

I can't Breathe - How Racism Can Be A Grieving Event

Erica Honoré & Sharon Brubaker

Grief Specialists

Sharon ([00:13](#)):

All right, here we go. Five, four, three, two, one. Hello, everyone. And welcome back to healing starts with the heart, the show where it's all about you, the griever, our girlfriend, and your broken heart. Today, we come to with amazing, an amazing topic, and we have some amazing guests, but first I'd like to introduce my sister, Eric honorary.

Erica ([00:37](#)):

Hi guys. Welcome to our show. We are doing a special broadcast because of what is happening right now in our world with the death of George Floyd and the heartbreak and devastation that is happening. We also have some very amazing guests. We have our two sisters by blood and one by marriage, but we consider her our sister from another Mister. So we have Yolanda and Shirleen are blood sisters and Peggy honorary joining us. So welcome you guys all to our show.

Sharon ([01:11](#)):

Thank you so much for joining us. We're going to start with you Yolanda. Then we'll go to Charlene and then Peggy, I want you guys to introduce yourselves, tell us what you do and what area you live in.

Sharon ([01:22](#)):

My name is Shalonda. I currently live in Chatsworth, California. I'm originally from LA. I am an ER, nurse had been doing that for the past 18 years. Still acting as an ER nurse. However, I do have my nurse practitioner.

Sharon ([01:41](#)):

Thank you, Yolanda. Charlene. She's on mute on mute, Charlene.

Charlene ([01:53](#)):

I was talking the whole time. Thank you for having me. Thank you for having me guys. Sorry about that. My name is Charlene. I'm the middle sister. I live in Arizona. I've been here for about six years and I work for I'm a solar support admin for a solar company. I support like eight sites and we bring energy to a lot of the places or houses and companies in buildings around here.

Sharon ([02:26](#)):

Thank you, Charlene Ms. Peggy,

Peggy ([02:29](#)):

I live in Santa Clarita, California, and I'm an operations manager for a respiratory company.

Sharon ([02:39](#)):

Awesome. And I think Erica wants to give a shout out to you guys.

Erica ([02:43](#)):

I certainly do Yolanda and Peggy have been essential workers through the pandemic Yolanda working in the hospital on the front lines and Peggy, her company provides ventilators. So she has been the

forefront of, of making sure people have access to ventilators, the ones who need them. So I just definitely want to thank you guys for all that you have done, because this has been very scary. So we wouldn't have made it through it without people like you.

Sharon ([03:11](#)):

Yeah, absolutely. Thank you. Thank you so much. So Erica, over the last, over this last year, it has been like being in the Twilight zone between the pandemic stay at home order. So many of our friends being furloughed, losing their jobs. And now the last nine days, 12 days we've been talking about race. People have been out rioting, looting, and protesting all of these things going on at one time, if that is not agreement experience, I don't know what is,

Erica ([03:48](#)):

I have been utterly devastated and completely heartbroken. And I think one of the things that people are missing or maybe not gathering altogether is this. I mentioned George Ford in the intro, but this isn't all just about George Floyd. It, we had that man Arbery not long ago when the video came out that of his killing. And then we had Brianna Taylor and countless others two years that really never got justice served for them. So it's not just a one time incident, which I think some people are missing the Mark on the message. There's so many stories that this has just, it's an, what we teach here and grief is cumulative and it's cumulatively negative. So if you compound that with this black experience of people just being unjustly murdered, our hearts are absolutely broken.

Sharon ([04:51](#)):

Our hearts are absolutely broken and people are in the fight and it doesn't matter what side you're on. It's causing a grieving experience. We happen to be seeing it from one side of the, the conversation. And that's what we're going to share today is our experience. But there are other people on the other side fighting, standing up, whatever it is, it's a Grievant experience, no matter what side of the table, you're on my friends, it is causing a grieving experience, which is brokenness in your heart. Very first question today, we'll start with Tio. When I say Tio, I'm talking about Yolanda. When was the first time that you experienced racism or knew that it was a thing?

