



A Voice for the Sacramento Area Homeless Community Since 1997

HOMeward

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ChicoVibe

Alarming Trend Shows Homelessness Increasing Across Europe

By Laura Kelly

European countries are facing a homelessness and housing exclusion “crisis”, according to a new report from EU housing organisation Feansta.

Launched in the European Parliament in Brussels on 21 March, the Second Overview of Housing Exclusion in Europe reveals alarming trends in homelessness in the majority of European Union countries.

“Homelessness is increasing in almost all countries,” said Feansta director Freek Spinnewijn. “Relative

poverty is going down in Europe, but extreme poverty – and, notably, homelessness – is going up, and going up very fast. This is an emergency and action is needed.”

Feansta’s report, created in conjunction with French housing charity Fondation Abbé Pierre, brings together a series of studies that paint a troubling picture of housing exclusion.

Germany has seen a 35% increase in homeless people in two years. In Austria the number of people registered as homeless has gone up by 28% in six years.



Iso Numero vendor Luminita.
Photo Credit: Janne Hukka

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Sleep is Necessary but More & More People are Sleep Deprived

By Spyros Zonakis

According to Voltaire, ‘the Heavens gave us two things to make up for life’s many miseries: hope and sleep’. In light of the alarming report published in 2016 by the American Centers for Disease Control and Prevention, we all need more of the latter. According to the report, more than one in three Americans are sleep deprived (sleeping fewer than six to seven hours sleep per day), making sleep deprivation a pressing public health issue. In the study, lack of sleep is associated with seven of the fifteen leading causes of death in the US: cancer, cardiovascular disease, accidents, strokes, diabetes, hypertension and septicaemia.

Last year, a study conducted by the organisation Rand Europe found that people who sleep less than six hours per night have a 13% higher mortality rate than those who sleep seven to nine hours per night. The study also evaluated the impact of lack of sleep on the economies of five large countries, with striking results. Tellingly, the economic cost

of the lack of sleep, in terms of the burden on the health system and reduced productivity, are staggering. In the US, the economic cost is estimated at 411 billion dollars; in Britain, this figure is 40 billion pounds; and in Germany, sleep deprivation is responsible for the loss of 209,000 working days per year.

What are the main causes of sleep deficiency? Organic causes aside, these range from smoking, alcohol consumption, poor diet and the excessive use of electronic devices to anxiety and stress, longer working hours and the development of a 24-hour society, which has pushed us into a state of constant activity.

The devastating effects on sleep of the extended, uninterrupted processes of 21st century capitalism are investigated by Jonathan Crary, Professor of Modern Art and Theory at Columbia University, New York, in his book *24/7: Late Capitalism and the Ends of Sleep*.

“There are now very few significant interludes of human existence (with the

colossal exception of sleep) that have not been penetrated and taken over as work time, [or] consumption time. 24/7 steadily undermines distinctions between day and night, between light and dark, and between action and repose. The huge portions of our life that we spend asleep, freed from a morass of simulated needs, subsists as one of the great human affronts to the voraciousness of contemporary capitalism. It should be no surprise that that there is an erosion of sleep now everywhere,” Crary states. “Over the course of the twentieth century, there were steady inroads made against the time of sleep – the average North American adult now sleeps approximately six and a half hours a night, a decrease from eight hours a generation ago, and down from ten hours in the early twentieth century.

“Sleep is now an experience cut loose from notions of necessity or nature. Within the globalist neoliberal paradigm, sleeping is for losers and the devaluation of sleep is inseparable from

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Homelessness Increasing Across Europe *continued from page 1*

In the UK, 7% more people were sleeping rough in London between 2015 and 2016. Spain has seen an increase in homelessness of 5% in seven years, while Italy has seen an increase of 6% in six years.

In Denmark, a national census of homeless people revealed a 23% increase in homelessness overall between 2009 and 2015 – but a shocking 85% increase in homeless young people.

In response, Feantsa has launched a new campaign – ‘Be Fair, Europe – Stand Up for Homeless People’ – to push EU policymakers to do more to put an end to homelessness, including using European funds on homelessness-reduction programmes. INSP is a media partner on the campaign. In the coming months, we will be covering achievements and talking to key European figures about the campaign.

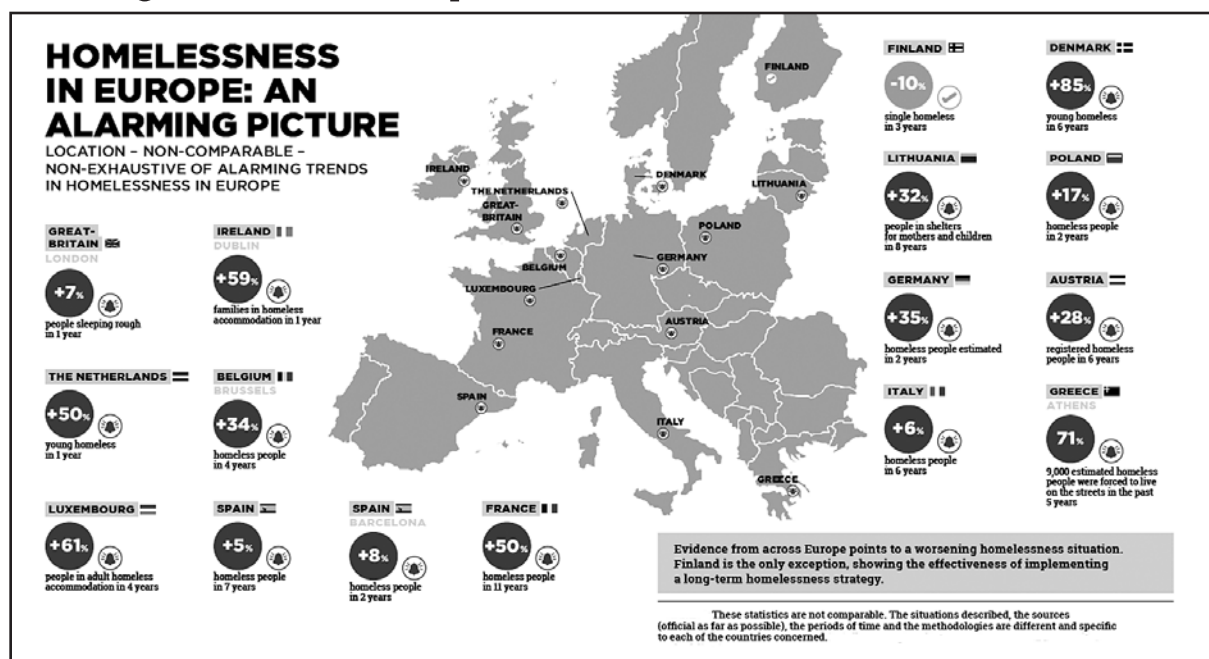
“We want the European Union to stand up for the rights of homeless people,” Spinnewijn explained. “Homelessness is not currently looked at as a fundamental rights violation. I think there is room for the European Union Agency for Fundamental Rights to start doing that.”

