately withdraw all Russian military forces from all areas of Ukraine and to return to the table for diplomatic negotiation to resolve this crisis.”

“We urge all parties to remain at the negotiating table and to keep lines of communication and dialogue open and active,” said Moix. “Diplomacy is the only way this war will end.”

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Help Ukraine Now

Other Ways to Help: In addition to offering financial support, sharing accurate, fact-based information about the Russian invasion of Ukraine with your friends, family, and social media followers can help raise awareness about the situation. You can also choose to boycott Russian goods and services, a move that echoes the new sanctions announced by President Biden.

MORE All the listed charities below are registered in the USA and are 501(c)(3) Not-for-Profit organizations. Donations and gifts are tax-deductible to the full extent allowable under IRS regulations.

Ukrainian Congress Committee of America (UCCA). Donate to Humanitarian Effort
https://www.facebook.com/donate/1790857681112387

Revived Soldiers Ukraine. Donate to Treatment of the wounded and the provision of hospitals
https://www.facebook.com/donate/349402380213614/2361219087352065

Razom for Ukraine. Donate to Tactical medical training and emergency response in Ukraine
https://www.facebook.com/donate/1158240871580789/10223987229401655

Sunflower of Peace. Donate to Tactical medicine
https://www.facebook.com/donate/507886070680475/2099553790222204/

Razom For Ukraine has a comprehensive list of organizations helping Ukraine.

Connections thanks Julia Mensinger, Diana Loomis, and Feliks Samborski for their help in compiling this list. Some sources came from Forbes magazine.

ICAN condemns Russia’s invasion of Ukraine

The International Campaign to Abolish Nuclear Weapons (ICAN), the 2017 Nobel Peace Prize Laureate strongly condemns the Russian invasion of Ukraine and Putin’s threat to use nuclear weapons. War is never acceptable and Russian attacks on Ukraine, particularly using nuclear weapons, will have catastrophic consequences for civilians.

The international community must stand united in ensuring that we protect and support civilians, and strongly reject the violations of international law by Russia.

While all wars are unacceptable, ICAN warns that the recent Russian behaviour risks escalating the conflict to one involving nuclear weapons. Last week, Putin conducted a strategic nuclear weapons exercise, practising dropping weapons of mass destruction on civilians with intercontinental ballistic missiles, submarine launched missiles and bombers.

Even more concerningly, this morning Putin stated that: “No matter who tries to stand in our way... Russia will respond immediately, and the consequences will be such as you have never seen in your entire history.” in a thinly-veiled threat to use nuclear weapons. This amount to threats to use nuclear weapons, as prohibited under the Treaty on the Prohibition of Nuclear Weapons. It is clear from his words and actions that the use of nuclear weapons is always on the table and the risk of nuclear weapons use is increasing.

This conflict is already harming the civilian population. Adding threats to mass murder civilians with nuclear weapons does nothing to protect people. The only thing nuclear weapons do in this situation is elevate the risk of a massive humanitarian catastrophe.

We urge Russia, Belarus, and all other states to not engage in any military activities involving nuclear weapons, such as nuclear weapons exercises and other possible deployments of nuclear weapons. Belarus’ referendum on Sunday to revoke its nuclear-weapon-free pledge in its constitution adds fuel to the fire in an already tense time.

We urge the international community to strongly pressure Russia to engage in dialogue and diplomacy, to return to compliance with the UN Charter, respect international humanitarian and human rights law and join relevant treaties to reduce nuclear weapons risks, including the Treaty on the Prohibition of Nuclear Weapons.

ICAN: The International Campaign to Abolish Nuclear Weapons (ICAN) is a coalition of non-governmental organizations in one hundred countries promoting adherence to and implementation of the United Nations nuclear weapon ban treaty. This landmark global agreement was adopted in New York on 7 July 2017. The campaign was awarded the Nobel Peace Prize 2017, for their “groundbreaking efforts to achieve a treaty-based prohibition” of nuclear weapons. More information about ICAN can be found at: www.ICANw.org
On Civilian Harm: Comprehensive Book on the Realities of Civilian Harm

From PAX

What negative effects of the use of force do civilians experience in conflict beyond the direct, physical impacts? And how can we reduce both immediate and long-term suffering in future missions? We address these and other questions in our book On Civilian Harm.

In our work at PAX, we have identified three problems in how civilian harm by violent conflict is discussed. First, we need to overcome the outdated notion that war is too chaotic to really understand what is happening on the ground. Second, as a community of practice, we often fail to use clear and consistent language when talking about civilian harm. And finally, we noticed that public and professional attention is overwhelmingly focused on only a single, visible part of civilian harm – ‘the wounded and the dead’ – obscuring other negative effects that remain long after the fighting has stopped.

In On Civilian Harm, we explore the ways in which civilians are negatively affected by violent conflict, offer tools and language to discuss the phenomenon, make practical recommendations for civilian harm mitigation and raise questions for further debate.