Yolanda ([05:34](#)):

Can you hear me okay, because my wife is a little spotty. Yeah, we'll hear you. Great. Okay, great. Since we were grew up in LA area that we went to lived in was predominantly at that time. So we still let us be so blind please. We saw everybody and we went to a school which was predominantly Creole, and these are people that come out to LA or cousins or family to relocate and get jobs. So we were around them. We didn't see rapes as like Lisa are people who went to St. Francis. We've loved the people that we met too. And we went to school with, with other people that we went to church with. So we didn't have racism when we were there. It wasn't until I was eight. And I moved to the San Fernando Valley and I went to Laskin elementary, which was predominantly white. And when we went to school there, people started asking me what country. And I didn't understand that at home because I would tell them that I was from over the Hill. They had no idea with that, man, as you asked for in LA over the Hill, met the glorified freeway, going over, literally over the Hill. So when I went to school with them and I was trying to explain that I was only from Los Angeles and they treated me like I was an alien and I had no idea that the words that came out of my mouth talk different and look different. That was actually the first time I experienced racism.

Sharon ([07:19](#)):

Okay. Charlene, I want to ask you the same question, but I want to put a little slant on it. When did you realize that you want, let's go, you're already living in a Valley already. When did you realize that you were different from the other people that you were going to school with the other children?

Charlene ([07:39](#)):

I always knew I was black, but I did not. I had the same feeling as Yolanda. I did not understand racism until we moved to the San Fernando Valley. And I didn't, I didn't think I was different from anyone except that I was black and their skin was a little lighter than mine. That's it?

Sharon ([08:08](#)):

That's so funny that you say that because I'm you say, and I'm older than you Charlene and I are 14 months apart. I didn't, you're saying I didn't. I always knew I was black. I didn't know that at all. So where did you get that from? Do you know?

Charlene ([08:27](#)):

Well, Creo is French, Indian and black. And I know, I, I don't, I can't recall. I just always knew I was black.

Sharon ([08:41](#)):

Isn't that interesting? That's so funny because my first experience with racism was there, girl, I was five years old. I was in kindergarten and a girl walked up to me in the bathroom and said she didn't like white people. And I didn't what white people were. I literally didn't know what she was talking about. And she slapped me across the face and ran out of the bathroom. She was African-American and she thought I was white. And I literally didn't know. I didn't know what white people or black people were. So that's funny. I love that you and I, we all lived a different version of this story. Thanks for sharing that. Thank you so much, Ms. Peggy, when did you know racism exists?

Erica ([09:21](#)):

Once taken before Peggy jumps in I just want you guys to give a timeframe from the move to LA to San Fernando Valley year wise. What year was that?

Sharon ([09:30](#)):

So we moved to LA, we moved to LA from Louisiana in 1964, late 1964. And we moved to the San Fernando Valley in 1975. Okay. Just so we can give some context. So it was around 1975 and it was predominantly the San Fernando Valley was predominantly white when we moved there.

Sharon ([09:53](#)):

Perfect. Okay. Go ahead.

Peggy ([09:54](#)):

And so when did I, what experienced racism?

Sharon ([09:58](#)):

When did you know that even racism even existed?

Peggy ([10:07](#)):

I, I didn't until I was older and then I heard about people talking about it, but it wasn't in my world. It wasn't in my daily life present in my house. So I didn't experience in probably till I was married to my husband. And then I thought I would get more of the brunt of it, but I think he's gotten more of the brunt of it than I did. So I think about 10 years ago, we were in new Orleans and I was called that lover. That was probably the only time I really experienced it in directly to me other than that.

Sharon ([10:44](#)):

Okay. Okay. So I have another question for you. So Peggy, you we, we shared earlier that you're a Caucasian. And did your, did you grow up, did your parents talk about race in your home?

Peggy ([10:56](#)):

No, never. We, it wasn't part of our conversation. We went, we went everywhere and did everything with anyone. We never I didn't see color. I just never saw color. We would go to track meets at Locke high school. And then we moved, my dad's friends were Mexican and black. His workers were Mexican and black. My gardener was Asian. I can't, we went to the da, we'd go to the Raider games and Parker park and then a black man's house comes through arc. Then they never, we didn't see color. We never, it wasn't part of our life. It wasn't part of our conversation. So in many ways, I, sometimes I can't relate to this because I don't, I don't see it.

Sharon ([11:36](#)):

So I don't know the difference, but I know it exists. It's just, you know, it's not direct to me. Thank you. Thank you for sharing. Okay. So next question. A lot of people have been sharing on social media and just before I realized we weren't, I wasn't recording. We got through a whole, you guys. And I realized I wasn't recording my bad. Sorry. a lot of people have been sharing on social media and a lot of people have been sharing that they're unfriending so many people. So I, my question to you is this it's two fold. Start with you, Yolanda, and then we're going to go to Erica then Charlene, then Peggy, have you been having the conversation on social media and have you unfriended people? Those are the two things I want to know the question too. We'll start with you, Yolanda, are you having the conversation or at least sharing your feelings and thoughts and have you unfriended people?