Irish MEP Marian Harkin, a member of the European Parliament’s Committee on Employment and Social Affairs, echoed Feantsa’s concern about trends in homelessness across Europe. She said that the parliament had recently called on EU member states to deliver on the right to adequate housing.

“There is alarming evidence to show the rising trends of homeless people in all European countries, except in Finland,” she said. “Over the last 15 years, housing prices have been rising faster than incomes. In the EU, poor households’ average expenditure in housing represents 42.5% of their disposable income, which is a housing cost overburden.”

Raquel Cortes Herrera, Deputy Head of Unit, of the European Commission’s Directorate-General for Employment and Social Affairs, cautioned that the Commission does not have to power to act directly to reduce homelessness in the EU. However, she said that they, too, would continue to use their influence to push member states to act.

She added: “The Commission is aware that there is a problem. The Commission is aware that it is a European problem... It wants to send a clear signal to the member states saying that this is an issue and your



Feantsa’s ‘Alarm map’ of European trends in homelessness

responsibility, but we are not going to wash our hands of it. We are going to be watching you and what you do to solve this problem.”

One of the key aims of the ‘Be Fair, Europe – Stand Up for Homeless People’ campaign is to encourage the EU to collect meaningful statistics around homelessness. Currently, each European government measures homelessness differently.

Though the Feantsa report brings together the best available information for each country, the variation in what is being measured, and how it is being measured, makes comparison – and therefore benchmarking – almost impossible.

“The European statistical institute [Eurostat] does not collect any data on homelessness. It is a scandal, because if you don’t count it, you don’t exist in European Union policy,” said Spinnewijn.

Among the almost universally sobering statistics in the report, one country bucked the trend. Finland reduced its number of homeless single people by 10% in the three years from 2013 to 2016.

Ruth Owen, Policy Coordinator for Feantsa said: “Finland has done remarkably well on long-term homelessness because it chose to invest in Housing First, which is a programme that provides people with housing as soon as they possibly can, and then supports them in the housing. They’ve also done well because they focus a lot on prevention. They’ve invested enormously both in social housing and in allowances to help people with the cost of housing.”

Reacting to the praise for his home country,

the editor of Finnish street paper Iso Numero, Janne Hukka, said that there had been a clear improvement but the progress was challenged by increased immigration.

“Until recently homelessness has been largely dealt with in the context of the traditional welfare state which, especially in Finland’s case, was very homogeneous both socially and ethnically. Within that framework the Finnish Housing First policy has been a tremendous success,” he said.

“Free movement within the EU as well as the refugee situation is changing the situation quite a bit. The current centre-right coalition government has pursued a very strict immigration policy and it remains to be seen which way the homelessness situation is going to develop. The consensus among local NGOs and human rights experts is that government policies are going produce a sharp spike in the numbers of undocumented migrants – and with that, new forms of homelessness.”

Most Iso Numero vendors are not Finnish and therefore fall outside the scope of social services due to their residency status.

Hukka added: “Finland’s leadership [of the European debate on homelessness] depends largely on whether the policy-makers adapt to this new status quo and make housing also available to individuals who do not fall within the narrow scope of citizenship.”

Join Feantsa’s campaign online and let INSP know what you think Europe should be doing about homelessness by tweeting us at @INSP and using the hashtag #BeFairEU.

Courtesy of INSP.ngo

Dispatches from the War Zone: Fresno's Anti-homeless Policies

An Interview with Michael Rhodes

By Cathleen Williams
with Mike Rhodes

Mike Rhodes is the past editor of the Community Alliance, an alternative/independent newspaper in Fresno. He recently published a new book, *Dispatches from the War Zone, Homelessness in Fresno 20012 - 2015*.

Cathleen: Tell us about the history of homelessness in Fresno and your involvement and concern with what is happening in Fresno.

Mike: I first became aware of the City's treatment of homeless people when I saw a Fresno Police officer, outside the print shop where I was working, circling a homeless man on his bike. The officer told the man he was dirty, filthy, that he was a human cockroach and should get a job. He called the man's girlfriend a whore.

When I spoke with the officer later, he said I should be thankful he was cleaning up the streets. I filed a complaint and started thinking about why the city took this punitive approach – like waking people up in the middle of the night and telling them to move on. The homeless man I met that day said that the police were pressuring them to get out of downtown Fresno, which the city had targeted for “redevelopment,” and kept pushing them into the old industrial area of town.

I found out that the City was actually bulldozing encampments every couple of weeks. Some main service providers, the Poverello House, and the Rescue Mission, actually supported this destruction, in which not only personal property -- clothes, sleeping bags, tents -- were hauled away, but also irreplaceable possessions like medications, sending people to the hospitals. We started to look into legal action, which resulted in a federal lawsuit with a \$2.3 million settlement in 2007. The City agreed to stop destroying homeless property. Hundreds of people lived openly in encampments, even building temporary shelters, for several years.

By 2011 the City started dismantling encampments again, redoubling their efforts all over the city, and also taking any property briefly left outside, for example shopping carts parked outside the library.