Go to protectionofcivilians.org to watch the book launch, see a video about On Civilian Harm, to read the book online or download its individual chapters.
101 Financial Institutions Restrict Investments in the Companies Involved in Nuclear Weapons

Nobel Peace Prize Laureate ICAN (International Campaign to Abolish Nuclear Weapons) and PAX today released the 2022 ‘Don’t Bank on the Bomb’ Report ‘Rejecting Risk’, which found the number of financial institutions with policies excluding nuclear weapons are growing. Many financial institutions are citing the Treaty on the Prohibition of Nuclear Weapons (TPNW) as part of the justification for these exclusions in their policies.

The 2022 Don’t Bank on the Bomb Report, Rejecting Risk found:

One year on from the effective date of the TPNW, it is ‘making a difference’ - many financial institutions are citing the Treaty on the Prohibition of Nuclear Weapons (TPNW) for these exclusions in their policies.

101 financial institutions excluding nuclear weapon producers are highlighted in this report - 24 have been added to the list since last report in 2019.

The growing numbers of financial institutions listed in this report provides a snapshot of the emerging norm within the financial sector to avoid companies contributing to existential risks.

It has become increasingly common for the financial sector to recognise that it is embedded in a broader social context, and therefore has responsibilities to do more than make money at any cost.

This report shows exactly how the Treaty on the Prohibition of Nuclear Weapons is shifting norms and forcing the finance sector to reexamine their priorities, one year after entry-into-force of the treaty,” said ICAN Executive Director Beatrice Fihn. “The international nature of finance requires banks and investors to exclude this illegal and inhumane weapon, whether their state has joined the treaty or not.

She added, “These finance leaders are rejecting a new nuclear arms race.”

This report shows institutions representing more than $14 trillion with strict and comprehensive policies preventing any type of financial support for the companies involved in the nuclear weapons industry.

Susi Snyder, of PAX and author of the Report highlighted the positive findings:

“Investors know the best way to secure a prosperous future is to sever ties to illicit industries and now that the Treaty on the Prohibition of Nuclear Weapons is in effect, that includes the nuclear weapons industry.”

She also added, “When we talked to all of these investors, maybe the only thing they all had in common was that investing in nuclear weapons is controversial. Whether because of the industry’s negative history on human rights, or the risk to the environment, or their indiscriminate and inhumane nature, nuclear weapons are a problem, and no one should invest in that industry with impunity.”

Find the full report at: https://www.icanw.org/101_investors_say_no_to_nuclear_weapons

PAX works together with committed citizens and partners to protect civilians against acts of war, to end armed violence, and to build a just peace. More information about PAX can be found at https://paxforpeace.nl/

ICAN: The International Campaign to Abolish Nuclear Weapons (ICAN) is a coalition of non-governmental organizations in one hundred countries promoting adherence to and implementation of the United Nations nuclear weapon ban treaty.

NEW COURSE: Science of Nonviolence

From the Metta Center for Nonviolence

Nonviolence is a timeless phenomenon that requires interpretations for each age. For our age many people still feel that if something is not “scientific” (logical and amenable to experimental verification) it is not real. Fortunately, nonviolence is completely scientific, as Gandhi recognized, and the more science advances, the more insights it shares with us about nature in general and human nature in particular.

This course will illustrate the compatibility of nonviolence—its nature, history, and theory — with imaginative but rigorous scientific research, and will also address the anti-democratic politizcizations of science and how nonviolence fits into this story. As the course unfolds, in our work as a group and each individually, we will weave Gandhi’s autobiography, The Story of My Experiments with Truth, with select scientific findings that illustrate certain critical and emminently practical aspects of nonviolence, bringing to bear both the ancient art of nonviolence with the modern temper of science. Participants will find support to deepen their understanding of and commitment to the creative power of nonviolence for the enrichment of their spiritual development, relationships with others, and engagement in society at large, including addressing social and political controversies around science and democracy. Much more than an intellectual exercise (though a fascinating one) the more we understand nonviolence, the more it will help us discover and engage in the purpose of our life.

Facilitators: Metta’s founder, Michael Nagler, and executive director, Stephanie Van Hook, will co-facilitate the weekly discussions.

Where: Zoom, online

When: Fridays March 11, March 18, March 25, April 1 & April 8 from 10-11:30 am Pacific

Cost: This course is operating on a gift-economy basis, with a suggested donation of $200 for six weeks. All gifts to the Metta Center are tax-deductible. Donate here.

Required course resources: Gandhi’s autobiography, The Story of My Experiments with Truth, and a personal journal for reflection. (We have a nice one at our bookstore!) We will provide other reading resources and studies via pdf and links.

Successful completion of this course will count as 3 credits toward our 2022 Certificate Program in Nonviolence Studies.

Register here: https://www.mettacenter.org/whatsnew/course-science-of-nonviolence

Gandhi Searches for Truth: A Practical Biography for Children

Mahatma Gandhi was an ordinary child who sought to do something extraordinary with his life: discover Truth. In 12 short stories, this beautifully illustrated book chronicles Gandhi’s inner and outer journey from childhood to the independence of India. For both children and grown-ups, these stories explore how Gandhi discovered the key principles and tools of nonviolence, including concepts like “satyagraha” and “nonviolent non-cooperation.”

Most importantly, it addresses how we can bring his great message in our own lives and become peacemakers at any age.

