

AND WE
Rise

KU c HASSELL WOMEN OF
COLORS Retreat 2016
#KUVOC

Women of Color
make the world
go round





I should not, I will not have to choose between my education, starting a family, marriage, a career. I will be all, do all, and be great.

I am happy for a marriage, for a child but am in

Love with my education, with my now!

Be you, Be great in whatever that may be.

YOU

ARE

rupi kaur

i want to apologize to all the women
i have called pretty
before i've called them intelligent or brave
i am sorry i made it sound as though
something as simple as what you're born with
is the most you have to be proud of when your
spirit has crushed mountains
from now on i will say things like
you are resilient or *you are extraordinary*
not because i don't think you're pretty
but because you are so much more than that

LOVED



I am a woman

I am a woman of color

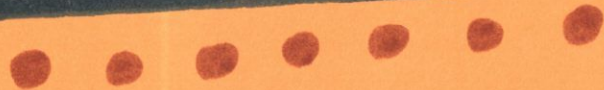
I am a woman of color with a voice

I am a woman of color with a voice of power, pain, and a story

I am a woman of color with a voice

I am a woman of color

I am a woman



I

A M

A

W O M A N

NOT "A WOMAN TOO"

SOY UNA
MUJER




I'M REAL I'M HERE. HERE

F I R M E .



AA
2016



Q: WHO
IS
SHE?

A: Fucker

Being Black In America

To the person who is reading this
You are beautiful and smart.

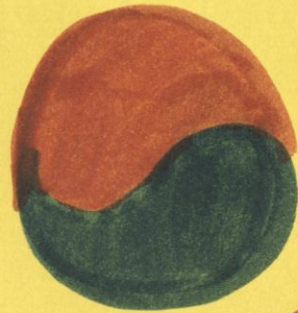
Embrace every part of who you are.

Your dark skin is not a badge
of shame. Your Black is beautiful,
and you ~~ARE~~ wonderfully and fearfully made.
In the image of God!

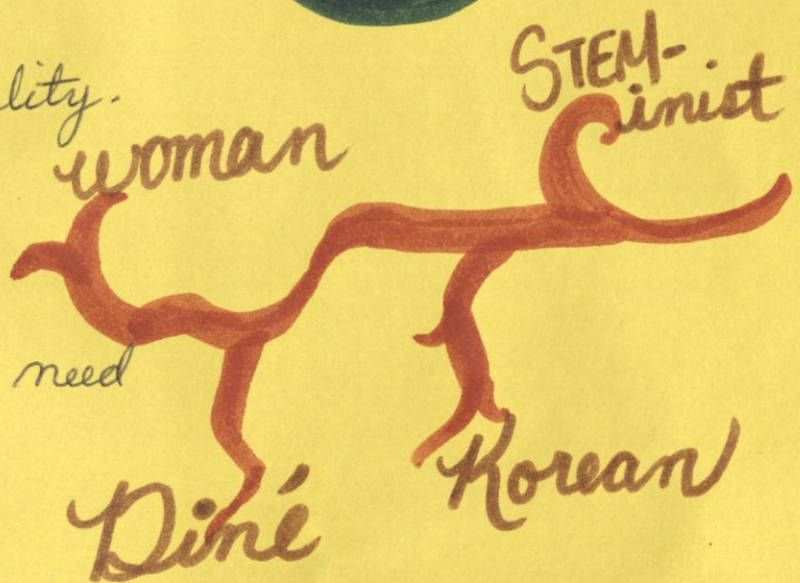


Bye Rmi

I DON'T need to
teach you about racism
and gender equality.



YOU have all
the resources you need
to find out for
yourself (GOOGLE).



If you need direction,
someone to point you the right
way, I am here for you.



But don't expect me to teach you or help you
if you are not open and willing to discover that
of YOUR OWN VOLITION.