The City created a “homeless task force” within the Fresno Police Department. Its main function is to go out and interact with homeless people to find encampments and shut them down, take property, and cite homeless for jaywalking or littering.

This pressure on people caused them to move up north and to live in hiding, oftentimes in abandoned or vacant houses where they were less visible. I even found a significant encampment inside an irrigation canal where it went under roads and a parking lot. A lot of people were camping in danger because those canals can flood without warning.

C: Does the state of the economy in Fresno help us understand what is driving people into homelessness?

M: Fresno has one of the highest concentrations of poverty in the country; our unemployment is always over 10% because there are so few opportunities.

Fresno is referred to as the Appalachia of the West. About 2% of our population is homeless – 15,000 to 20,000 people. This is double the rate of most cities.

There are many indications that homelessness is on the rise – even by the City's own count, which is deceptive since people are in hiding, couch surfing, or living in cars, and are not counted at all. But the official count went up by 9% between 2015-2016, and by 20% between 2016-2017. According to a recent report by the California Youth Project, Fresno County has 6,738 students who are homeless. That is 3.4% of those in public schools.

The City claims their policies are working. But any one who drives through the city would tell you there are homeless people on almost every corner asking for money. There are more people living on the streets – but because of the fear of losing their property, they are more dispersed, more careful about where they are sleeping at night, and harder to count.

C: Tell us about City Council's new ordinance to ban and punish camping.

M: Steve Brandau, a Tea Party member on the City Council, has advanced a new ordinance, which

would give to the police the authority to arrest people for camping. (Like Sacramento, there is an exception for camping one night on private property.) Council member Brandau has said that that homeless people should leave town -- he pretty much wants homeless people to die, get of town, or get into a “program.”

The advocates for the camping ban claim this is an additional “tool” in the police “tool box.” The penalty is 6 months in jail, or a \$1,000 fine. How are homeless people going to be able to pay the fine?

The police have the option to take homeless people either to jail or to a “clearing house” called “Map Point,” which would allegedly provide services to help people get off the street. But the resources, the services, the shelter, the housing just don't exist. So people will be back on the street the next day.

C: What do they hope to accomplish through their punitive policies?

M: The City admits the camping ordinance will not end homelessness, but says “we have to try something because the problem is so bad.” The City Council seems to believe that doing something wrong – enacting laws that will harm people even more – is a good thing. The path that the City is on right now – outlawing one thing after another, like pushing shopping carts, panhandling, asking for money on median islands – all these punitive policies obviously don't work.

The real reason for these punitive

measures and the new anti-camping ordinance is to convince people to hide better, to get out of sight. At least part of the goal is to make homeless people disperse, to drive them into hiding. The City doesn't want the public to see how many homeless people are living outside.

C: Under the anti-camping ordinance, people can be sent to the “clearing house.” What is that?

M: The “clearing house” is being run by Poverello House. It's some kind of massive database on every homeless person – vital statistics, reports of activities and contacts, identity of associates. It's a surveillance program.

Advocates of this project claim that the purpose is to help vulnerable people to get housing by placing them on a continuum. If they find people who access the emergency room regularly, then they say they try to get housing for them first. The “continuum” leaves a lot of people out.

C: Has any housing been built to accommodate homeless people?

M: Fresno First Step Homes was started by mayor Ashley Swearengin shortly before they started bulldozing encampments in 2011. This non-profit announced they were helping people who were being displaced. I asked First Step Homes at the time about their budget, how the money was being spent and they refused to give any information. Years later I got tax records showing they paid consultants, paid for flyers asking

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Kicking in Someone's Shelter - Photo Courtesy Mike Rhodes

Farm to Every Fork Benefit Helps the Hungry, Urban Growers, Farm Workers

By Sally Ooms

The fourth annual Farm to Every Fork benefit dinner is coming up, with money going to help those in our community who are facing food insecurity. The three beneficiaries this year are Oak Park Sol, Delta-based Angels of the Fields and the Sacramento Homeless Organizing Project (SHOC), which publishes this newspaper.

The dinner has a change of venue and will be at St. John's Lutheran Church, 1701 L Street, from 5-8 on Sept. 9. Go to farmtoeveryfork.org to donate, become a sponsor or buy tickets. The event includes hors d'oeuvres, wine and beer followed by a healthful, gourmet dinner. Other features are a silent auction with amazing offering, and a raffle with equally fantastic prizes. Sister Libby Fernandez, director of Mercy Pedalers (as in pedal a bike) and former director of Sacramento Loaves and Fishes, will be the guest speaker.

David Andre, an active member of Sacramento's homeless community,

told me about the edible garden SHOC has newly sponsored at the corner of 13th and C streets. Andre dubs himself "Main Waterer" at the garden, which is loaded with organic plants producing "tons" of cherry tomatoes and squash at the moment. He says the garden supplies lots of fresh produce for the Community Dinner Project at City Hall every Tuesday, to the people who tend the garden, and for neighbors who are volunteer cooks and create meals in their homes to share.

The 20x100 foot plot is owned by Cat Williams, a SHOC board member, who donated it to the cause. Andre says about five people are instrumental in growing, watering and weeding right now. "People come and go" but all learn the concept of team building and how important it is to grow organic food.

"We use a more enlightened concept for weeding," Andre says. With water conservation in mind, garden members leave many of the weeds and discourage them by adding mulch layers on top. Andre is a

fan of using cardboard for mulch layers as well. He likes that they are recycling cardboard in the process.

The garden also offers a place for people who own houses in the area to wander around. "They enjoy it," Andre says. "We are giving them land to walk on. They can spend a whole afternoon in the garden if they want to."

Andre also has contributed fruit trees to the garden that he personally sees to. He is a Sacramento native and when he lost his house, he put his peach tree into the back of his truck and grew it there. "It was my statement," he says. "I made friends that way too."

Now he gives trees away, like fruiting mulberries taken from cuttings of ancient trees. It has been a pursuit since he was a baby. He created a ceramic piece he calls "Baby Head" and put it into the peach tree. "As the tree grows, I grow." You might say he is like Johnny Appleseed, except he deals in already sprouted trees of many varieties. "It's one of my callings."