The Everyday Resistance of Enslaved Women

By STELLA DADZIE

Studying history is like detective work—especially when the rebellion of Black women has been left out of the story.

In her new book, A Kick in the Belly, Afrocentric British historian Stella Dadzie describes how her research into slavery-era documents reveals the lives of enslaved Black women in the Caribbean colonies and the American South. The phrase “kicked in the belly” summarizes the abuse enslaved women endured—but they also resisted, rebelled, and kicked back. “These women’s response,” she writes, “can be seen as a metaphorical kick in the belly for those who tried and failed to dehumanize them.”

It was only with the rise of the American civil rights movement and its more militant alter ego, Black Power, that my understanding of the history I’d been taught in school began to evolve. I chanced across George Jackson’s Soledad Brother in a public library one rainy afternoon and became well and truly hooked. Books by Bobby Seale, Malcolm X and (joy of joys!) Angela Davis fed a hunger I’d even know I’d possessed. I read everything I could lay my hands on, especially history books. But as I searched for the missing pieces of the jigsaw, my suspicions were confirmed. Black people had literally been airbrushed out of the picture.

They were not alone. Feminists like Sheila Rowbotham and the more recently emerged Stella Dadzie were busy arguing that women had been “hidden from history” almost as successfully, while Marx and Engels had long since come to similar conclusions about the working class. Apparently, the names history had chosen to remember were highly selective—more about who wielded the most political clout at the time. No surprise, then, that my efforts to locate black women in this gaping void proved doubly fruitless. If the achievements of working-class white people were peripheral to those of kings and princes, women of African descent with their triple burden of gender, class, and race hardly got a look-in. I felt a growing urge to name some names, and maybe pour a libation or two to honor their memory.

I was a working mother before I could indulge this sentiment in any meaningful way. Armed with a distant ‘O’ Level in history class, a sabbatical year at London University’s School of Oriental and African Studies gave me the chance to explore at a postgraduate level questions that had been bothering me since primary school. With the writings of men like Frantz Fanon, Eric Williams, C. L. R. James and Walter Rodney tucked under my belt, I came armed with a healthy Afrocentric take on the subject and a tendency to side with the underdog. Both proved indispensable.

The challenge, as I saw it then, was to not get sidetracked by all the academic claptrap. My tutors had their clever postmodernist theories to mystify us with, but I could draw from real, lived experience. By then I had visited Saltpond, my father’s village in Ghana, and spent time traveling around Jamaica. Nothing about the vibrant, creative people I’d encountered in either country suggested dumb acquiescence. My thesis seemed pretty straightforward: it was the struggles between white masters and black slaves, oppressors and oppressed, that had led to the abolition of the transatlantic slave trade in 1807, and this in turn had paved the way for the slaves’ eventual emancipation a quarter of a century later. To credit the campaigning abolitionist William Wilberforce with this victory, as if he alone were responsible, was like crediting Christopher Columbus with the discovery of America – “a dyam, blasted lie.”

Of course, the deeper I delved, the more I realized things weren’t that simple. To view history in terms of absolutes, whether absolute truths or absolute lies, was to oversimplify a complex set of forces and circumstances that historians, if they are honest, can only ever guess at. It made no sense whatsoever to talk of “slaves” or “abolitionists” as homogenous groups who had acted in unison or spoken with a unanimous voice. Even established notions of race, class, and gender proved a blur of contradictions. By the end of that sabbatical year, the only conclusion I could embrace with any certainty was that the respective actions of the enslaved and those who championed their emancipation—diverse and disparate as they were—had combined with the economic imperatives of the day to work like a pincer until the abolition of the Africa trade became an increasingly urgent and persuasive option.

I came to realize that studying history was like detective work. However bloodied or one-sided the evidence, it could be interrogated and interpreted in an infinite number of ways. Then as now, lying by omission was common practice, and nowhere was this more apparent than in regard to black and brown-skinned women. The records, diaries, plantation inventories, abolitionist debates, much of the primary evidence, in fact, had either been written, compiled or interpreted by white males who assumed their experience was not only central but all-embracing. So, despite immersing myself in specialist history texts for months on end, my question continued to rankle: in over 400 years of slavery, with all of its documented horrors, what happened to the women?

I soon discovered that a growing number of Afrocentric historians, many of them based in the Caribbean, had been asking the selfsame question—women like Lucille Mathurin Mair, Barbara Bush, Pat Bishop, Erna Broder, Mavis Campbell, Beverly Carey, Elsa Goveia, Olive Senior, Monica Schuler, Verene Shepherd and Sylvia Wynter, to name a few. Men like Hilary Beckles, Edward Kamau Brathwaite, Richard Sheridan, and Michael Craton had also been doing invaluable research in this area. By delving into surviving medical and plantation records, reviewing parliamentary reports and newspaper archives, rereading old diaries and trawling through private letters, they had unearthed insights into the experience of enslaved women that not only challenged prevailing stereotypes but might otherwise never have seen the light of day. Their work has also helped to challenge the notion that the experience of enslaved people in the American South was all-encompassing, for while it was similar in many respects, it was by no means the same.