YOU
ARE
REAL

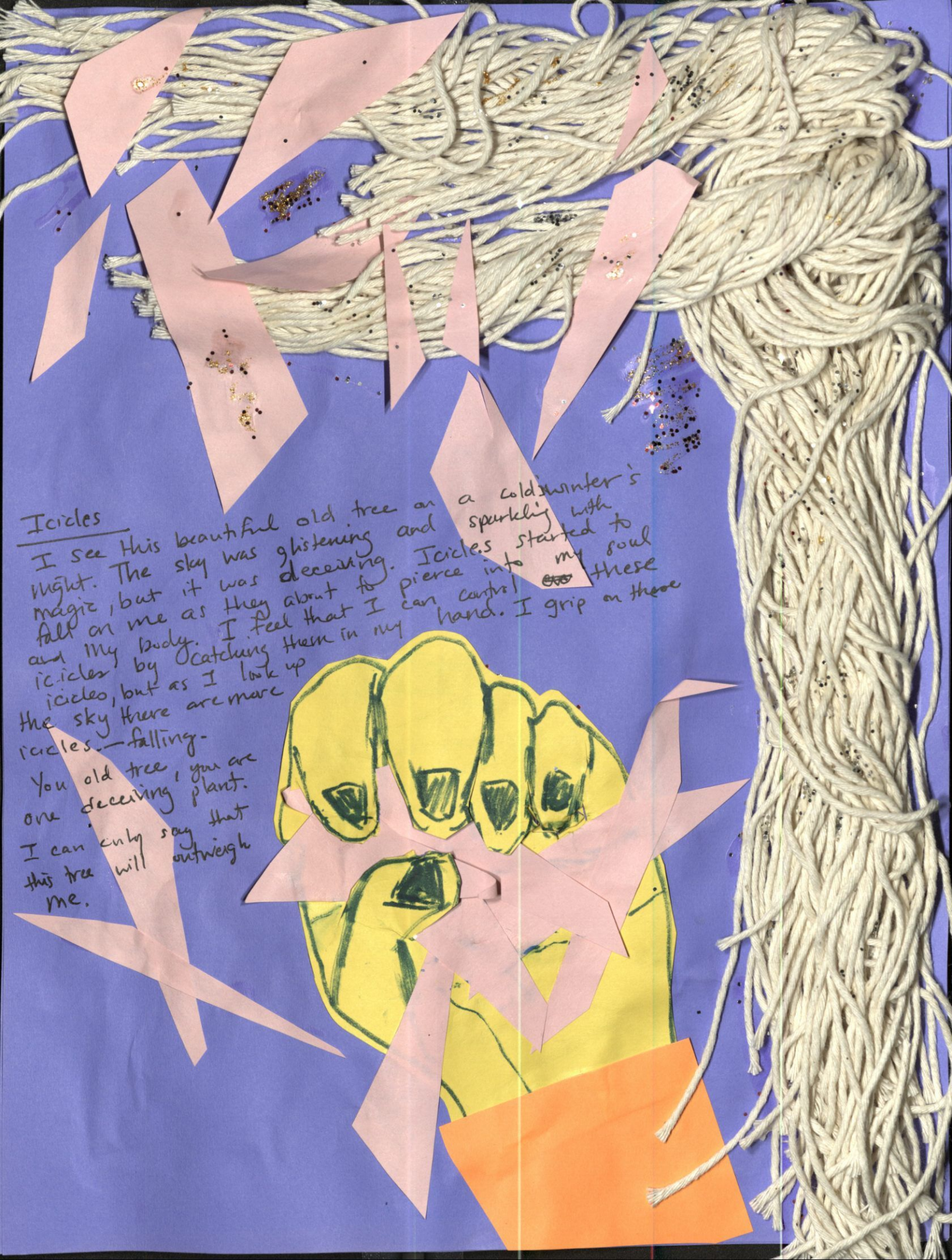


You
are not an
aberration.
you are not an aberration
you
are not an
aberration.
YOU ARE NOT AN ABERRATION

Icicles

I see this beautiful old tree on a cold winter's night. The sky was glistening and sparkling with magic, but it was deceiving and sparkling with fall on me as they about to pierce into my soul and my body. Icicles started to fall on me as they about to pierce into my soul and my body. I feel that I can control ~~to~~ these icicles, but as I look up the sky there are more icicles. — falling.

You old tree, you are one deceiving plant. I can only say that this tree will outweigh me.



Sweet Africana

Your name does not drip
with honey,
It is sharp with
Vengeance

The soul of your flesh,
the souls of your body
The soles of your feet
Fitted against gravelly roads
& dewy grass.

You share the transient
light of fireflies and
hum with cicadas

Sweet Africana

You pray that the
fire of your blood does not burn
your skin; that it only keeps you
warm, & lights the
Revolution



**I AM
BEAUTIFUL**





WOMEN

OF

COLOR

DO:

- deserve your respect
- take up space (unapologetically)
- have the right to be proud of themselves
- have power and a voice

DONT:

- owe you explanations
- exist for your pleasure
- have to teach you
- speak for all women of color (stop expecting them to).

EOSECHA

MOVEMENT

.COM

for the permanent
protection, dignity,
and respect of
immigrants

Your acknowledgment doesn't
create my **EXISTENCE**...

and ~~it~~ certainly does not give
you the right to define how
much easier my life is.

The government does not and
has never provided an easy life
or amazing opportunities for me.

I am a **NATIVE** woman. I am
here like I always have been...
and always will with or without

your **ACKNOWLEDGEMENT.**

Recipes for the tired REVOLUTIONARY

Only 1 pot needed!

Bacon Macaroni

In a pot, add:

- chopped bacon
- onion

Remove when cooked, then add:

- macaroni noodles
- water / milk / sour cream
- salt? pepper or whatever
- pepper jack, colby, and cheddar cheese

Cook that, then add the bacon and onions back in!