Yolanda ([12:27](#)):

I'm sorry. I still have to check if you can hear me because my wifi is so spotty.

Sharon ([12:32](#)):

Yeah, we can hear you. Yes.

Yolanda ([12:35](#)):

Okay, great. Yes, I did have to unfriend people. I have I, it took me a while. It literally took me almost a week before I could respond and had to have a response. I was so angry and so heartbroken. And I couldn't watch any of this or read anything on the, on Facebook or a social media without crying and bursting into tears from my hurt. So after about a week, I was able to get my thoughts together because I didn't want to be that angry black woman. I didn't want to come out. And most people who know me know that every other word is MF F that comes out of my mouth. I'd want people to take me serious and understand my grief and my pain. So after I was able to collect my thoughts, I did make one post

and explain how hurt and angry I was. I was surprised by my allies, my people that I work with, the people I went to high school with friends, which are predominantly white, because we grew up in the Valley and those are the predominant people that I worked with. And then I went to school with, I loved them for their support, but in that same token, yes, I did have to unfriend people. There were people that made me very, very angry. And I decided that once I got my thoughts together and decided not to drop the F bomb and call them ignorant and all this other stuff that I chose to be the better person, I try people ask questions. I answered their questions. I try to explain what the movement is and the anger in my heart without offending them. And I chose that. I'm not going to fall into their ignorance and get in fight with these people because there is no bringing them back from the experience of racism that I've had in my life. I know where their hearts are and those people can be lost in the dark. I don't give a, but the ones who want to know and the ones who want to be brought to the light, I'm more than happy to help that. So the people who I had to unfriend, there's no change in their minds.

Sharon ([15:00](#)):

And let me go to you, Charlene, have you had the conversation with anyone on social media? Have you had it in your office and have you unfriended anyone?

Charlene ([15:12](#)):

No, I am not a social media act, you know, I'm not active on, on social media. So I only read what is being posted mostly my my is only my family. I only pretty much friend and befriend my family and very, very tight knit, close family and friends. So I didn't have to I didn't have that experience. However, I have had conversations with with coworkers and, and friends here in Arizona. And my, my manager is one of the ones that my direct manager is one of the ones that I had a deep conversation with. And I was I feel like he has his opinion. And I looked at it as he has his opinion. He spoke some things I did not agree with. I came back with my thoughts and my opinions and at the end of the conversation basically it was Charlene, you know, regardless on some of the things I feel most of it was on the rioting and his comments on the writing. I he said, he goes, if you were out there and protesting, I would be standing right behind you, protesting with you. So that's the, that's pretty much what I have received most from my coworkers and friends and family. So unfortunately I didn't have to you know, tell someone, you know, anything and tell them, I'll never talk to them again.

Sharon ([17:07](#)):

That's great. That's great. Peggy, have you posted, and have you felt heard and during this conversation,

Peggy ([17:16](#)):

Actually I did. I get away. I try to stay away from social media too much right now, because a lot of it is false and I don't believe the truth. A lot of what people are saying or whatever, no matter what you say is not good enough. I did unfriend somebody and she was a family member, but she was grail and she lives in Los Angeles and she just said, I, she's not listening. She's very hateful and angry. And it got too much because she wasn't helping anybody was making it worse. So I am, I don't know if anybody I'm freaking out, I don't care if they did or didn't, but I haven't posted a whole lot only because I feel like I can't, I can't, I don't know what to say. And I don't know where to begin.

Sharon ([18:05](#)):

And, and right before we went off, I said, I said something else about you, you posted something about the men in blue, which I thought was really profound. And it was amazing. You're a Caucasian woman

married to a black man. And I also said, do you feel like you're being pulled in three different areas? Answer that for me.

Peggy ([18:26](#)):

Yes, absolutely. Because I absolutely believe in Los Angeles police department, it is a good department. They have excellent training. My husband is a wonderful man. He's very caring. He's definitely middle of the road. He doesn't go one way or the other. And we love our community. We love people, but it's hard because I do believe in the protest. I do believe they have to March. I do believe in black lives matter, but I don't believe in the rooting, the looting and the writing and all that. You gotta do it. Right. You gotta do intelligent. You gotta do it. With common sense and, and love and empathy like Erica was saying earlier. So yeah, I definitely am torn because I love my husband. I love his job, so, and we need to touch it in this community. I don't know what people were thinking.