Thanks to this pioneering research, the extent to which Africa’s enslaved peoples were agents in their own emancipation is finally acknowledged, if only in specialist academic circles. How women contributed to this process is also increasingly documented, although the full extent and precise nature of their role is still debated. Strange, then, that over 200 years after abolition, despite this important sea change, our popular media remain fixated on the achievements of a handful of conscience-stricken white men, with the odd black man thrown in for good measure. If Hollywood is to be believed, enslaved people in the Americas owed their freedom to Abraham Lincoln, William Wilberforce, and a gun-wielding cowboy named Django.

The realities of ordinary enslaved women have stayed mostly off-screen, and for the few notable exceptions mentioned earlier, the same has been true of established historical texts on the subject, specifically those written by white male historians. From the earliest European descriptions of intransigent Maroons heading for the hills in the Caribbean islands to latter-day accounts of slave rebellions, black women have been largely conspicuous by their absence. On the rare occasions when they are mentioned, they tend to be viewed through the lens of a depressingly long tradition of academic misogyny, bolstered by some pretty crude and predictable sexual stereotypes.

As the planter “Monk” Lewis observed, black women were “kicked in the belly” throughout the period of slavery. Yet in many ways, these women’s response can be seen as a metaphorical kick in the belly for those who tried and failed to dehumanize them. To deny them their rightful place in
The enslavement of Africans by Europeans was, without question, one of the worst crimes ever perpetrated against humanity. Back in 2007, the 200th anniversary of the parliamentary act to abolish the British slave trade provided a rare (and largely missed) opportunity to highlight the role of its victims in bringing about its eventual demise. To have allowed that moment to pass without raising the profile of women was an added travesty. It’s time to place women center stage where they belong, fist in glove with the men. It was a long and arduous journey from slavery to freedom, but there is growing evidence to suggest that women were present every step of the way. A cornerstone of the plantation economy and increasingly the very key to its survival, enslaved women’s contribution to its eventual demise remains one of history’s best-kept secrets.

The evidence points to a distinctly female role in the development of a culture of slave resistance—a role that was not just central, but downright dynamic. Enslaved women found ways of fighting back that beggar belief. Whether responding to the horrendous conditions of plantation life, the sadistic vagaries of their captors or the “peculiar burdens of their sex,” their collective sanity relied on a highly subversive adaptation of the values and cultures they smuggled with them naked from different parts of Africa. By sustaining or adapting remembered cultural practices—be it music, storytelling, preparing food, administering medicines, fixing hair, birthing, and naming rites or rituals for burying their dead—they ensured that the lives of chattel slaves retained both meaning and purpose. This sense of self gave rise to a sense of agency so that over time, both their subtle acts of insubordination and their conscious acts of rebellion came to undermine the very fabric and survival of West Indian slavery.

In a nutshell, enslaved women made a distinctly female contribution to the advancement of the struggle for freedom—a contribution that deserves to be remembered, acknowledged, and honored across the African diaspora.


Stella Dadzie is best known for her co-authorship of The Heart of the Race: Black Women’s lives in Britain, which won the 1985 Martin Luther King Award for Literature. She is a founder member of OWAAD (Organisation of Women of African and Asian Descent), a group that emerged in the late 1970s as part of the British civil rights movement and was recently described as one of the “grandmothers” of Black feminism in the UK.

From Yes Magazine.

In Solidarity: A Public Conversation on Racism in Stanislaus County

WHEN: Thursday, April 28, 2022, 7:00 PM PDT
WHERE: Redeemer Modesto
820 H St., Modesto, CA 95354

About this event: In Solidarity is a public conversation held quarterly to raise the collective awareness of racism and its realities in Stanislaus County.

Be part of the community conversation! This conversation is open to all, with the hope of bringing together different people of all races and backgrounds, and to begin exploring how each person can contribute toward creating a connected and diverse community.

Share your experience and hear those of your neighbors. This event is free and open to all - refreshments will be provided.

Background of the Event: At its first public gathering on November 6th, 2021, nearly 200 community members registered to attend, and over 130 participants took part in the conversation held at Redeemer Modesto.

In Solidarity is structured to be rooted in small group conversations allowing for deep and meaningful interactions amongst participants. Highlighted community members are also invited to share with all participants their stories and experiences with racism in our home county. To learn more, visit https://www.eventbrite.com/e/conversation-on-racism-in-stanislaus-county-tickets-244139105637

To register, visit https://www.eventbrite.com/e/conversation-on-racism-in-stanislaus-county-tickets-244139105637

Look for CONNECTIONS online at: http://stanislausconnections.org/

Be informed!
Read the Valley Citizen at http://thevalleycitizen.com
Aileen Jaffa Memorial Youth Poetry Contest is Open for Submissions

By LYNN M. HANSEN, Contest Chair: National League of American Pen Women & MoST Poetry Center

In October of 1982 the Poets’ Corner Chapter of the California Federation of Chaparral Poets received its charter and became known as the “poetry center” of the San Joaquin region, later renamed as The Poets of the San Joaquin. Among the charter members was Aileen Jaffa, poet, artist, sculptor and retired agricultural reference librarian at UC Berkeley for 34 years. Author of over 3,000 poems, in 1984 she was the President of the Poets of the San Joaquin, past President of the Piedmont/Oakland Branch of the National League of American Pen Women and prolific writer. Aileen Jaffa is said to have composed her first poem at age 2 years, nine months, and her mother wrote it down. It is in this spirit of encouraging young writers and to remember poet Aileen Jaffa, the Modesto/Stanislaus Poetry Center in collaboration with the National Association of American Pen Women (NLPW), Modesto Chapter, sponsors a youth poetry contest, The Aileen Jaffa Young Poets Contest, each spring.