Watermelon Juice

Small seedless watermelon

water

- lemon
- strawberry

BLEND (strain if you want to)

Add Sprite and mint leaves

Cook alot of this for a busy week!
{Rice Bowls}

- Brown Rice
- Chicken Breast (seasoned)
- Avocado slices
- Black beans
- cilantro

Section into plastic containers

Lemon Pepper Salmon

Salmon ~~pre~~ (frozen or thawed)

Add

- salt - melted butter
- lemon pepper seasoning
- lemon slices

place all of that on a pan and bake for 30 minutes or place in pan-cook ~~for~~ 10 minutes on each side

Green Smoothie(s)

Blend:

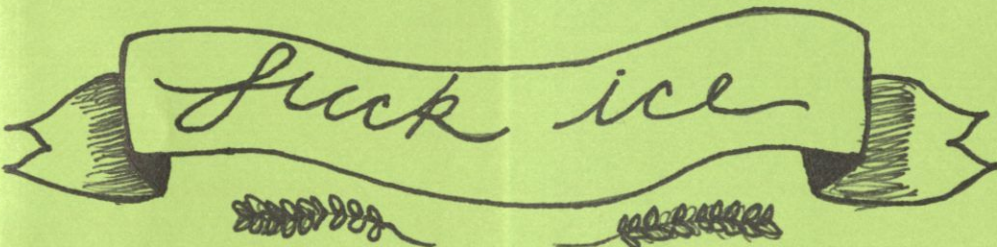
- Greek Yogurt
- spinach
- pineapple
- bananas
- ice

Fun Smoothie

Blend:

- Bananas
- strawberry
- pineapple
- mango
- ice

**'Cook, recharge, drink water, get some sleep,
and fight the good fight tomorrow'**



fuck ice

and all of the
chingonas it has
stolen from us

Happy hispanic heritage month



ما يستحق الحياة
على هذه الأرض هي

Yasmeen El-Layyoussi

Recipes for the tired REVOLUTIONARY

* No measuring! ☺ *

Apple Cider

- some apple juice
 - some sugar
 - tiny pinch of salt
 - cinnamon nutmeg
 - orange peels
 - water
- * Boil in a pot for 30 ~~min~~ minutes

No (or very little measuring)

Chili

- * 1 pkg ground meat (lentils if vegetarian)
 - + onions * peppers
 - * tomatoes (like 2)
 - * tomato paste (small can)
 - * 1 pkg chili seasoning
 - * some salt and pepper
 - * black beans (or kidney beans)
- cook in Crock pot for 2 hours
OR in a big pot for 1 hour

* No baking! No measuring!

Energy Bites

- Some peanut butter
 - some chocolate chips
 - Some sugar
 - Some oats
 - Some melted butter
 - Some CRAISINS
- * Mix together
+ roll into balls
+ place in fridge

Disregard if under 21 *

Spiced Hot Cocoa

- 1 (or 2) pkg of hot cocoa mix
 - vanilla soy milk, chocolate milk, or water is fine, too ☺
 - Sprinkle of cinnamon
 - splash of (RumChata or Tequila)
- * mix into mug and heat for 2 ~~min~~ minutes *

"Cook, recharge, drink some water, get some sleep, and fight the good fight tomorrow"

WOMEN

"women of color are unique"