Andre's next endeavor is to introduce small peppers into the garden. The pepper plants are direct descendants of plants his great-great-grandparents brought from Spain at the turn of the last century. "They have not been hybridized," he says proudly. Thus they fit the concept of the SHOC garden—to keep things biologically pure.

Visitors to the garden are welcome. Come see what kind of joy a nice plot of urban land can bring, along with bellies full of great food.

More People are Sleep Deprived continued from page 1

the ongoing dismantling of social protections in other spheres. All of the encroachments on it create the insomniac conditions in which sleep must be bought. Statistics on the soaring use of hypnotics show that, in 2010, around fifty million Americans were prescribed compounds, such as Ambien or Lunesta, and many millions more bought over-the-counter sleep products," Cray concludes.

It is this right to sleep, as both an existential and a political issue, that is being asserted by George Tzirtzilakis, Assistant Professor at the Department of Architecture of the University of Thessaly and co-curator of last year's visual, literary, and philosophical 'Sleep Project', which took place at the Onassis Foundation's Cultural Centre.

"Sleep is at the heart of biopolitics and of our existential condition. However, it has been underestimated for decades by anthropologists, political and

social scientists, and architects. Tackling sleep is something that has been delegated exclusively to psychologists, pharmacology, and practical tips along the lines of 'have a milky drink' or 'don't eat a heavy meal before bedtime'. But we haven't stopped to wonder what changes might explain our sleeplessness. We must assert our right to laziness, to sleep, to rest, all of which are considered taboo because [they are] non-productive. But can productivity exist if we do not allow ourselves to be unhurried and idle? Sleep is neither a dead zone nor 'wasted time', but a vital activity. This is precisely the point we wanted to raise for discussion, [in] the report," notes Mr. Tzirtzilakis.

Work time Naps

Is the rediscovery of the significance of sleep a public issue? This claim was made by French doctor and sleep specialist, Dr Jean-Pierre Giordanella, author of the

eponymous report published last year, 'Catching up on sleep, a public affair', who was delighted to take a telephone call from Shedia at his home in Marseille. "One third of young people and 25% of adults suffer from chronic sleep deprivation, while France is the second largest consumer of hypnotics in Europe after Portugal. Benzodiazepines are being prescribed on a massive scale with no scrutiny. In 2013, 131 million packets were consumed, leading to dependence and drowsiness," Giordanella explains.

"Yet we continue to believe that sleep is a purely private matter that is of no concern to others and even less to public policies. Conversely, the authorities allow retail stores and administrative services and facilities, such as libraries and museums, to close later than ever. Our supposed freedom to go to bed at a time of our choosing is a fallacy. Lack of sleep is [also] directly involved with creating

social inequality: children from poorer families accumulate the largest sleep debt," Giordanella continues. "But working hours, the way society is organised and the rhythms underlying our lives are factors affecting everybody's sleep. They affect the jobseeker, the company worker who checks his emails on his mobile late at night, the nurse who looks after her children in the morning, having worked all night. Securing the right to good quality sleep should be a priority, just as the right to good nutrition is a public health priority. Why should we not change school start times to 9 o'clock, or bring in a nap in the workplace, considering [the fact] that 20% of French workers fall asleep in front of their computer screens at work? All it takes is a quiet room, from which workers will return refreshed after a 20-minute nap. The organisation of working life cannot be confined to blind Taylorism," he concludes.

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Western Regional Advocacy Project Conference

Day to Day at 2017 Conference in San Francisco

By Suzanne Hastings

Six SHOC members got off the Greyhound bus on July 19, and made our way through the streets of San Francisco during rush hour traffic. There was a tangle of people trying to get where they were going in a hurry as we precariously crossed busy streets to the bus stop. We climbed aboard the 14 accordion bus and rode to 16th and Mission. One of the first things I noticed when we got to our stop was the amount of unhoused people at the BART stop, and unlike Sacramento, they seemed to be allowed to rest undisturbed. (Although, I would find out later that cops do sweeps throughout the area.)

We walked down 16th Street to a large brick building called the “Temple of Labor”, got into a rickety elevator, and went to the second floor to the Mojo Theater where we spent the next 2 days. After pizza and finding a space on the floor, I was settled in. The room was decorated with posters. It really is a temple of change and social justice, starting back in the 1930’s with the dock works strikes, and right up until fighting for the right to rest today.

After that, I went out with some others who wished to explore the neighborhood. There was a long-closed Victorian theater with an old flour ad that has been refurbished painted on the side. Some of the buildings are done in the kind of grotesque work that is no longer seen in today’s architecture.

I saw an old hotel over a liquor store, long abandoned. Windows stared like blind eyes out into the busy street. A weather beaten sign advertised “Cable TV!”, and a flight of stairs covered with peeling-paint and debris was dimly lit, giving it the look of a setting for a horror movie. I wondered how many countless souls climbed those steps, and what ever became of them.

We walked between Mission and Valencia, passing the various businesses. One thing I did notice was the amount of “Welfare Hotels” which are lacking in Sacramento. Many of them with old men sitting in lobby’s watching TV. That’s better than sitting on the street, waiting to be moved on.

Then we discovered Clarion Alley almost by accident. It was a colorful display of all kinds of murals celebrating social justice. Like a political 3-ring circus, there was something everywhere you looked--everything from protesting Trump and his wall, to the transgender riots of 1966. People walked through the ally, taking pictures or just taking in the spectacular display. I wondered

if Sacramento would ever tolerate a display like this? We even saw the mural of “House Keys Not Hand Cuffs!” Everything was a testimony to the human soul.

Next morning, the van took us to the SEIU building where the Western Regional Advocacy Project meeting was taking place. Two other SHOC members joined us. WRAP members from Colorado, Oregon, and California were taking part in this annual meeting. We’re all facing the same problems--people being displaced with nowhere to go, and then finding that it’s illegal for them to even exist! We reviewed the work we had all done in the past year in our Homeless Bill of Rights Campaign and planned for the work we have ahead of us in the coming year.