Guidelines

To participate, youth must be enrolled in a Stanislaus County school Grades K through 12. There is a $1 entry fee for each poem, up to three submissions, submitted.

Poems will be judged by adult poets who are knowledgeable about young people’s work. Any poem that shows evidence of plagiarism will be disqualified. Poems may be in any style, but no longer than 24 lines. No simultaneous submissions of poems to Poets’ Corner or other contests. Two copies of each poem must be submitted: one copy should contain the title and poem, but no identification of the author; the other copy should contain the student’s name and a copy of the entry form below, and the $1 entry fee.

Poems submitted will be placed in categories according to the student’s year in school: 1. Grades K-3; 2. Grades 4-6; 3. Grades 7-9; 4. Grades 10-12.

First, Second and Third place winners in each category will receive cash awards from the contest sponsors. Prizes are First place $25, Second Place $15, Third Place $10. In addition, the Modesto Chapter of NLPW will award a $60 Aileen Jaffa Outstanding Poem award in each of two combined categories: Categories 1 and 2, and categories 3 and 4.

The deadline for submissions is April 4, 2022. Winners of the contest are invited to present their work at the Carnegie Arts Center, 250 N Broadway, Turlock at 2 p.m. Sunday, May date TBA, 2022.

Complete the form below and attach to each poem. Submit entries by mail to MoST Poetry, P.O. Box 578940, Modesto, California 95357. For more information, contact info@mostpoetry.org

Fill out and attach a copy of this form to one copy of each poem

Name ________________________________
Boy _______ Girl _______ Grade ____________
Address _____________________________________________
Phone _____________________________________________
City __________________ State ______ Zip _____________
School _____________________________________________
Teacher _____________________________________________ Teacher’s email: __________
Title ______________________________________________

I certify that the above poem is my own original creation

(Signed) ________________________________
A New One

I do not know the woman who messaged me out of the blue.
But the lines we’ve exchanged wrote a drama of betrayal,
about a small boy with round eyes that I once kissed.
But soon, her silence and pictures painted the turn of his redemption.

Some days, I remember:
how much I used to bleed --
to try and be
her.

To take pain,
with grace that runs in the veins of women of my
bloodline.
But instead, I shook on the kitchen mop,
and cried on Berkeley sidewalks.

The boy and I were both bodies that struggled with emotion.
I saw the potential - felt so much that I didn’t know how to help myself.
He saw the potential - played the victim and knew exactly how to help himself.

Facebook shows--hints of him inside her jokes,
And I wonder if he placed those there too.
Sometimes,
I wish them well,
others I pray she would grow the spine
that I willingly shattered,
trading handfuls of crushed conviction for his affection.

So tell me:
How does a spineless soul escape a sociopath?
And bury his history?

Does she hide in smiling silence,
wash his scent--with other men?
Fill her time so she’s out of her mind,
And fly her body to another country?

But even from across the world,
the new woman,
ally or accomplice,
has caught me by my buried chain.

So now, with those links that she and I have exchanged,
I – will trade for those of heroes and thieves that have tread since then.
Re-build a spine by piece and line,
until I walk with a mosaic back.

Odds

My sex-ed class in Arizona said there is a 1 in 4 chance one will get an STI
Forgot the 1 in 4 chance of domestic violence that can’t be saved by abstinence

The same school told me I was good at math.
So I made my romance a game of probability:
What are the chances he gets jealous if I stay out tonight?

What are the odds of a five-hour apology for
A split separation from my phone -
How many calls will be missed and
how far will he deviate from standard behavior?

What are the odds that I don’t cry this time we fight -- or on this flight
To vacations that I would trade for amnesia
To forget repeated forgiving that bleed to foreshadowing.

The challenge of navigating post-traumatic stress
Is that there is no topography of his duress,
I have no guide around the scars and landmines in his
mind.

Is he still fighting time bombs or becoming one?
If I don’t rush to his burning whim,
What are the odds that he will self-destruct
Trapping me with him in the rubble?

And what are the odds of having two victims, together
One - of internalized bullets, LA streets and the Middle East
And the other - caught flat footed in crossfire?
And what are the odds that all this, is my inherited inevitable fate
When I trade my identity for a need to please.

Before each deployment - I make a desperate blind stab at autonomy and separation,
Which is, to willingly roll the dye:
What are the odds he comes back alive?

This is a poem to honor all those who try. The title is a quote by Alexandria Ocasio Cortez:

“The power is in the person who is trying”

What do we call –
The shaking ribcage
Rubbed eyes
Extended exhale

at our desk,
inside bathroom stalls,
or behind steering wheels?
A silent prayer, a reticent plea.

You will see us:
Smile into the stoic camera at dusk
Stare into space to count tasks like stars
Shout at the screen after it dims dark.