COLOR

OF

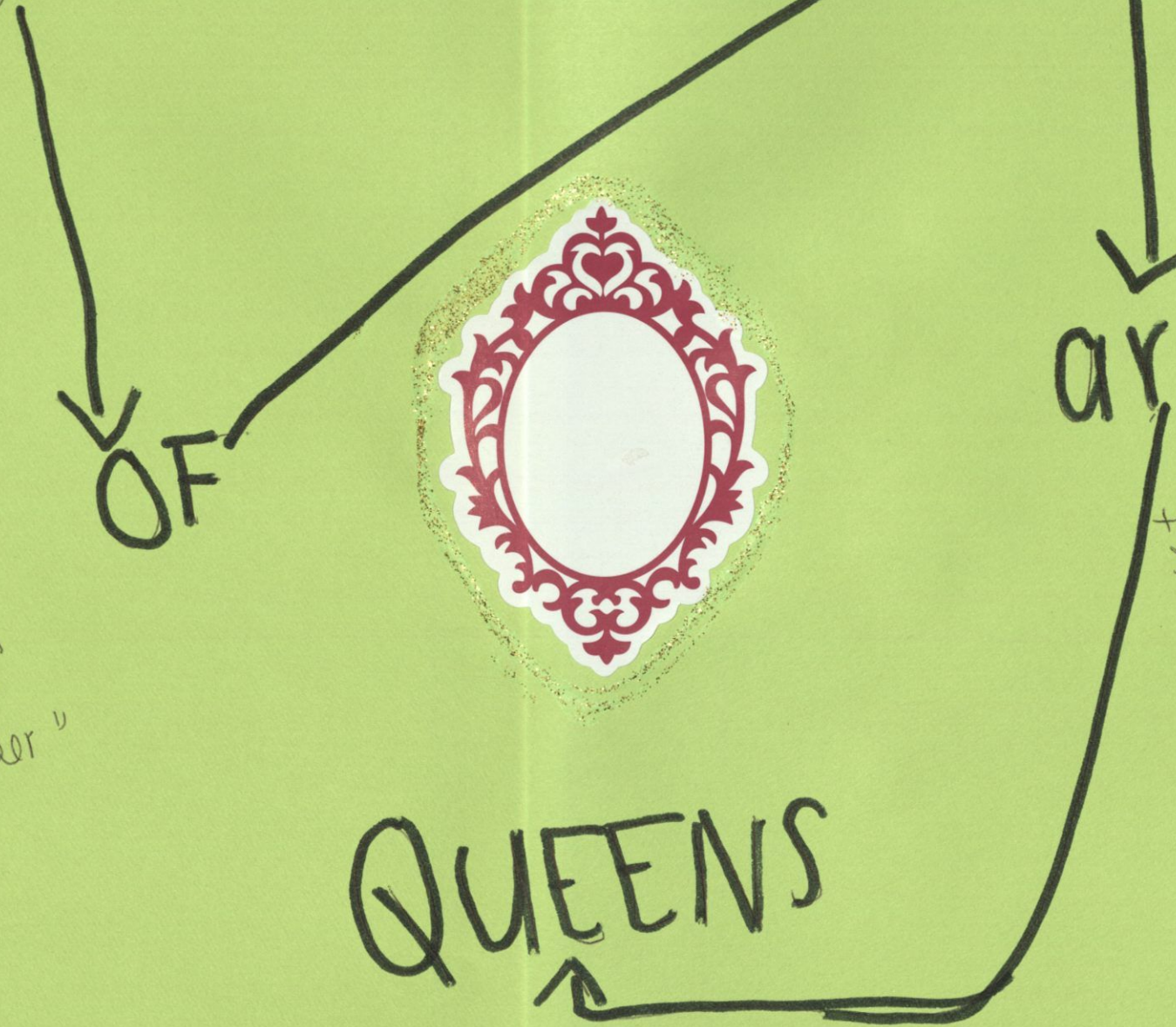
AYE

"The only thing that separates women of color from anyone else is opportunity"

QUEENS

"women are powerful"

"Beauty is in the eye of the beholder"



I am me. In all that my being encompasses. I am God's child. Created as royalty in his eyes. My heart spreads love, I was created to serve. The world tries to harden me. There is a constant inner-process of chiseling the worldly cement from accumulating and harming the world. I am in the world, but not of it. I strive to better everything I encounter. I am searching, yearning for the best version of me.



Ty Ignacio

me me
me me
me me
me me unapologetic
me me me me meme
thriving me me me
me me striving me
me me
me me
me me
me me

meme
me me
me meme
living me
me me me
me breathing
me me me
me powerful me
meme
meme
meme
meme

me me me
me iam me
me me meme
liberated meme
me me me me
me critical me
me meme
meme
me me
me me
me me
me me

meme
me me
me me
kalihi me
me me me
me kansas
me me me m
me hawaii me
me me balmilew
meme
me me
me me
me me
anna

they have no idea what it is like
to lose home at the risk of
never finding home again
have your entire life
split between two lands and
become the bridge between two countries
first generation immigrant.

- lupi kaur





We are here. We are
present. Our presence exists.
Our actions matter and
have influence. We are
Women of Color. We are
nothing less and nothing more.
Our presence exists. We are
present. We are still here.

Tatyana T.

