The Peace Resource Center community is deeply saddened by the deaths of Alton Sterling in Baton Rouge, Philando Castile in Falcon Heights, Delrawn Small in New York City, and Alva Braziel in Houston and Officers Thompson, Zamarripa, Krol, Ahrens, and Smith in Dallas. In our own city, we grieve with the family of Jonathan DeGuzman and hope for the recovery of Wade Irwin. We extend our deep sympathies to families and friends during these times of grief and despair.

We join the growing demand for thorough, transparent and independent investigations into the violent deaths of the past few weeks. The jump to judgement by officials and media is creating a double standard of justice that is unacceptable. Each death must receive the same due diligence and individual accountability.

Here in San Diego, we remember our own victims of police killings. People like Fridoon Nehad shot for holding a pen and Vincent Ortega shot in the back of the head while handcuffed. Research by United Against Police Terror has counted 593 deaths of civilians by law enforcement in our county since 1980 - the majority people with black or brown skin.

From a broader context, the system itself is the problem. America has a culture of accepted violence that reverberates down to our police and our communities. We are conditioned to accept violence as the norm, from military invocations of patriotism to the ease of gun access, to the recruitment of our teenagers through ROTC.

This systemic crisis is deeply rooted in racism and power and requires systemic change. Elements of this include strong communities and:

- Strong, independent community oversight of police practices
- Transparent accountability procedures on police behavior and training
- De-militarizing local police training, equipment and practices
- Community peacekeepers that collaborate with residents on matters of safety and security
- Establishing community-oriented police training that emphasize community engagement and conflict de-escalation at all levels of policing
- Decriminalizing debt and stop the use of police as loan collectors
- Replacing our bail-and-fee-based court system with real justice meted out in relation to the harm done rather than how much money one has
- Demilitarizing our schools and removing police presence
- Strengthening peace and alternatives to violence studies in our schools
- School curricula that studies all peoples’ roots, histories and experiences, rather than focus on “white” studies
- Restorative justice as a humane alternative to incarceration
- Countering the national propaganda that glorify war and demonize peoples

Save the date!
The Peace Resource Center will be hosting a member appreciation event to celebrate you, the wonderful people who make our work possible. Join us for the Meet and Greet on Saturday September 10th from 2:00-4:00pm at the PRC.
There are many opportunities to change the system from one of violence and oppression to one of peace and collaboration.

Only when the system changes, will these killings finally end and true justice be served. It will take all of us working together to stop the violence from claiming more of our brothers and sisters. Systemic change requires us to join each other in the streets and demand better. There are many actions and groups working on police oversight here in San Diego. Go to a meeting, a rally, a community forum. Turn on your cell phones, as one mother of a victim of police brutality advised, and video what you see. That video can save a life, help secure justice, educate others unaware of the crisis.

The Peace Resource Center invites the San Diego community to a memorial for those killed by police in San Diego – to remember those who were killed, to honor what we lost, and to remember what we ourselves must do to end the violence.

Join us on Saturday September 10th at 4:30pm following the Meet and Greet at the Peace Resource Center around the peace crane for this memorial.

Please consider joining us for these upcoming events:

During this transitional time for the PRC, we hope to hear your voice to guide us into a new chapter of our 26-year history. This is a pivotal time for our organization and we are looking forward to visioning with you to make our community and world a more peaceful and accepting place.

PRC Meet & Greet:

Saturday September 10 from 2:00-4:00pm, the PRC will be hosting a Meet & Greet at our office space in the Friends Center. This will be a time to chat with other members, enjoy some light refreshments, and help the PRC brainstorm and vision for the year ahead. We hope you can join us.

Peace Week Events:

Saturday September 17 from 9:00am-3:00pm, the PRC will be hosting an event to kick-off Peace Week at the Friends Center. This event is called Removing the I from violence, what is your peace quotient?

There are many other wonderful events taking place this week in celebration of the UN International Day of Peace on September 21st. Please check our online calendar for more details.

Souper Supper:

Sunday November 20 at 6:00pm, we will be hosting a dinner event at the San Diego First Church of the Brethren. This fundraiser is an opportunity to gather and celebrate another year of PRC work over a supper of soup and bread.

Holiday Bazaar:

Saturday December 10 at 9:00am, the PRC will be sponsoring our annual Holiday Bazaar at Mid-City Gym. Come join us for food vendors, local artisans selling crafts, and live entertainment. What better way to celebrate the holiday season than this wonderful event supporting our local small businesses?
CHILDREN AND NONVIOLENCE: Peace Education

Our last BVS volunteer, Denise DeGeorge, compiled a wonderful resource for the PRC entitled: Introduction to Practicing Nonviolence with Children: A Resource for Families and Teachers. We wanted to share part of this booklet with you and we hope that you will view the whole thing on our website in the resources section.