After that we went to the Civic Center and got ready to do our march to the federal building. We were given signs, and a brass band played as we walked to the federal building. Along the way we passed many unhoused along the streets. The federal building was closed when we got there. We had speakers, and some came forward to be the People’s “Mayors” of San Francisco and were asked what they would do to solve the homeless problem, and how they would find ways to house people, etc. They spoke of being on the streets with no hope, and knowing every move you make is illegal in some way. Then everyone with signs lined up and we “Tore down the wall!” symbolically by dropping the signs at the same time.

After that, we went back to the Temple of Labor. We passed many of San Francisco’s street people, some sitting with their camps, some holding up signs, “Homeless and Hungry - Please Help!”, all just living their lives in the open. The richest country in the world, and we have people living on the streets. What is really tragic is the amount of homeless veterans I’ve seen. Many of the older veterans were given a choice -- fight or go to jail. And when they came home, we threw them away

like garbage.

We had Chinese food for dinner, and some of us signed up for showers. We went to a small Mission down the street and waited for a shower to become available. Being able to take a shower and put on clean clothes restored my sense of humanity. It’s amazing how what most take for granted can make all the difference in the world, how when I feel dirty I just want to avoid human contact. I get a glimpse of what life must be like for those robbed of such a necessity.

The next morning, all too soon, a number of phone alarms went off in the Mojo Theater. We got up, drank coffee, and got our things together. We said good-bye to the Temple of Labor, and went out to catch the van to the SEIU building for the final leg of the forum. After breakfast and more coffee, we got down to the business toward solving what has been an ongoing problem of getting those in charge to realize that the unhoused have rights, too. As it stands, if you go to the law makers right now and say “Housing is a Human right!”, they’ll just say “We know, now @\$%&!-off!!” The problem is getting around those who have made housing a commodity to be sold to the highest bidder. As more things which are vital to survival become commodified (food, water, medicine), poor people are being thrown under the bus by elected officials.

We had a closing ceremony where we said what we wanted to see more of in the world. Then we caught the van to Greyhound to wait for our bus back to Sacramento.

It felt like an oven when we got back to Sacramento after the cool salt air of San Francisco. I was tired, but it was a good tired. I felt we had accomplished something. Like many have said, we may not see the fruits of our actions in our lifetime, but we can know we were part of making changes for the better.



WRAP March S. F. - Photos Courtesy Paula

Dispatches from the War Zone

Continued from page 3

the public to give First Step Homes money instead of giving it directly to the homeless. They were spending nothing on services or assistance to the homeless who were being displaced – zero.

The Fresno Housing Authority, with funding through HUD built the Renaissance at Santa Clara that houses 69 homeless people. This project cost \$11 million to build. This is expensive housing for Fresno – its small studios (340 square feet) cost \$159,000 per unit. This is twice the cost of a three bedroom house in Fresno at the time, which could accommodate many more people.

The president of Fresno First Step Homes is a builder and developer in downtown Fresno who received a \$1 million consulting fee to “coordinate” the project. He is very well tied in – he and members of his company’s board of directors plowed money into the former mayor’s political campaigns. So I see this as corruption – giving money to elect the very people who harm the homeless by advocating and passing punitive policies. I talk about this in my book – *Dispatches From The War*.

C: Is there opposition to the City’s policies?

M: The ACLU is looking at the new ordinance to determine whether it meets constitutional standards. We are hopeful that we can challenge it.

In Fresno, many groups have consistently opposed the City’s policies – Fresno’s “Dakota Eco Gardens,” a newer organization, has a large lot for small houses, architecturally innovative and ecologically friendly, with solar energy for electricity. This community is run by the homeless with dignity and respect, unlike the Poverello House which runs a “tool shed city,” very authoritarian, restrictive, with curfews, no air conditioning or heat, and you have to leave by 8 in the morning.

Food Not Bombs serves food continuously, Catholic Workers, Wings, an organization which helps furnish households once homeless people get housing. There are all kinds of good people doing good things, providing respite and help, drinking water and food daily.

Homeward FYI: The Meaning of Oppress

Merriam-Webster: inhumane imposing of burdens one cannot endure or exacting more than one can perform.

Dictionary.com: subject to a burdensome or harsh exercise of authority or power.



Dumping People’s Possessions - Phot Courtesy Mike Rhodes

Sleep Deprived continued from page 4

Indeed, securing the right to sleep is anything but the focus of public health policies internationally. Instead, such rights are implemented as a result of piecemeal private initiatives. In Japan, a country where workers sleep an average of no more than six hours and twenty minutes a night (the lowest figure in the world), more and more companies are encouraging their employees to take a catnap at work. They do so by making ‘siesta rooms’ available, while many nearby cafés offer special discounts to customers who buy their meal and take a nap in a cot. Turning to France, a poll conducted by Robert Half in 2013 found that 47% of managers were in favour of introducing a brief nap for their workers during the working day. The most notable example is that of French company Léa-Nature, manufacturers of organic products in the city of Périgny, whose 450 workers have the right to a half hour nap in one of the company’s bedrooms at any time before four p.m.

Companies subsidising their workers’ sleep? Sounds utopian! There are further examples, however. Employees of the American insurance company Aetna earn \$25 for every 20 days that they sleep at least seven hours daily. The duration of their sleep is tracked by FitBit devices, which they are provided with, and the company even offers compulsory sleep lessons! In 2015, the small rural Spanish town of Ador, near Valencia, was the first in the world

to institute an obligatory afternoon siesta. All Ador’s shops, bars and businesses remain closed between two and five in the afternoon, so that employees are given an opportunity to rest.

The German Ministry of Labour, however, did not adopt the workplace siesta in 2013, as requested by the Confederation of German trade unions. Instead, to ensure workers’ rights to relaxation, rest and sleep, it banned business managers from sending emails or calling their staff on mobile phones outside of working hours, except in cases of emergency.