Why do we put ourselves through hope and heartbreak?

For full playgrounds, truthful classrooms, open libraries.
so those who dare to reach can have a chance to succeed.
To amplify cultures, abilities and identities we represent
and the right to never be touched without consent.

The ceaseless preparation for an opportunity to rise,
the right to look in your eyes and say we’ve tried.

Don’t call us heroes.
We may not save you.

Don’t call us martyrs.
We may not sacrifice.

Don’t call us critics.
We are too marred to speak from the sideline.

Don’t call us givers, saviors.
We may not provide, or open our arms wide
At your request.

What we can promise,
Is to wake each day with eyes scanning the arena.
When the bell rings for truth and justice,
To take one more step
To hope. To fight. To try.

– Jenny Tang
Selected Programs on KCBP 95.5 FM, The Voice of the Valley

Streaming on www.kcbpradio.org
PSAs in English and Spanish broadcast multiple times a day about Covid-19 vaccination, produced by the West Modesto Community Collaborative.

New Programs:

Beethoven to Bernstein - Classical music ranging from Beethoven to Bernstein. Big hits from well-renown composers - Chopin, Tchaikovsky, Strauss, Ravel, Copland - and many more, mostly in the form of orchestral, chamber, and piano music - Saturdays, 10:00pm.

The Not Old – Better Show - fascinating, high-energy program of big-name guests, inspiring role models, interesting topics, with entertaining host, Paul Vogelzang – Fridays, 2:00pm, Saturdays, 12:30 pm.

Mars Radio – Hip-Hop Show - Music, interviews from local & regional artists - Fridays, 8:00pm

Bucks Stallion’s Radio Transmission Emporium - Cyber Music - Sundays, 1:00 am

I’ll Take You There - A musical journey with Modesto’s El Comandante - Saturday, 5:00pm; Sundays, 9:00pm.

Down on the Farm - topics important for our San Joaquin agriculture with Madera organic farmer, Tom Willey - Saturdays, 6am & 8pm.

AREA 5150 UFO RADIO – Saturday night at Midnight.

Locally Produced Programs

KeeHive - LaKiesha McDonald talks with men and women who have overcome great odds. Mondays & Wednesdays, 7:00am

I-On-Modesto - John Griffin interviews local people who reveal their inspiring stories. Mondays & Fridays, 10 am and Wednesdays at 9 pm.

Arts of the San Joaquin Valley with Linda Scheller - Mondays, 8:00pm; Tuesdays 9:00 am & Wednesdays 8:00 pm. Listen here: https://anchor.fm/kcbp and on Spotify

Women of the Valley with Linda Scheller and Leah Hassett - 8:00pm Tuesdays & Thursdays & Wednesdays, 9:00am. Listen here: https://anchor.fm/kcbpwotv and on Spotify.

The Peril and the Promise with Pegasus - Wednesdays, 9:30 pm; Saturdays, 2:30 pm; Listen here also: https://anchor.fm/kcbp-peril. Recent show focuses on Project Censored.

Modesto Sound - California Audio Roots Project (CARP) - Wednesdays 11:30am, & Sundays 11:00am & 5:30pm.

Where We Were - Fascinating local history with Felton Daniels. Monday & Thursdays 9am. Friday 8:30pm; Sunday at 11:00am & 4:30 pm.

Local Music Programs

Modesto Area Music Awards (MAMA) with Middaggh Goodwin – Mondays 5:00pm; Fridays 9:00pm & Saturdays 6:00pm.

Freak Radio with Christian E. Boyett, 6pm Thursdays. Replays Saturdays, 9pm & Tuesdays 11pm.

This is SKA with Middaggh Goodwin - Tuesdays, 9 pm; Fridays, 11pm; Sundays, 6 am.

I’ll Take You There - A musical journey with Modesto’s El Comandante - Saturday, 5:00pm; Sundays, 9:00pm.

Weekdays (Monday - Friday)

Various musical programs during the noon hour: Oldies, Jazz, Old Piano.

Sounds Irish Music from County Wicklow - Saturdays, 7:00 p.m.

Dead Air - Hear the Grateful Dead with Corey Daniels. Fridays, 6pm; Saturdays, 3 pm

Attitude with Arne Arnesen – 3:00pm. Political and social issues.

Celtic Diaspora Concert at “Sunday Afternoon at CBS”

WHEN: Sunday March 6, 3:00 to 6:00 p.m.
WHERE: Congregation Beth Shalom, 1705 Sherwood Ave., Modesto, CA 95350

Where did the Celts come from? Where did they go to? What is Celtic Music…or Celtic influence music? These are some of the fun questions investigated by Opera Modesto’s 14 wonderful singers and instrumentalists in the Celtic Diaspora concert. The central valley performers come from diverse backgrounds and represent a wide range of experiences, ages, and musical interests. Opera Modesto’s General Director, Roy Stevens, will narrate the concert, connecting the dots.

There will be music that fits everyone’s obvious definition of Celtic music (Danny Boy, Loch Lomond, etc.), interspersed with music from other countries and languages that relate in some way to the Celtic Diaspora.