Caution
Carefree
Woman of color

Women of Color

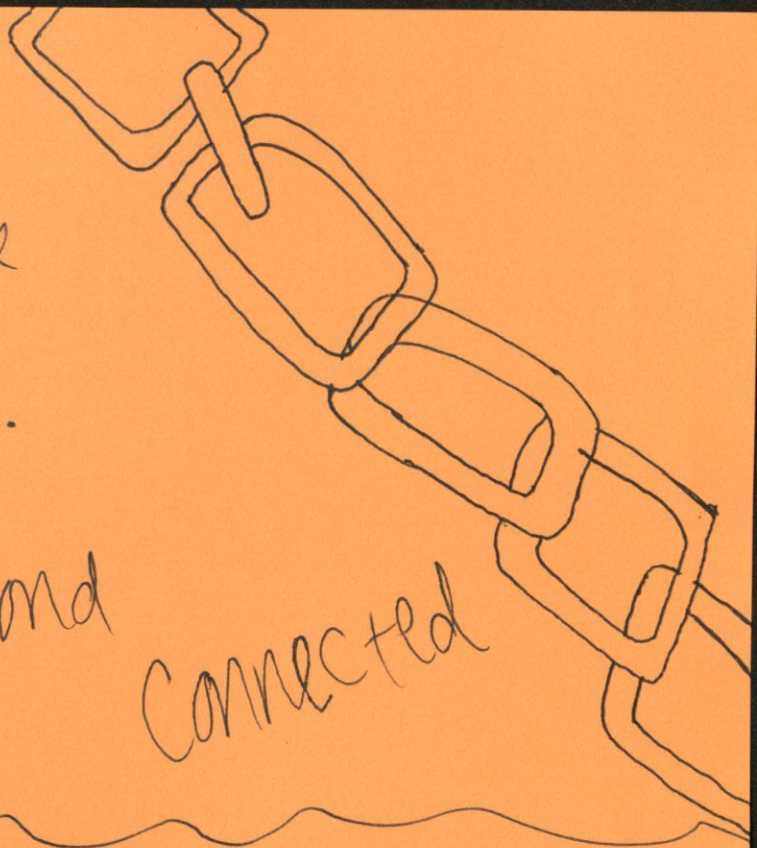
Every link essential
Together, inseparable.

Strengthen

Unity

Bond

Connected



I

opeful.

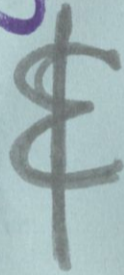
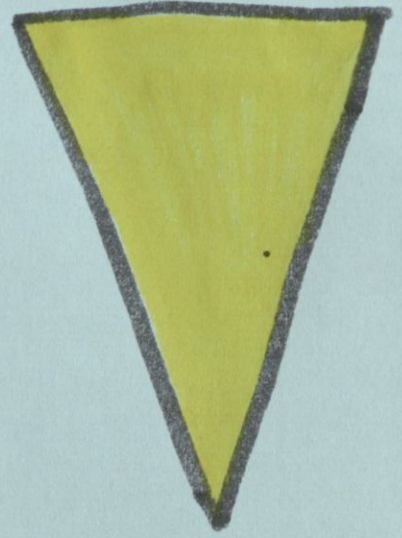
umble.

elpful.

AM

onorable

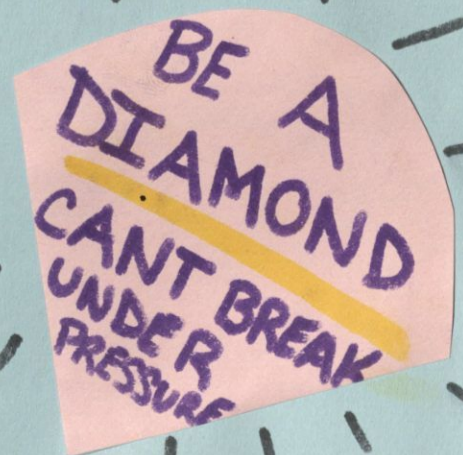
Ollymarie Butler,



My Voice
Matters



NATIVE
PROUD



BE A
DIAMOND
CANT BREAK
UNDER
PRESSURE

I will Succeed.....

2 Timothy 1:7

For God has not given us a
spirit of fear, but of power
and of love and of a
sound mind.

NOT YOUR
MASCOT

NOT YOUR
TOKEN
NATIVE

I AM A BEAUTIFULL
NATIVE, A LAKOTA
WOMAN OF COLOR

Not here
for
White
fragility
or
tears

I AM
MY
ANCESTORS

MY CULTURE
IS
BEAUTIFULL



#NODAPL

NOT YOUR
POCAHONTAS

Respect My Existence
or
Expect My Resistance

I AM
A
Invisible
(JAY HANK)

#MIMIIV
AWARENESS

BLACKLIVESMATTER Tyre King.

BLACKLIVESMATTER

The Story of My Eyes

119. Album



BLACKLIVESMATTER

BLACKLIVESMATTER

BLACKLIVESMATTER

BLACKLIVESMATTER

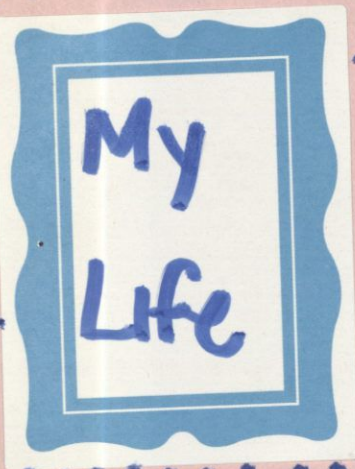
BLACKLIVESMATTER

BLACKLIVESMATTER

BLACKLIVESMATTER

BLACKLIVESMATTER

BLACKLIVESMATTER



Pain. Liberation.