Sharon ([19:16](#)):

So it's, it's actually kind of funny because we're all we have a brother that's a police officer yet Yola Erica, you and your son, Jordan went out on the protest this week. So you're actually being drawn into two different areas.

Erica ([19:35](#)):

I am because I live in very rural, very rural area in Texas. So it is very predominantly white. We've actually had, we have very close friends that love and support us. And one of our, our good friends admitted that until he met us, he had never met, been around any like, spent quality time with any black people. And I, and he just loves and adores us and we love and adore him. But, you know, to have that honest communication is rare on that level, you know, without people getting, putting guards up and whatnot. So Jordan and I went on a protest and like I shared earlier, it was extremely surreal because what we experienced was amazingly beautiful and positive, and it was organized by high school students, which was so impressive. But the entire time, while I was marching, what I was thinking was you know, back in the fifties, at the beginning of the civil rights movement, people showed up to protest knowing with certainty, they were going to be met by mobs, right? Angry police officers by dogs, you know, I'd set a set on them and they still showed up. And I just was like the gravity of that while I was walking, you know, unencumbered without fear. Cause it was, it was a beautiful event, just weighed on my heart because of what people have had to go through. And the thing that I think that made me the most heartsick was that we're still here protesting and marching over the same exact thing that people have lost their lives over, that you would think we should be in a totally different place. So that, that was the gravity that was weighing on me and also to see my 17 year old son walking with the sign that said, am I next B, which is my biggest fear.

Yolanda ([21:44](#)):

I do have to say, I'm sorry to cut in, but I do have to say, Eric, I can't tell you from being out here in California. And even though I was the youngest till you came around, I can't tell you the amount of heartache I had waiting to hear that you were home safely. I so concerned from you being in Texas and you experience a level of racism that I don't experience out here in California. And we've had these conversations before, but I can't tell you how we're Lilly that was that you guys all made it home safe for you and Jordan and Kayla. Even though the protests are supposed to be peaceful, there is still a lot of, there's still a lot of fighting and things going on there. And I was so happy to hear that you guys went out there and extremely proud, but not as happy as I was to hear that you guys made it home safely.

Erica ([22:43](#)):

Yeah, it definitely is. I kept thinking, you know, it, I was so fearful because you, I think a mother's worst fear amidst, losing children, which I have done what is being in the act, you know, when something goes terribly wrong and you have your children with you and you can't protect all of them. So I had Kayla and her boyfriend and Jordan and we had family friends, and I have a nephew that's visiting from Louisiana. So I just went extremely vigilant and very worried. And thankfully though it, my, I was put to ease very early in and we, it was a beautiful thing, but I, it always in the back of my mind, always when I go places with Jordan and it's, it makes me heartsick. It really does that. I have to say things to my 17 year old son that I don't think people who don't have a, a black child have to say to their children. And if you have never had to say, if you get pulled over by the police, you don't move, you follow every movement that they tell you. If they say, sit you sit. If they say don't know you, I don't think that's the majority of the experience. And so it breaks my heart that we're still having to do this. And it breaks my heart because like Peggy said, like my brother loved him dearly. He's one of the most honorable people I know in this world. And he's a police officer, so it's not just Peggy. Who's conflicted. We as his sisters, he's our only brother. We're also conflicted because we know there's good on the police department. We know there's good out there in the world, but that's not, what's being portrayed. And that's not what, what the experience is. And it sucks.

Sharon ([24:32](#)):

So one of the things that's happening, I see a lot of people are fighting over this one point. I see both of my daughters are fighting over it a lot. And so I'm going to ask all of you and that, that fight is whether the argument I'm going to say the argument, not the fight, the argument of whether white privilege actually exist. So let's start with you Tio, and will go to Charlene and then we'll go to you and Ms. Peggy, who is the Caucasian person on the board today, and then we'll come back to you, Erica. So start with you. Does white privilege exists to you?

Yolanda ([25:08](#)):

I definitely think a white privilege exists. Most of the....

Sharon ([25:23](#)):

Okay. So it sounds like her Tio your, your internet is cutting out. Hold on one second. Hold on one second. We'll come back to you. Charlene. Does white privilege exist?