ACTION! Get your local organization to sign on to this effort. How? Email Jim Costello at jcostello@ige.org for information.

Follow closely “Forward Together”— An initiative focused on police-community relations started by the City of Modesto at https://www.modestogov.com/forwardtogether. And watch for news about Sheriff Dirkse’s “Project Resolve.”
HOUSING: A Use for a Former Modesto Golf Course

By SHARON FROBA, NAACP Housing Chair

Our county is in dire need of housing. The California Housing Partnership, the organization that researches housing needs of California’s fifty-eight counties, reports that 15,485 households in Stanislaus County are in search of affordable housing. Seventy-five percent of the households spend over 50% of their monthly income on rent and utilities. They are one catastrophe away from homelessness. The Modesto City Council will eventually decide what to do with the city-owned 54 acres of the former Municipal Golf Course on Tuolumne Boulevard.

The Modesto/Stanislaus NAACP is advocating that the City Council use the land for mixed workforce housing, housing for people earning an hourly wage of between $15 and $25 an hour. If you agree with us, please let our council members know by emailing, phoning, or on Zoom with your comments. You can also appear in person at a Council meeting: first, second, and fourth Tuesdays at 5:30 p.m. in the lower level of City Hall, 1010 10th St.

City Council Office: 1010 10th St., Modesto, CA 95354, P.O. Box 642, Modesto, CA 95353

Phone: 209-571-5169 — If you have difficulty Zooming or emailing or following the directions below, call this number for help during regular business hours. Fax: 209-571-5586.

For a list of council members and their emails, do the following:
1. Go to modestogov.com.
2. Click on Government.
3. Click on City Council.
4. Scroll down to Council Information.
5. Under About the City Council, click on Council Members. Their email addresses are included.

For a Zoom link to a meeting, do the following: Follow steps 1 - 3 above
4. Scroll down and click on Meetings and Agendas.
6. Click on Upcoming: A Zoom link will appear no more than 72 hours before the meeting.
7. Follow the instructions for Zooming.

A Possible Housing Incentive for Modesto? The Prohousing Designation Program

Increasing the availability of housing statewide is critical to bettering the quality of life of all Californians and to ending homelessness. The 2019-2020 Budget Act provided a spectrum of support, incentives, and accountability measures to meet California’s housing goals, and provided for the establishment of the Prohousing Designation Program. The Prohousing Designation Program provides incentives to cities and counties in the form of additional points or other preference in the scoring of competitive housing, community development, and infrastructure programs. The California Department of Housing Development (HCD) established the Prohousing Designation Program to administer these incentives.

To be eligible for a Prohousing Designation, a jurisdiction must receive a minimum score of 30 on its application – the City of Sacramento attained a score of 64. Actions taken by the City of Sacramento to help attain the Prohousing Designation include but are not limited to the following:

- Eliminated parking requirements citywide for Accessory Dwelling Unit (ADU) developments.
- Expanded residential and mixed uses allowed by-right
- Eliminated maximum density for mixed-use projects.
- Reduced parking requirements for affordable and senior housing, small lots, and vertical mixed-use developments and went above and beyond by offering incentives for higher density developments near transit by eliminating or reducing parking requirements.
- Possesses a Master Environmental Impact Report to streamline development as well as multiple specific area plan EIRs in a multi-faceted strategy to streamline development.
- Single-unit, duplex, and multi-unit dwellings permitted by right.
- Eliminated requirement that projects of 150+ dwelling units require a planning and design commission public hearing.
- Created objective, citywide infill housing design standards for all housing and mixed-use developments of two or more dwellings.
- Reduced development impact fees for new affordable dwelling units - $0 rate for regulated affordable units up to 120% AMI.
- Eliminated housing impact fees for mobile-home parks, owner occupied single-family, affordable units, high-density housing and ADUs.
- Adopted policy for Enhanced Infrastructure Financing Districts (EIFDs), most recently the Aggie Square EIFD with a 20% set aside for affordable housing.
- Adopted transit-oriented development land use zoning overlay.

For more information on HCD’s Prohousing Designation Program, please visit the HCD Prohousing webpage.

Questions: Did Modesto and/or Stanislaus County participate? If so, what was the score? If not, will they?
MODOPE PEACE LIFE CENTER ACTIVITIES

Modesto Peace/Life Center VIGILS: Held THE FIRST WEDNESDAY of the month at McHenry Ave. and J. St. (Five points), 4:00-5:00 pm. Call the Center for info: 529-5750.

MEDIA: Listen to KCBP 95.5 FM Community Radio, the “Voice of the Valley” also streaming at http://www.KCBPradio.org

PEACE LIFE CENTER BOARD MEETING, FIRST Thursdays, 829 13th St., Modesto, 6:30 pm, 529-5750. Meetings on Zoom. Email Jim Costello for login information, jcostello@sic.org

PEACE/LIFE CENTER MODESTO, 829 13th St. Call 529-5750. We’ll get back to you with current info on activities. NOTE THE CENTER’S NEW ADDRESS.