Which category of workers is affected more than any other by sleep deprivation? Those working evening shifts and at night, such as doctors and drivers, are likely to suffer from a lack of sleep. “This accounts for 20% of workers in France, who get around 1-2 hours less sleep every day than others,” explains Giordanella. He identifies that, as a result, they are at increased risk of cancer and cardiovascular disease.

Translated from Greek by Sophie Llewellyn Smith

Courtesy of Shedia / INSP.ngo

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Resources List

Night Shelters

Salvation Army: 12th and North B St. 30 days per year: Dormitory living, C&S: Dinner, breakfast clothing for residents: Men/Women: Sign-up SA patio weekdays at 1PM. 442-0331

St. John's Shelter: Women and Children. 4410 Power Inn Rd. Call between 10am & 3pm for space availability. 453-1482

Union Gospel Mission: 400 Bannon St. Beds for Men Only, sign up 6:30pm at mission, Newcomers/Referrals have priority. 7:30pm Chapel Service with meal afterwards, 6am breakfast for residents. Showers / shaves 9-11am & 1-2:45pm. open to all homeless men: 447-3268

Next Move (formerly SAEHC) 24 hr Family Shelter; Families, single adults with children who have no other resource: Women's Refuge; single women, no children: Call for screening/space availability 455-2160

Volunteers of America Family Shelter: Adults w/children only. Apply Tues.-Thurs. 1-3 pm 1490 Blding B, N. "A" St. 916-443-4688

Day Shelters

Friendship Park: 12th St. & North C: Weekdays 7am - 2:30pm: open to anyone: Many services

Meals

Union Gospel Mission: 400 Bannon St.: 7 days, Evening meal, Men/Women: Church service 7:00pm required, dinner following 8:30-9:15pm. Sunday 11am service, lunch at noon. 447-3268

Loaves & Fishes: 1321 No. C St.: Lunch every day 11:30am-1pm. Tickets available 7 am- 12:30 pm at Friendship Park weekdays: at 8 am on Saturday and 10am on Sundays .

Women's Civic Improvement Center: Seniors Only: 3555 3rd Ave. 11:30-12:30 lunch M-F 452-2866

Food-not-Bombs: serves free food in Cesar Chavez Plaza, 9th & J St., every Sunday 1:30 pm. All Welcome.

Foundation of Faith Ministries 2721 Dawes St. Rancho Cordova. Every 4th Sat. 3-5 pm All Welcome.

Glory Bound Street Ministry 4527 Parker Ave. Sundays; breakfast 11:30 am after 10 am church service; dinner 6:30 pm after 5 pm church service: Fridays; dinner 7 pm after 6 pm church service. Must attend services. 452-7078

Calvary Christian Center Safe Haven: 1300 North C St. 8 am Sun, Coffee, breakfast 6 pm Wed. clothes closet after services.

Women & Children

Maryhouse: 1321 No. C St. suite 32: Breakfast for Women and children 8am-9am. Day shelter 8am-3pm weekdays for women and families.

Wellspring 3414 4th St.: T&Th full breakfast: M-W-F continental breakfast for women and children. 454-9688

see Youth Services for young adults

Free Clothing

Sacramento Food Bank: 3333 3rd Ave. (at Broadway) 10am-2pm Mon - Fri. 456-1980

Union Gospel Mission: 400 Bannon St. Men: M-Sat 9-11am or 1-2:45pm: Women and Children: Thurs. 9 am sign up, 9:30-10am bible study, 10 am - 12 pm shop. 447-3268

Glory Bound Street Ministry 4527 Parker Ave. Clothes Closet, Sundays 11:30 am all welcome. 452-7078

Medical

Mercy Clinic: For homeless adults, children: Nurse's office in Friendship park 7:30am & 12:30pm. 446-3345

Sacramento Dental Clinic: 4600 Broadway (Primary Care Blding) Walk-ins 8 am - 12:30 pm 874-8300

Mental Health

Guest House, 600 Bercut Drive.: Homeless Mental Health Clinic. Mental Health evaluation, medication if needed. Housing referrals for mentally ill, GA refs, SSI aps, refs to A & D counseling: 916-440-1500

TLCS Intake Offices: 1400 N. I. St. Blding. A; Adults 18 yrs & up; Referrals to transitional living programs, independent living, mental health support services; SSI/SSDI application assistance; Walk-ins 8-11am M-F 440-1500

Genesis: Professional Counseling for life problems. Referrals. 401 12th St. (DeLaney Center). 699-1536

Youth Services

Wind Youth Services: Drop-In Center for youth (ages 12-24) experiencing homelessness: 1722 J Street, M-F 9am-6pm, S-S

10am-2pm: Emergency shelter for ages 12-17, call 1-800-339-7177: Emergency shelter for ages 18-24, call 916-561-4900. Services also include: street outreach, case management, mental health

Crisis Intervention

WEAVE: Services for victims of domestic violence and sexual assault and their children. Referrals to court mandated battery intervention programs, Safe house, 24 hr. crisis line: 920-2952

AIDS / HIV

AIDS Housing Alliance provides residential care, transitional housing & permanent housing services to homeless persons living with aids. 329-1093 weekdays.

CARES (Center for AIDS Research, Education and Service): 1500 21st ST. Serves people with HIV and AIDS. Medical care, mental health, case mgmt, health ed and regional prevention/ed classes. 443-3299

Breaking Barriers: Homeless Outreach Program provides direct services to people living with AIDS and HIV. Transportation to social services, medical appointments, job interviews, and housing assistance. 447-2437

Harm Reduction Services: 40001 12 Ave.; High risk outreach; HIV, Hep-C testing; case management for HIV; free medical clinic, needle exchange. 456-4849

Alternative Test Site: Free anonymous HIV testing, Wed /Thurs. Call for appt. 874-7720.