Charlene ([25:37](#)):

I absolutely think white privilege exists. Earlier I said it for me, my experience is more in the corporate world in the offices is where I see it. But just speaking to just what the topics we're speaking on. Absolutely it exists is exist when my sister has to tell my nephew what to say. If he gets pulled over, I almost positive. Her neighbor who may be white or is white, doesn't have to tell their son that, you know, they just have to say don't get pulled over, but not to be polite said, if they say set, keep your hands on the, on the dashboard. Make sure you're polite. Make sure you say, please make sure you say yes, officer. They don't say that to their, to their kids. They don't have to because they are going to be treated differently. So, yes. Right. Privileges exist.

Sharon ([26:41](#)):

Peg. I want to ask you to Peggy. Do you believe white privilege exists?

Peggy (26:45):

Absolutely it does.

Sharon (26:48):

And what, what are you basing that on?

Peggy (26:52):

That I don't have to worry about when I get pulled over, the only time is don't make quick movements. Ma'am don't do this, but I'm not scared. I'm not scared. I walk in anywhere I do anything. I go for job interviews. I'm I, if it's my performance that it doesn't, you know, I didn't get the job. It's my performance. It's not my race. So it, of course, yes, absolutely exists. It's been proven. It's been, you know, it reiterated in movies, books all over it's, you know? Yes, it exists.

Sharon (27:22):

Erica does white privilege exists.

Erica (27:26):

Absolutely. And it astonishes me when I see people, white people, unfortunately taking offense to the fact that we are saying there's privilege in their race. And I've seen multiple social media posts and back and forth arguing this point. But it exists. There is something that was brought to my attention recently. And so I had to have a different conversation with Jordan, which was when you go to a store without me and you buy something, you keep the receipt in your hand, never before. Did I ever think to convey that message to him, but that's true because black people are being targeted in stores and are being accused of stealing things when they didn't or not, you know, paying the full price for something when they did. So if you don't have to do that as a white person, that's another example where there's privilege.

Sharon (28:30):

Yolanda, do we have you back? Can you hear me? Yes. We can hear you loud and clear question to you. And especially in the round that you work in the hospital where you're seeing all different nationalities come in. I just want to know, do you believe white privilege exists?

Yolanda (28:47):

Oh, I definitely believe that. This is a little off point about where I work, but the one thing I want to say is I saw a really good video of a high school teacher asking white students. What does it mean to be white? And they were unable to answer that question because they don't have to answer that question. They had no idea what he was talking about, what age they're like, what are you talking about? And he was asking them questions about, are you concerned when you go to the store, are you concern when you go other places they couldn't answer because they don't have to consider the race, an issue or the color of their skin. So that was a very powerful video that I watched that really touched me. So yes, where I work at the color of people's skin make a difference. I work in a predominantly white, I work in San Fernando Valley and they're predominantly white people that I work with. And I love the majority of my coworkers. However, I have seen my black brothers and sisters come in there and be loud, more concerned because their family members and pain. And I have seen some of the nurses that I have worked with become distressed and want to call security just because the color of their skin. And I'll step in and start talking to these people and let them know that I hear them. And I see that. And before

things get out of hand, just because the color of their skin, that there, they are my people and I see them and I stand with them to get their needs met. Just like the white people that walk in.

Sharon ([30:40](#)):

Let me ask you this question. Okay. So this is just to the, to the four sisters, Yolanda, Erica, and Charlene. And then I'm going to answer for myself first. I feel that I am not judged when I walk in somewhere because my skin is very fair. And I would, I would say on the four of us, I'm probably the fairest. I can walk in the store. I never worry about whether people are going to follow me. I walk in to the hospital and I get treated a certain way. I walk into my office. I feel like people see me based on the color of my skin. And I, I I'm, I've been pulled over by police officers and haven't had a purse or a driver's license and have been let go. So to me, white privilege definitely exists. And I experience it from the white perspective. I want to ask you, go, go ahead, Charlene you next and Yolanda, and then we'll go on birth order. And then Erica

Charlene ([31:44](#)):

I Oh, because of the color of my skin. Oh yeah. I get treated differently and it may not be, it may not be because they think I'm black, but they think I'm an other, I'm an other Brown yellow from somewhere else. They don't care. And so, yes, I do get treated differently. I have gotten pulled over. I have gotten pulled out of my car. I have, you know, I've never been able, I've drove without my purse and my driver's license out on my car and a ticket. I don't care how nice I was. So, and I don't think it was because at that point, and I have to say that particular time was because the color of my skin, but maybe if I was white, because I do believe in white privilege, maybe I would have gotten away with it. I doubt it. You know, he was doing the right thing. But at the same time, there has been times where I have been taught to disrespect it, not by police, but by other people walking into a store. And that sort of thing because of the color of my skin. And I'm not sure where I'm from. So it does not matter.