Pagan Community Meeting, 1st Thursdays, Cafe Amore, 3025 McHenry Ave, Suite B, Modesto, 8 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

FRIDAYS

OUT on a Friday Night, a social and discussion group designed for individuals who identify as transgender, Non-Binary, or any identity on the transgender spectrum. Every Friday at 6:00pm at the Central California LGBTQ+ Collaborative 1200 H St., Suite D, Modesto CA. (Ages +18). Contact Katalina Zambrano: 209-412-5436.

Overcoming Depression: small group for men & women. Every Friday, 7:15 pm. Come to the Community Center, 17900 Comox Rd, Manteca, CA 95336, (209) 825-1220.

Friday Morning Funstrummers Band Rehearsal. Donation 9:15am to Noon. College Avenue United Church of Christ, 1341 College Ave., Modesto. 209-505-3216, info@funstrummers.com

Latino Emergency Council (LEC) 3rd Fridays, 8:15 am, El Concilio, 1314 H St. Modesto. Info: Dale Butler, 522-8537.


Mujeres Latinas, last Friday, lunch meeting, Info: Cristina Vallego, 549-1831.

Hispanic Leadership Council, 3rd Fridays at noon, 1314 H St., Modesto 95354. Questions? Yamilet Valladolid, yamiletv@hotmail.com

SATURDAY

New HIV support group: ‘NET Peer Support Group meets at the LGBTQ+ Advocacy Center, every 1st and 3rd Saturday of the month from 12-1pm. Focuses on supporting individuals with their struggles regarding HIV and AIDS. Providing information about community resources for promoting wellness with an emphasis on LIVING! Central California LGBTQ+ Collaborative, 1200 H St, Suite 2, Modesto. Contact Vincent, 209.505.2863.

12-Step/Buddhist Meeting starts with a 30-minute meditation and then open discussion. Held every second Saturday, 4:30 to 6:00 pm, 2172 Kiernan Ave., Modesto at the UUFC in Sarana (small building, rear of the east parking lot). Freely-offered donations welcome. Information: 209.606 7214.

Free Community Drum Circle every third Saturday, 3 pm, Deva Café, 120 J St., Modesto. No experience or drums necessary to participate. All levels welcome. Information: 209-505-3216.

Recovery Refuge: A Buddhist Approach to Recovery from Addiction. @Friends Of Coming of Age, 1203 Tully Rd., Ste. B, Modesto. Saturdays 8-9 am. FREE (donations accepted). Info: refugeRecoveryModesto@gmail.com

Divine Feminine Gathering. Join us for a time of ritual, song and conversation as women come together to celebrate one another and the Divine among us and within us. 3rd Saturday of the month, 3:30-5:00 pm. Stockton, CA. Contact Rev. Kiana, 209-841-1500, Rev. Kiana@gmail.com

So Easy ~ So Good: Vegetarian/Vegan/Wannabe Group. Potlucks, guest speakers, field trips, activist activities, movie nights, etc. Third Saturday of every month. Info: kathyhaynes@stanpride.org or SoeasySusan@gmail.com

DEADLINE to submit articles to CONNECTIONS: Tenth of each month.

Submit please, justice, environmental event notices to Jim Costello, jcostello@sic.org

Free Calendar listings subject to space and editing.
Do you need help with rent or utilities?

You may be eligible for the CA COVID-19 Rent Relief program.

Financial assistance is available from the State of California for income eligible renters and their landlords who have been impacted by COVID-19 and have past due rent or utilities, or who need help with upcoming rent or utilities.

Both renters and landlords are encouraged to apply.

Assistance is available for unpaid rent dating back to April 1, 2020, or for future utility payments, which will both be compensated at 100% of cost, limited to a total of 12 months, and paid directly to the utility provider.

- Assistance from the CA COVID-19 Rent Relief program does not count as earned income and will not affect eligibility for any other state benefit assistance programs.
- All applicant information is kept private and will not be shared.
- Income eligibility applicants may qualify regardless of immigration status and will NOT be required to show proof of citizenship.

How do I apply?

To check eligibility and apply, visit HousingIsKey.com or call 833-430-2122.
For in-language assistance, to get help with eligibility requirements or filling out an application, schedule an appointment with a local organization near you by calling 833-687-0967.

*The CA COVID-19 Rent Relief program is an official State of California sponsored program.
Paradise Medical Office offers health care services to members of the LGBTQ+ Community. The services are available to patients of all ages.

SERVICES PROVIDED:
- Gender-affirming Hormone Therapy
- Gender-affirming Surgery Referrals
- Smoking Cessation
- Nutrition and Exercise Counseling
- Community Resources
- Family Planning
- Infectious Disease Screenings and Treatment
- PrEP (Pre-exposure prophylaxis)
- PEP (Post-exposure prophylaxis)
- Cancer Screenings
- Mental Health and Counseling Referrals
- Alcohol and Substance Use Treatment and Referrals
- Family meetings to educate on gender and sexuality

INSURANCE ACCEPTED:
- Health Plan of San Joaquin Medi-cal
- Health Net Medi-cal
- Straight Medi-cal
- Medi-care/Medi-Cal and Uninsured patients

PARADISE MEDICAL OFFICE
401 PARADISE RD, MODESTO, CA 95351
CALL FOR APPOINTMENT:
(209) 558-5680 | (209) 558-5094