Anguish. I Cry.

Ambition. Denial.

Anger

I SURVIVE

ling Nun

TAMIR RICE

Philando Castille

RS SANDRA BIANCHI

TRAYVON MARTIN

Active Resistance
I attend class.
I pretend
whiteness.
I smile.
I Die.

BUT HERE WE
STAND IN ALL

OUR
GLORY



#BLACKLIBERATION

BLACKLIVESMATTER. BLACK BODIES

BLACKTRANSLIVESMATTER. 119. 119.

BLACKLIVESMATTER. FREDDIE GRAY



INTERSECTIONALITY

Fragility

i00

a journey through mental illness

NO ONE in my classes looked like me,
and as painfully obvious as that was
I spent each day living like an apology,
each night swimming in the

bottom of bottles big + small
held my razor like a security blanket
held my tongue like my fucking life
depended on it.

#staywoke

#suicidemotion

#unapologeticallyblack

#blackmentalhealth

#radicallove

It was then I first learned just

how violent SILENCE could

#KUVOC

really be.

#blacklove

#selfcare

#blackgirlmagi

#blacklivesmatter

TO the young girl that would get in trouble for not following societal gender roles, because she would rather play "rough" instead of with barbie dolls.

TO the teenager who was hypersexualized in high school, and who learned of the history of silence of Black women in her own family as a means of trying to protect their bodies.

TO the now young Black adult, who allowed the history of silence she was taught to follow her. TO the young Black woman who saw violence against Black women in her family, but was too afraid to speak up about it.

TO the Black young professional who has decided that enough is ENOUGH! who has learned that my silence will not protect people of color, nor myself.

→ so take up the space you once deemed as not being for you, IT'S MINE and Beautiful womyn of color...

IT'S YOURS!

♥ Gender
Brave

To White Nail Polish

By: Margarita Ately Niñez Arroyo

My mother once said to forget of your existence

she claimed you made me darker

and darkness was always something I needed to run from

As women of color, we live by rules

even in choosing the next color of our nail polish

My mother felt tormented from her skin, she dreamed of being a European princess
but her hair was dark as night and instead of appearing as a slender ballerina

she appeared as powerful warrior

with thighs of security and womanhood

she danced as she ~~entered in a struggle with the roots~~ rocked back and forth

entering in an embrace with la Tierra

Her dancing was grounded, it didn't reach toward the skies like ballet

but while ballerinas stood on their tip-toes intending to reach the hands of people to be pulled

my mother pulled up her people

she moved her feet with power, beauty, and courage

Her thighs creating the earth to rumble and shake

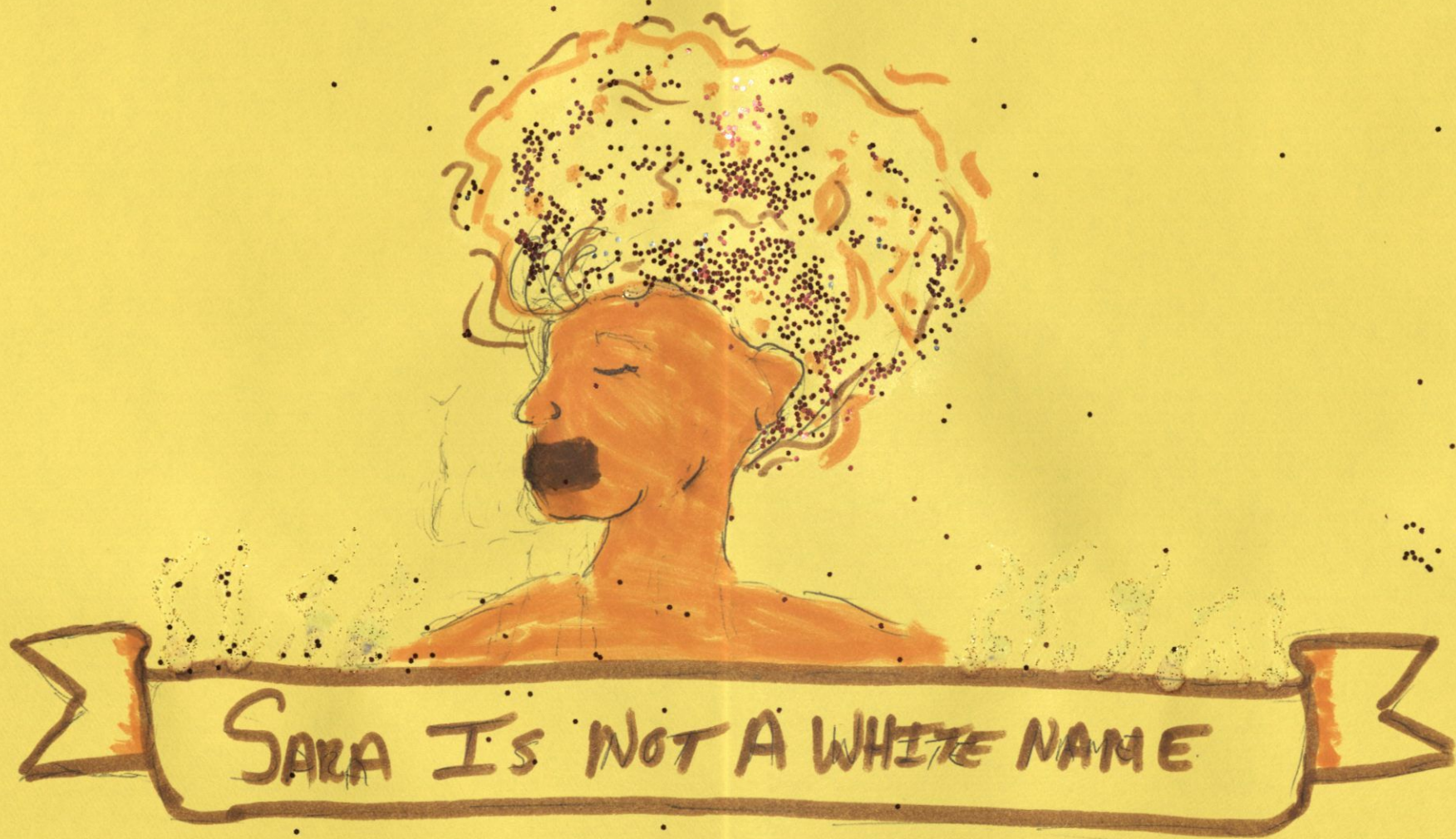
She was the dancer that created her own noise, her own voice