Sharon ([32:57](#)):

Yolanda, same question.

Yolanda ([33:01](#)):

I have to agree with Sharon Lane. They don't quite know what I am, but they, especially at work, they know that I'm not white. So a lot of times, as a nurse, with 17 years of experience, I would go into patient's rooms. And they literally, I walked in there with an Ivy tray and talking to them and trying to help them and make them feel better. And they treat me like I'm there to clean their tour lives. There there've been occasions where it has been so bad that I've had to talk to my other coworkers who are blonde blue eyed, who fit their description of what a nurse should look like and literally send them in there to tell them the same exact thing that I have just said. However, they don't hear me, but they will hear my coworkers. So yeah, every, a lot of times I've experienced this at work,

Sharon ([33:58](#)):

Erica, same question.

Erica ([34:01](#)):

I don't know. I have, I don't. I think that definitely, definitely people don't know what category to put me in. So I'm constantly asked what are you, what are you like constantly? Like it's on a loop. But that being said, me personally living I've only lived in Texas for the last seven years. So all that time before I was in

California, I never had the experience where I was treated differently because like we've shared our skin color doesn't necessarily reflect our ethnicity. So I didn't really have to deal with it. Well, what I had to deal with was a lot of kids in high school, you know, saying once they find out or you, I had, I would identify myself, Oh, she's they would have put a percentage, Oh, she's this much black. She's this much black. Like, that's, I'm like, well, how are you getting a breakdown in a percentage when I don't even know what it is, but that was the only, the only thing. But then coming to Texas, again, the constant, what are you, what are you? And then having a very visibly and identifiable black child you could see question marks and a lot of just a little side eye, but I have never, I have never like when Ben being pulled over, never felt any being that I was being singled out. Of course I was by myself at those times in a store I've never been singled out. So personally, no, I have not had those.

Sharon ([35:39](#)):

So my next question is it seems a little different this time. I was a young baby during the Watts riot, but I definitely lived through the Rodney King riots. I lived through all of as, as well as you have the police shootings, the conversation that's going over, over and over and over the conversation. It seems a little bit different this time. I, from my perspective, I feel like people are starting to hear mostly for me. It's because more white people are getting involved. I feel like they're starting to hear or be open to having the conversation starting with you, Miss Peggy and then I'll go Charlene, Yolanda and Erica, what's your take on, do you think it's, we're being, do you felt her feel heard and do you feel that people are ready to start having the conversations?

Peggy ([36:31](#)):

Yes. Yes. I feel definitely being heard. Definitely starting of the conversation it's going to happen. People are more comfortable sharing experiences and not being rammed through the gutter with it living in Southern California. It's a lot easier than most places because we have so many races mixed marriages here than any other place. But I do have to say though, other races well, nevermind. I'm not gonna make that point, but anyway, yes. To answer your question.

Sharon ([37:05](#)):

Charlene.

Charlene ([37:07](#)):

Yes. I think, I think with George Floyd being killed, I think yes, there it's going to be, they are going to start listening, but do you realize that the civil rights movement started in 1940 and didn't get signed to them like 1965 I think, or ended late 1960s. So how long will it take, how many more people will die? What is going on? They might start listening now, but how long will it take for something to happen?

Sharon ([37:55](#)):

Yeah. Great question too. Can you hear me? Yes, sir.

Yolanda ([38:04](#)):

Yes. Okay. Thank you. I definitely believe that the minorities are not going to make the change. It needs to be the majority that stands up. So with our allies that are standing with us, I definitely believe that I have to have hope in my heart. I have to have hope are I will not survive this. This is what keeps me going to work. And this is what keeps me strong is from listening to allies and telling them that they see me and they stand with me. And I love that. So for me I definitely believe that there is going to be a

change because the majority is standing with us. And a lot of people are understanding that it is not just the police that are against black wives, but it is also racism and discrimination that has gone on for way too long in the workplace or just in general. So my hope is fierce and I believe that the majority is going to stand up and that there is going to be changed sooner and much faster than it took and prior.