Legal Aid

Disability Rights, CA: Free legal services for people with disabilities. Call for appt. toll free: TTY:(800)776-5746

Tommy Clinkenbeard Legal Clinic: 401 12th St. (DeLaney Center) Free legal assistance and advocacy for problems related to homelessness. 446-0368

Legal Services of Northern California, Inc: 515 12th St. (at E ST.) M-F 8:30am-12pm, 1pm-5pm. Problems with public benefits, landlord / tenant, divorce clinic. Call for appt. 551-2150

Welfare Rights: 1901 Alhambra Blvd. (2nd floor) M-F 9am-5pm: AFDC, Food Stamps, Workfare and Medical rep at hearings. 736-0616

Social Security Disability / SSI Lawyer Free Consultation (916) 658-1880

**About SHA**

The Sacramento Housing Alliance is a network of concerned citizens who promote decent affordable housing for low income households and homeless people through advocacy and participation in public discourse.

For more info, or if you would like to participate, please call:

(916) 455-4900<http://sachousingalliance.org>

909 12th Street, Suite 114
Sacramento, CA 95814

*The SHA does not itself
provide or manage housing.*

Veterans

VA Outreach: 1-800-827-1000

Homeless VA Coordinator:
(916) 364-6547

Mather VA Social Works: help getting DD-214, any vet. (916) 843-7064

Sacramento Veterans Resource Center
7270 East Southgate Dr. 393-8387

Miscellaneous

Francis House Center 1422 C St. Must get a lottery number 9am. M,Tu,Th,F for Direct Services: ID vouchers, transp. assistance; In depth resource coaching by apt.; Veteran's advocac.; Notary services Thurs. call for apt.; Job Development Center M,Tu,Th,F 9:30am - 1pm. Family Rescue motel vouchers for qualified families Mon. 1pm. (916) 443-2646

Sacramento Food Bank & Family Services: 3333 3rd Ave. (south of Broadway) Mon, Tues, Thurs, Fri 10am-1:30pm, and Wed 4pm-7pm. 456-1980.

Social Services: 28th & R ST. M-F 7:30am-5pm. Call for asst. 874-2072

Employment Development Department (EDD): 2901 50th St. (at Broadway) M-F 8am-5pm. Unemployment, job services. 227-0300

Medi-Cal: 1-800-773-6467, 1-888-747-1222. Or see DHA eligibility workers 1725 28th St. 916-874-2256

Social Security Office: 8581 Folsom Blvd (East of College Greens Lite-rail stop, past the flea market) M-F 9am-4:30pm 381-9410: Natl line 1-800-772-1213

211 Sacramento
Dial 211
for tele-info & referral service

Califorina Youth Crisis Line:
1-800-843-5200

Health Rights Hotline:
551-2100

Welcome to Homeward:

Please help us make a difference!



Homeward Street Journal has been publishing since 1997 as a non-profit project of the Sacramento Homeless Organizing

Committee, which is a member of the Sacramento Housing Alliance. The paper's mission is to alleviate miscommunication between communities by educating the public about housing and poverty issues, and by giving homeless people a voice in the public forum. Homeward also informs homeless persons of shelter and occupational assistance, and acts as a creative self-help opportunity for those individuals who wish to participate.

The opinions expressed in Homeward are those of the authors, and not necessarily the Sacramento Housing Alliance or SHOC or Homeward.

Submissions and Editorial Policy

We welcome any participation or contributions: Articles, poems and other writing can be submitted at our office in Friendship Park, or mailed to the address below.

All writing submitted for publication will be edited as necessary, with due respect for the author's intent. The editors will attempt to consult with an author if changes are necessary, however, the paper will go to print with the story as edited if the author is unavailable.

All Letters to the Editor must be signed to be published. If the writer wishes to remain anonymous s/he should so state, but the letter must still be signed.

Poetry and graphics will not be edited, either the paper will publish the submission or not.

In submitting articles to the paper, authors give their permission to print their submissions in accordance with the above stipulations, as well as possible reprinting in INSP member papers, with due byline. Any requests for stories outside the above three will be referred to the author.

Subscriptions are available with a \$20 contribution. Make checks out to SHOC (Sacramento Homeless Organizing Committee).

Loaves & Fishes is not affiliated with the Homeward Street Journal in any way. Participants with the paper are not allowed to solicit for donations for L&F, nor make any reference regarding the relationship between Loaves & Fishes and this newspaper whatsoever.

All correspondence can be sent to:
Homeward Street Journal
PO Box 952
Sacramento, CA 95812

The paper may be reached at:
(916) 442-2156

The paper may also be E-mailed at
homeward2@yahoo.com

On the web at:
<http://homeward.wikispaces.com>

Champions of the Less Fortunate

by Mark Alexander, Chico Vibe Staff Writer

For the past two years, I've trudged through the sinking swamps of chronic homelessness and hiked my way up a mountain called independence. I've been under my own roof for over a year now, but I was always painfully aware that the transitional housing programs I used were only temporary. Homelessness was always awaiting me once that precious time ran out. Like sitting atop a measly tarp in a pool of water, I knew the swamp was only waiting to swallow me despite all the effort I made building this makeshift raft to keep myself afloat.

I knew the day would come when I would have to be fully independent. The promised deadline to take over my lease will be arriving this October along with that good ol' autumn wind. It's arriving so soon, and I'm shocked to say I think I'm finally ready for it. It occurred to me the other day how little I've been using homelessness services that I used to rely on each and every day. By "little," I mean not at all!

During my first steps through homelessness, I spent most of my time each day relaxing at the 6th Street Center for Youth. I would frequently turn to the case managers for guidance in navigating my path out of homelessness, but I also enjoyed the simple pleasure of socializing with my peers. It was nice having a safe place to be during the day and interacting with others who were facing similar trials in their lives.

Last spring, my counselor at 6th Street said she believed I was transitioning out of services. I was quick to assure her how little confidence I had in myself and my ability to be self-sufficient. I honestly don't know why, though. I guess I had relied on that support network so long that I was afraid of what would happen if it was no longer there. It was like telling an experienced acrobat the safety net meant to catch them during a balancing act was about to be pulled.

She was right, in the end. I find it kind of funny how nervous I was even though I had been steadily transitioning out already. After I had found a job and enrolled back in school, I needed to be at 6th Street so little that I showed up only to get some food. The amount of time I spend there has dwindled down to once a week, and now I don't even go there for any kind of services. I just like to pop in and say hello to the counselors and other youth who, at this point, I think of as friends and family.

