

00:00:19 Ama-Robin

Hujambo,family! And welcome to Espresso Talk today. I'm your host, Ama-Robin, and today we are gathering for a very special episode.

00:00:34 Ama-Robin

This is more than just an uncommon conversation. Today we are having a call to remembrance, a call to action, and a moment to reflect on our past, our present, and our future as Black people in America and across the globe.

00:00:55 Ama-Robin

Today we are shining a light on a day that is often overlooked but is steeped in significance and meaning. That day is August 28th.

00:01:11 Ama-Robin

Many of us know Juneteenth and that isn't such an important day. June 19th.

00:01:17 Ama-Robin

As I've said, I have always celebrated that day. Many of us celebrate Kwanzaa beginning on December 26th and ending ending on January 1st.

00:01:29 Ama-Robin

And we all honor the days of our great leaders like Malcolm X, born on May 19th. And we recognize the tragic day of April 4th when Doctor Martin Luther King was assassinated.

00:01:45 Ama-Robin

But today, I want to talk to you about August 28th, a day that has left an indelible mark on black history. I'm also having a cinnamon pepper coffee for this uncommon show of remembrance.

00:02:04 Ama-Robin

So grab your espresso, sit back, and close that door behind you. We are going to get deep and we're going to get real.

00:02:12 Ama-Robin

And I hope that you all are ready for this aquaba. Welcome, my dear brothers and sisters and my beloved gender neutral and gender nonconforming folks.

00:02:37 Ama-Robin

I am so glad that you are here today. As I said, August 28th is a day that echoes through time with both pain and power, with sorrow and strength.

00:02:52 Ama-Robin

It's a day that reminds us of the progress that we have made and the struggles that we've endured. It's a day to honor our past and to draw inspiration for our future.

00:03:06 Ama-Robin

Let's get started. We begin our walk through history back in 1955 on August 28th, 1955.

00:03:20 Ama-Robin

On that day a 14 year old boy named Emmett Till was was brutally lynched in Mississippi in Money, Mississippi. His only crime.

00:03:32 Ama-Robin

There was no crime. You know, if going to keep the record straight, there was no crime, but he was accused of whistling at a white woman.

00:03:44 Ama-Robin

Emmett's mother, Mamie Till, Mate Mobley made the brave and heart wrenching decision to hold an open casket funeral for her son, exposing the world to the horrifying violence inflicted on black bodies in the Jim Crow South and on her dear beloved son, Amir Boyd for age of 14.

Emmett Till's death, her murder, was a spark that ignited the modern civil rights movement and we must never forget that his life was taken from him on this very day.

00:04:26 Ama-Robin

So now let us Fast forward 8 years to 1963. The same date, August 28th, we had a different struggle, but it's the same day.

00:04:43 Ama-Robin

August 28th became a day of actually of hope and vision as over 250,000 people of all races and ethnicities and religions gathered in Washington DC for the March on Washington for Jobs and Freedom. It was on this day that Doctor Martin Luther King Junior delivered his iconic I Have a Dream speech.

00:05:08 Ama-Robin

His words that day paved, painted and paved a powerful picture of what America could be, of what it should be, a land where all people,

regardless of race, could live together in harmony. And that speech on that day became a defining moment in the civil rights movement, pushing the nation closer to the promise of equality.

00:05:36 Ama-Robin

Now, Doctor King and many others, and we still know that that dream has not been realized. And it was actually more than a dream.

00:05:46 Ama-Robin

You know, it was a demand. And Doctor King on that day and many others too, it was an amazing day.

00:05:56 Ama-Robin

I was, it was before my time, but it's a day that when I watch the videos, I think, wow, this is what black people can achieve when we all get together. And I do recognize the the presence and the support of the white allies there too.

00:06:14 Ama-Robin

It was an amazing day. But family, but my family, August 28th isn't just about the past.

00:06:23 Ama-Robin

It's also about the present and the future. So now we're going to do a big jump to 2008, when on August 28th, another historic event took place.

00:06:38 Ama-Robin

Barack Obama, standing on the shoulders of giants, accepted the Democratic nomination for president of the United States. It was a moment filled with incredible pride and possibility.