Sharon ([39:26](#)):

Thank you. Thank you. Okay, Erica,

Erica ([39:30](#)):

You know, I just, I think what we have working to our advantage, well, like with the Rodney King riots, that was one of the rare experiences where a police beating was captured on video. And now we have where it's becoming more of the norm where we see an injustice being done and it's being captured. So we cannot turn away from it. And we cannot deny what's happening. Like in the, in the Watts riots, it was like word of mouth. What had happened. It just had traveled from one community to the next, but now things are actually being documented and putting in the face of those who want to say that there's no such thing as white privilege or there's no such thing as racism anymore. And I do believe that having that as our ACE in our pocket is going to force people to create change because there is no way to excuse watching someone being killed on film and saying, no, it didn't happen. Or, you know, this was fake. That was real life. He no longer exists in this world to his children, to his siblings, to, to his friends. He is no more. And you cannot make that up.

Sharon ([40:55](#)):

I agree with you a hundred percent on that. And the other thing that I agree with is that, or I, I keep saying everybody, the entire world, all of us, we were witness to a murder. We witnessed a murder life.

Yolanda ([41:12](#)):

However, that wasn't the first murder that we witnessed. We witnessed them over time in the past several years. Oh yeah. Seeing more and more of them. And it's only because people have cameras on their phone and they're able to record it. So for all those who have not been filmed and who has not been brought as been publicized, like the ones who have passed away that we know about my heart bleeds for them. Absolutely. Exactly X. Absolutely.

Sharon ([41:43](#)):

Okay. Last question. And we're going to end this amazing talk. Start with you, miss Peggy, what do you think is an everybody? I just want to know what is the one thing that needs to change in order for us to see some movement in the police brutality, the conversation you can pick any of these, what, what, what has to happen in people's hearts? What conversation do we have actually have to have? Where do you think the most impactful change will take place? Miss Peggy.

Peggy ([42:16](#)):

Well voting in immediately voting. We have to vote. Who wants to show up? I agree getting, you know, watching the news, reading, getting information about what's going on in the communities. If you want change, show up to meetings, town hall, meetings, whatever that is. And then, but Keith and I have always said that love other times over the years, people we'd see these white cops shoot somebody and you saw the fear in his face and the fairness faces because he does not hang with other races, whether it's barbecues or anything like that. And that is a fundamental, his parents didn't show him how to do

that. He wasn't raised that way. And therefore he doesn't know them. He only knows them as something scary and different. Yeah. When you share your table, you share your food, you share, I dunno, conversation you, whatever it is. Even if you go to the nail salon and talk to the women there, talk to people in the grocery store, how you doing what's going on? Then it becomes also scary. So people need to have conversations with their neighbors. They need to meet their neighbors. They need to talk to people, look at them and smile and engage with them. Because if you don't eat there, it's scary. It's different. It's, there's a wall and the wall will stay there. They have to break these personal walls around them and start expanding their world. And, you know, talking that way. And you know, what's his name of a basketball player did this years ago. And they would share meals and go into different homes with middle Eastern families, Mexican families, and all these different ones. And it was so cool to see and people would walk out, not scared. And that's exactly what it is. You can't be scared of other people. There's, they're just people. Right. But immediately Educated and not being educated on social media. Please know social media is your form of education.

Sharon ([44:14](#)):

I have a question for you though Peg, how much do you think is gonna rely on the police reforming the police departments?

Peggy ([44:27](#)):

A lot as I said earlier, Albert, but again, obviously, but mayor Garcetti sent out a letter to the Angelenos and said, we hear you. We're going to respond. We're going to change these things. A lot of things have been taken away with Los Angeles police, permanent people don't know they're not allowed to do Choco. There's no ne there's no rubber bullets. Those are different departments, but these kinds of things will make better. They got to listen. My husband always wants to listen, calm down. Let's talk about this. Instead of going in the back and forth, that's, he's taught me that calm down the sin first, then open your mouth. Cause you know, I want to jump and open my mouth, but they want to have the dialogue and this, when you saw those policemen taking these on the street, that's real. And that's the start of just, okay. Okay. I'm listening. And he said also that the local people that were out there protesting and the black lives matter, they want a dialogue. They want a conversation. So that that's wonderful. That's what's going to make the difference.

Sharon ([45:26](#)):

Yeah. Yeah. Great, great answer. Great answer.

Peggy ([45:30](#)):

The name of the mayor will, will make a difference because there's too many people in the city they have.

Sharon ([45:36](#)):

Thank you. What about you, Charlene? What do you think is something that needs to change?