I've come a long way and learned quite a few skills since I started this journey. I began with so little experience that I was anxious



"CCAT are people trying to lift the light within the darkness." -- Michael, who is houseless on the streets of Chico.

**Crisis Care Advocacy and Triage
Mental Health Crisis Triage Evaluation
Mental Health Advocacy
Identify gaps between offerings
CIT evangelism and support**



510-396-5109
bridginggapsbutte@gmail.com
www.ccat.life

The CHICO VIBE

Made possible by our supporters...
Bob Woods, Ed Mayer, Chico Housing Action Team
North Valley Community Foundation, KZFR 90.1FM
and Lucy Gould

from Writing for Donuts

WE LOSE OUR WAY

Don't worry, that's what they'll say
When your morals start to sway
Like how I said I would never drink
But here I am hungover, throwing up in the sink
And how acid was so very wrong
But right now the wall is singing me a song
Weed is alright but that's where you might start the fall
Then comes meth and heroin, until you don't feel at all
So we try to kill ourselves - we lose our way
And it all starts with a little that's supposed to be OK

-Hannah G

DROWNING

I lay myself down on the concrete, knowing I most likely
won't be able to sleep.
Cops patrol by - I hope they don't notice me.
I've been drowning myself in liquor every night this week.
Every night has ended the same - waking up to drunken mistakes.
I can't stop this routine.
I guess you can say it's my new addiction.
I'm scared someday I won't be able to come up for air.

-Jeremy Wolf

DEAR ANGEL

The Angel of Death - I met you at the age of 14. You got many faces, names, looks, etc. You used to be my friend, my lover, my companion. But then you switch up on me like I knew you would. But it's all good though. I know you be lurking and prowling on me like it's the thing to do, but that means nothing to me. We all gotta die someday, right?

So what you waiting for, homie?

I wake up every day to the same s#t, but it doesn't mean a thing to you. You know I got nothing to lose. You took from me the one thing I cared about when I was 14. Sometimes I wonder if anybody gives a f^k. I lose my girl, my homies and my family because of you.

When it's my time to go, I bet you use a pretty face to knock me down.

-Anonymous

just to fill out the paperwork to apply for services and jobs. What I lacked most was confidence in myself. I didn't have that crucial familial support and encouragement that I think a lot of people who have never experienced homelessness take for granted. That's why finding a makeshift family in 6th Street Center for Youth was such an important resource to have and why I was so nervous at the thought of no longer being there to find that support.

Confidence was a hard resource to come by back when I was living at the bottom of the world, but mine was revitalized each day by having a case manager and other people there who listened intently to what I was going through. They helped me come up with solutions and gave direction for each and every goal. They sometimes went out of their way to help me even when they weren't on the job.

The employees and volunteers at 6th

Street Center for Youth gave me the distinct assurance they cared about me. I cannot stress enough just how important having that sort of caring drastically improves a person's morale.

Living in a world where many ignore the homeless or find them frightening, I have found having someone who cares about me has helped me pull myself out of that challenging environment. We, as humans, need someone to show us compassion, love, and acceptance. Without those basic human desires met, there's no telling into what sort of dark places we'll fall.

I appreciate all the heroes who helped me get where I am. I thank these wonderful champions of love who have the heart and courage to show a little kindness to the less fortunate. You're real-life heroes, and you could be saving someone's life and not realize it.

Rites of Passage

by Lee Stuber

Twenty years ago, this year, I was sent to the Nevada desert to live in a boys boot camp called Rites of Passage. I was sixteen. The nearest town was Schurz, Nevada, miles and miles away with no trees to be seen. Escape was possible, if you wanted to walk for days; it was called The Remote Training Center for a reason. We lived in Quonset huts and marched to the chow hall three times a day, no talking, having to ask permission with hand gestures to spit, scratch, or adjust. We woke with the sun and ran three miles everyday, exercised twice a day, and went to school... repeating this daily routine for a hundred days. We had to earn our days and lost time if we were disrespectful or out of line. We were made to do push ups if we spoke without permission or irritated the coaches. Eventually having to do twenty five perfect diamond push-ups by the end of our stay. If we didn't conform we were sent to "specials" to exercise it out of us. If we refused to exercise we were put in a box in the heat of the sun, or freezing cold, and made to sit legs out with palms down on the ground. If we refused again we were "restrained" with varying degrees of violence, depending on the coach. That only happened to me once.

The heat and the cold seemed unbearable at times, but we survived, or at least most of us did. Dust storms brought sand to all places at all times. We had three minutes to shit, and three to shower. When we "earned" enough days we were sent to another school in the town of Yerington, Nevada called the Athletic Training Center where we played high school sports and had more time and freedom. I never did well there and didn't get along with the other kids of the system. Most of us were former foster youth and delinquents who were just a step away from the California Youth Authority. I was sent back to the Big D, as we called it, four times. Four Hundred Days in the desert.

At the time I thought it was hell. Looking to the skies seeking something to save me, all I saw were airliners flying to unknown places wishing with all my might that I was on one going anywhere but here. But as I look back, I feel a longing and bittersweet love for that time. I am thankful and feel blessed for the experience. Being tested daily made me stronger. Building the strength and courage I would need later in life to survive even more trying times.

The beauty and wonder of nature surrounded me everywhere. In the spring you've never seen such beautiful fields of flowers. The moon so big it seemed all I needed to do was reach out and touch it. The sky so clear with stars that twinkled and danced! Even the scorpions possessed a magnificent iridescent deadly beauty, like rainbow obsidian. Pilots Peak called out to me daily as I longed to climb its perfect curve, to the top and continue on forever. I feel a longing for the desert again. To replace those painful experiences with positivity and joy. On my way to Denver we drove by the road to the remote training center, which isn't there anymore, yet all of those memories came back to me, flooding my thoughts and emotions. I didn't realize how much I held on to that experience until the moment I saw Pilots peak and felt the need to climb it just to see what's on the other side. I think it's time for that climb.