Beyond the power of her body she ~~feared~~ you ... white nail polish

You reminded her of her brown skin

You reminded her of her too different body for ballet.

You mocked her for years, telling her, her pigmentation was not accute for you
And one day I wore you and told my mother she should too

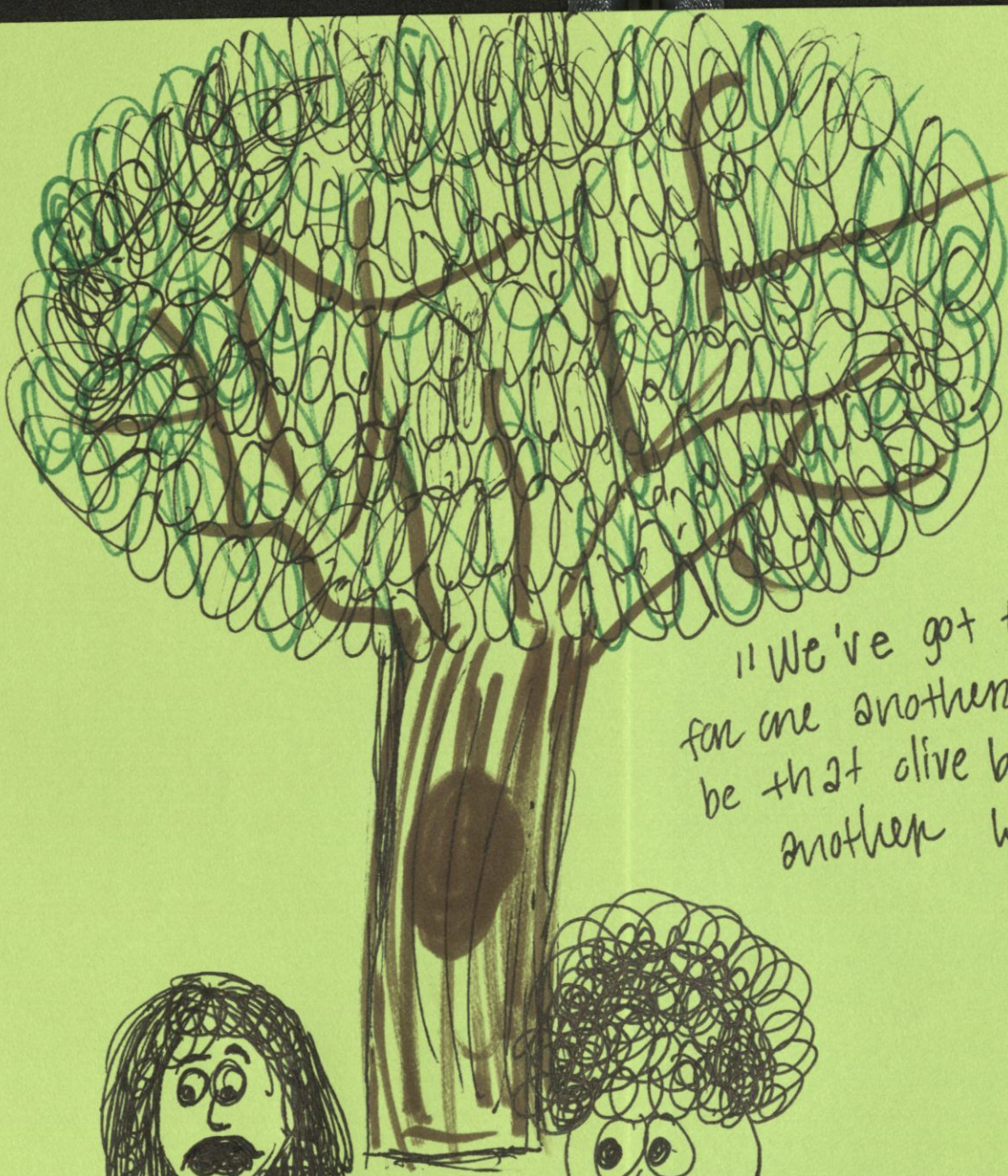


SARA young

We Are



Shades of
BROWN



"We've got to be brave
for one another. You could
be that olive branch for
another womxn."



"Negro..."

"Beaver..."

"Kill the Indian,
Save the Man..."

Don't let their words
stop you.

They're the one's
scared of what you
are capable of...

- Clara Cisco

When I think about being a woman of color, I associate that identity with chocolate. And when I think chocolate, I think...



emotions, tissues, tears, romance, solitude
taste, yummy, satisfying, sweet & the right amount
of sweet.

smiles, filling, feeling

Women, female identified bodies, "second" sex

Brown, and yes there's many forms of chocolate,

But I feel true chocolate is brown chocolate. And true chocolate isn't for everybody. We, women of color, are not responsible to heal the world. So when I think chocolate, I think of...



I am tempered by the **fire**

I am no ones **token**, leverage, mascot
or am I what others label me to fit
into their preconceived colonial box.

So if you were told I was anything less
than **human** you were lied to. I was
lied to as I believed this person to be
an ally.

This is who **I am**

I am a mixed **Shawnee Woman**. I have
lighter skin than some of my relatives and
darker than others, it does not define my being
I define myself through actions and relationships
to and with all my relations, those seen and
unseen. I am educated and learning more
all the time. **I am** a friend, partner, student
mother, grandmother, daughter grand~~da~~ughter
and soon, of people that **love me** and **I love**.

I am free and **I am loved**. I am not born
again... I was only **awakened**...

I have always been Shawnee.