Charlene ([45:41](#)):

I at Peggy hit it right on the nail on the head is education. Educating is so important. And one of the things I, I did want to share is that with the writing, some of the writing, I kind of put it into categories. Some of the writing was just, these people are tired, we are tired and we are hurt and we are angry. And that's how they showed their anger. It came out in writing. We did have some opportunists that took

the steps of of doing way more damage and way more having, you know, going into certain areas and doing way more damage. But the ones that were just so angry, these young kids, we need to educate them to, we need to let them know, Hey, we know you're angry, but you gotta get that dialogue. You gotta use your words like your mother would tell you ever since you were a kid, use your words, that communicating is going to be really important here in Arizona, we did have a lot of it writing. Our mayor came out, our, our mayor came out and our chief of police, he, she protested with us. She protested with everyone. She got on one knee. It was amazing to see. Unfortunately, I didn't go out to protest because I'm scared of the pandemic because we're out here are getting a lot of cases. So I was supported from here and it was amazing to see that. So I know that that the conversation is going to start to happen. My fear is that it's going just take a lot of time and a lot of communication to get it done.

Sharon ([47:34](#)):

Great answer. Thank you, Yolanda. What is the one thing you think needs to change?

Yolanda ([47:43](#)):

Wow. Its hard to follow the last two Charlene and Peggy, I appreciate your answers. For me, I'm extremely thankful to my allies and being able to talk to them and educate them. And hopefully they're able to go out and spread the word to people of their same ranks because people listen to their race better than they listened to us. I am proud to work with the people that I work with. I am proud to work with police officers that have come in there and I have to say they have definitely saved my butt more than one occasion with the aggressive, angry patients that I've had to take care of. So I have no ill will towards any police officers. My brother is a police officer that I love dearly and will lay down my life to protect him. So when people see my anger, they think that I'm out against all police officers. That is not true. The same way we don't accuse all police officers are being bad, that we don't accuse that all protesters are all black Americans are also bad and they can see that through the same eyes. That's my biggest hope because they're all about protecting the police officers. However, they're not trying to see that all protesters are not bad as well, and that they can support them. Like they're trying to support the good police officers who are taking a knee who are walking the lines, who are picketing with our black American brothers and sisters. And that's the biggest thing I can hope to spread is that they need to see the good protesters the same way they see the good officers through that same eyes.

Sharon ([49:41](#)):

Yeah. Yeah. Great answer. Thank you to you. Okay. Erica, rounding up with you.

Erica ([49:46](#)):

All right. I want to end with this because I've posted it on Friday, but I think the biggest thing that we are missing and what we need to move forward is true empathy. And by that, I mean, this is my post true empathy requires that you step outside your own emotions to view things entirely from the perspective of the other person. I think that that is what we are missing. The most. Everyone is sympathizing with other people, but not showing true empathy without judgment without their past experiences clouding the way without anything that they have read or been told on social media really, and truly opening your heart and your mind to looking at someone else is an experience and hearing it from that person and feeling in your heart, the way that they feel. I think if we could start to practice this, we will definitely begin to close the divide that has been created once again and gotten us to this very unhappy, very unsafe and very hateful.

Sharon ([51:03](#)):

I agree with you a hundred percent and that's a piggybacking on you and sort of what Peggy said was going to be my answer. And I think we need to start talking. We got to have talking and conversations and we have to experience friendships across the line. We've got to experience people of different colors, even just having a coffee with them, even just reaching out and making a phone call to someone and just say, how are you doing during this time? What's it been like for you getting to know someone of a different race? So the only way it's going to change, the only way they empathy talking, all of us talking like what we did today and hearing one another is the only way we're going to see things change. Erica And I want to thank each and every one of you for, for joining our group today and being open to have this discussion. We love you. And thank you for being a part of the change. Erica. You still there, girl.

Erica ([52:06](#)):

I'm here. I'm here. Oh,

Sharon ([52:08](#)):

Okay. I want you to round up the show girl.

Erica ([52:10](#)):

Oh, thank you sisters. Thank you for sharing your honesty and your heart with us. Thank you, Peggy, for sharing your perspective. Because like we mentioned, we love our brother who serves as a police officer to keep the community safe. And he definitely is the biggest goober we all. So we know this is not easy of a position for you to be in as a white woman, married to a black police officer. So we want to thank you for your honesty and for taking the time to be here with us tonight. Thank you. All of you. We love you and we will be giving you more shows on this topic very soon.

Sharon ([52:55](#)):

Thank you guys. Thank you sisters.

Charlene ([52:57](#)):

Thanks for having us. Have a happy Sunday.

Erica ([53:01](#)):

Bye.