

“

When the power of love overcomes the love of power the world will know peace”

-Jimi Hendrix

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PARTICIPANT SPOTLIGHT



DR. SYLVESTER O. MEADOWS (AAS, BDS, CHAP, MPH, MHRM, DPH, FICD)

Dr. Meadows joined and became a board member of P-CoC two years ago. He loves the fact that P-CoC addresses societal triggers impacting the neurobiology of racial and color inequity behaviors at its core, bringing elements that reinforce racism and colorism to the surface and advocating for a solution-oriented problem-solving approach to foster an equitable co-existence for all. As a United States Army Veteran, Dr. Meadows solely believe that it is not how long we live, but what we donate to life that truly matters. The earth will be a better place when we rise above our egocentric individualistic concept to the broader concerns of humanity in its equality, justice and fairness. He is proud to be a board member of P-CoC and would like to thank every board member and volunteers of P-CoC for their impact on humanity

NATIVE AMERICAN HERITAGE MONTH



1. Sitting Bull

Sitting Bull (1831-1890) was a Hunkpapa Lakota Sioux chieftain notable for his staunch opposition to the United States government's efforts to remove Native American land and force them onto reservations.

2. Sacagawea

Sacagawea (about 1788-1812) was a Lemhi Shoshone woman who worked as a guide and interpreter on the Lewis and Clark Expedition.

In 1804, the explorers Meriwether Lewis and William Clark engaged her as a teenager to assist them navigate the newly acquired Louisiana Territory and communicate with the Native American tribes they encountered.



3. Pocahontas

Pocahontas (1596-1617) was a Powhatan princess who notably assisted English colonist John Smith and served as a go-between for her tribe and the colonists. She was the daughter of Chief Powhatan and was born in modern-day Virginia.

4. Geronimo

Geronimo (1829-1909) was an Apache warrior and commander who fought against the United States government's attempts to relocate Native American tribes to reservations. He was born in modern-day Arizona and rose to prominence as a warrior at an early age.



5. Wilma Mankiller

Wilma Mankiller (1945-2010) was a Cherokee activist and the first woman to serve as Principal Chief of the Cherokee Nation, the United States' biggest Native American tribe. She was born in Oklahoma and raised in California, where her family had relocated in the 1950s as part of the Indian Relocation Act.

Link to Sources

- <https://www.loc.gov/classroom-materials/immigration/native-american/>
- <https://www.history.com/topics/native-american-history/native-american-timeline>
- <https://www.havefunwithhistory.com/famous-native-americans/>

RECENT EVENT

Tabling at Chappaqua farmer's market

Support and Advocacy Team

Despite rainy weekends, the stalwart participants of P-CoC persist in efforts to reach out so our neighbors can learn more about us!



ANNOUNCEMENTS

To Current and Prospective P-CoC Scholars

Sahej Chohan is starting a new chapter as a medical student and will be working with college students, the Young Adult Forerunners (YAF). We wish him success in his academic journey.

We're excited to announce our new Student Ambassador Leader Trailblazers (SALT) liaison, who happens to be one of our own, Amy-Ruth Gyang.

We have exciting plans and ideas to strengthen our high school team, focusing on empowerment, college readiness, and networking.

Join us for our upcoming meeting on Saturday, November 4th at 11 am via Zoom.

For more information, please email us at students@p-coc.org.

Elder childcare caregiver spa day

A participant through the P-CoC Expert Resource program is offering a Spa Day Experience for elderly individuals who have voluntarily taken on the responsibility of caring for children of their indisposed relatives.

Support for victims of conflict

P-CoC is committed to assisting families affected by ongoing ethnic conflicts, extending a warm welcome to both Palestinian and Israeli individuals and families seeking support. We hope to provide help and support to those in need.

UPCOMING EVENT

Improving from the "Better"

Education Program & Support & Advocacy Team

Sunday November 19th from 3:45 - 5:45pm

Marriott Hotel

5 Executive Boulevard , Yonkers, New York, USA, 10701

The event's primary goal is to inspire a commitment to ongoing improvement. Discussions will revolve around the valuable lessons learned during our journey towards promoting equitable coexistence in our communities. The event's theme draws inspiration from the words of Maya Angelou: "Do the best you can until you know better. Then, when you know better, do better."

See flyer under events Happening Now for details.

P-CoC Inc Mission

A professional charity society laser-focused on race and color equity for persons of color, supporting ethnicity, cultural expression, fair treatment, and education for all

Contact PR Team at: pcorelations@pcoc.org

HAILS AND WAILS

From wail's despair to empowered sail, Survival's journey, becoming a hail

Kristina Catalan, an affiliate of P-CoC Inc., bravely shares her inspiring story as a mother who faced domestic violence while navigating life as a person of color to support her children. Her journey is a testament to resilience and strength. Click link to hear more

<https://youtu.be/N-u-J6fGKYA?si=SqoZnPNhPHYZtA9r>

Black Dolls and White Dolls

Dr. Lang had the good fortune to attend an event in Hastings on Hudson that featured Minnijean Brown-Trickey, one of the Little Rock Nine.

P-CoC is looking forward to next year's 70th anniversary of the historic 1954 Brown v. Board of Education Supreme Court ruling .



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