Mindfulness Training Enhances Relationships

New research shows that when adults participate in mindfulness training, there are positive effects, including improved anger management and adult-child relationships. Teachers who have had mindfulness training showed lower stress levels, burnout rates, and positive changes in teacher-student interaction.

What is mindfulness? One model of parent training includes these five dimensions: Listening with full attention, non-judgmental acceptance of self and child, emotional awareness, self-regulation by the parent and compassion for self and for child. Mindfulness education with young people, from preschoolers to adolescents, is proving to have numerous positive effects too. Improvements in academic performance, social competence, self-regulation and a lessening of anxiety are a few of these gains.

Classroom Meetings and Restorative Circles

The ritual of meeting in “Circle” has been a staple of indigenous communities since time immemorial. Circles bring everyone face to face; when someone shares, all can experience that person’s point of view, at least momentarily.

Restorative circles are the proactive end of the Restorative Justice movement. Practitioners take time to build community. This takes place as each person takes a turn in the circle to answer an open-ended question. “What do you like to do on Saturdays?” “What is a place that is special to you?” “When do you feel respected?”

As individuals begin to connect to their community, there is also a growing sense of responsibility to the other members. This is important because conflict is inevitable in any community, and harm (physical or other) can be the result.

The circle can then become the container for healing harm. The person harmed can give voice to their feelings. The person who caused the harm is given a chance to make things right.

Other uses for circles include: making plans (for a field trip, a guest, a substitute teacher), to process change, to reflect and debrief from experiences. Students can monitor and share their progress in a check-in circle. Check-out circles prepare young people to take leave for a weekend and prepare them for the following week. Hellos and goodbyes can be done in the circle.

Serious offenses can be dealt with in smaller circles, called conferences, often including the families of those involved. Suspensions may be foregone in favor of an action plan to repair the harm. Since being suspended or expelled is associated with entrance into the criminal justice system, then curtailing suspensions interrupts the school-to-prison pipeline.
Recent happenings:

Workathon 2016: We are happy to announce the Workathon this year raised $2,100.00 for the PRC to continue our mission of promoting peace. Our project site was Familia Indigena Unida/ACCESS and we were able to paint, clear space for a community garden, organize the library, and help clean up their property. We are grateful for our continued partnership with Project YANO to make this event possible every year.

Staff updates:

We are excited to welcome Emily Landes as our new BVS volunteer.

We would also like to express our gratitude to Peta Hinds-Lametti for serving as our Interim Program Coordinator until September.

Left: Pictured here at the Workathon with Peta on the right, Anne Barron in the middle, and Emily on the left. They are hard at work registering our volunteers at the sign-in table.

The PRC would like to welcome Emily Landes who is joining us from Denver, Colorado. Emily is a recent college graduate, leaving Marquette University with a degree in International Relations and a focus in Peace and Justice Studies. She has experience working as a Nonviolence Educator and as an administrative assistant at another peace center. Emily will be taking on our Peacemaking Partners project with Rowan Elementary School and many other tasks at the PRC. Emily is a Brethren Volunteer Service member and will be serving with the PRC for the next year. Welcome Emily!

The PRC would like to say many thanks to Peta Hinds-Lametti for diving into the position of Interim Program Coordinator. She has been an incredible help to us as we explore the next steps of the PRC and we are grateful that she will be with us until the end of September. She will be stepping down from her staff position at the PRC but will continue her service on the board. Thank you to Peta for being an essential part of our work at the PRC and we wish you the best as you accept your new and exciting full-time position at Urgent.ly Roadside Assistance.

The Peace Resource Center depends on community support (YOU!) to continue our work.

To donate or begin/renew membership, either return this coupon to: PRC, 3850 Westgate Pl, San Diego CA 92105.
Or go online to PRCSD.org for more options, including credit cards.

| ] Sign me up! Yes, I agree to the PRC Purpose and Code of Ethics. Enclosed are my membership dues for a year: $40 Individual  $25 Student/senior/low income  $50 Family  $50 Organization  $100 Sustainer |
| ] I love the PRC! Enclosed is a donation of $__________ for general operational support. |
| ] Please send me information about how I can volunteer with the PRC. I am especially interested in ____________________________________________________________________ |

Name __________________________________________ Email ____________________________ [ ] Do NOT add me to e-list.
Address ________________________________________ Phone ____________________________