I was told that someone that I thought was an advocate and Scholar of Indigenous rights, decolonization, indigenization, feminism and social justice called me many negative things, one of which was "Born Again Indian" I thought about this for a long time, at first I was mad, then hurt, then angry, and now I have to laugh.

If being **Born Again** ignites the fire in my soul and spirit of who I already am and who I am to grow into being then let me grab onto the paradigm. Indigenize and Decolonize!

How dare a **colonial settler, white feminist,** - "savior wannabe" label me after what my family fought to survive and protect so I might be here at all, as well as have anything left to learn I will **Never** have to **justify** to anyone who I am because I know who I am and where I come from. I am proud of my heritage. It was never our fault we suffered physical and cultural **genocide** at the hands of the settler colonizers.

I am reminded that the **genocide** and **colonization** some think is history is very much alive, living in actions and remarks like the ones made by someone in a position of **power** I trusted.

I make no apologies for the woman I am... I have been through **hell** to get to who I am today

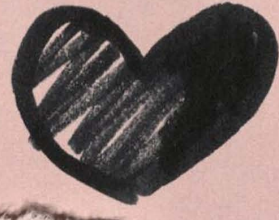
DOM



#BlackGirlMagic

'Kuwoor 2016'

I WANNA FUCK
YOU UP.



I want to pinch your ears with my shrilly
laughter
because

it's most likely your fault.

I want to strain your skin with my kisses.

I want to give you cavities with tiny favors.

I want to tug your hair gently, so you can
feel the bliss I can almost
physically pull
from your body.

I want to PUNCH you
in the chest

for all the times you've made my heart choke
with either
happiness
or desperation.

I want to arm wrestle you
just to prove

that I know

that sometimes I am wrong.

I want to give you a shiner
on a day that I put in a little more effort
into myself.

I want to crack your nose,
back into place,

because I am usually the one busting it

because I am clumsy both verbally
and physically

yet somehow you can still sense my love
and for this I am forever grateful
because

damn do you smell good.

Sometimes I'm in the ring.

Getting riled up
ready to lose myself.

But, I'm in your corner.

AND WE
Rise

KU HASKELL WOMEN OF
COLORS RETREAT 2016

#KUWOC