00:06:53 Ama-Robin

For the first time, a black man stood poised to leave the nation, embodying the dreams and hopes of generations past. I admit, yes, I was around for that day and I was in tears.

00:07:08 Ama-Robin

And I know many, many, many of you, you know, also felt that emotion and felt that hope. And even being when I was in Belgium and traveling around the world, people would come up to me and say, Obama hope we can make a change, things can change.

00:07:23 Ama-Robin

And I mean, that was his big what thing that he ran on his platform. And it was an amazing day, an amazing situation for all of us.

00:07:34 Ama-Robin

But we can also cannot forget we're going to jump a little bit forward. Maybe it's more of a big step.

00:07:41 Ama-Robin

On August 28th, 2016, when Colin Kaepernick made his bold and courageous decision to sit during the national anthem. Wow, Wow.

00:07:54 Ama-Robin

And again, wow. He did did this to protest the systemic racism and police brutality that continues to plague our communities.

00:08:06 Ama-Robin

His quiet defiance sparked a movement reminding us all that the fight for justice really is far from over. Now.

00:08:14 Ama-Robin

He changed the sitting to the taking the knee. And that was also actually even more powerful.

00:08:21 Ama-Robin

And unfortunately, he did suffer a lot of consequences from that. Actually, even the President of United States at the time, Donald Trump, really did things to kind of threaten his life.

00:08:35 Ama-Robin

We stood with him. Many of us did.

00:08:37 Ama-Robin

He deserved more of our support. He still does.

00:08:41 Ama-Robin

You know, he's a powerful man. And we want to look at this move as not for his benefit, not to get for him to get attention, but for to save our lives and, you know, to to fight racism.

00:08:57 Ama-Robin

That's what he did. I know I'm jumping around a lot, but I'm going to keep doing this because they're still going to stay on August 28th.

00:09:08 Ama-Robin

But now we're going to do a big jump back in time to August 28th, 1833. This was when the Slavery Abolition Act was passed in the British colonies.

00:09:24 Ama-Robin

OK, you're thinking what? Yes, that's when slavery, this started, the

eventual abolition of slavery worldwide, including in the United States.

00:09:37 Ama-Robin

And so this is a reminder that the struggle for freedom and for liberation has always been a global fight and that our ancestors fought tirelessly for the rights that we enjoy today. Yeah, I know I went all the way back to 1833.

00:09:55 Ama-Robin

But, you know, we know the struggle was going on then. We knew that slavery was happening then.

00:09:59 Ama-Robin

And, and this, the the trade was happening then, too. So this was a big, big, big move.

00:10:07 Ama-Robin

It's something that we don't often learn about, we don't often talk about, but it was a monumental, you know, event that happened that eventually led to the abolition of enslavement. But also another thing we have to remember is that this shows that the struggle is not just in one country or on one continent.

00:10:31 Ama-Robin

It is global. And our global solidarity is our strength and our power.

00:10:39 Ama-Robin

They know that. That's why they keep trying to divide us all and say, oh, no, you're African and you're, you're from the Caribbean.

00:10:45 Ama-Robin

And well, no, no, you're African American. And so you all, you're all different.

00:10:48 Ama-Robin

You know it is one struggle. You know what happened or what happens over there also happened and is happening here.

00:10:59 Ama-Robin

This is one world and one struggle. The struggles in Sudan, Ethiopia, Congo, E Timor, Yemen and Palestine are our struggles too.

00:11:13 Ama-Robin

They are our struggles too. And we cannot let white supremacy divide US.

00:11:19 Ama-Robin

Ever. Wow, that got kinda deep.

00:11:23 Ama-Robin

I'm glad about that. But you know what I think that means it's time for our very first breather break.

00:11:30 Ama-Robin

And this gives all of us a chance to breathe and to ponder and to think. You know, when things get intense, I do like to breathe.

00:11:38 Ama-Robin

I need to breathe. I hope you do too.

00:11:41 Ama-Robin

I will see you in a in a moment. And y'all know that I love this song.

00:11:50 SPK_2

<song break>

00:12:10 Ama-Robin

Aakwaba back,fam! Welcome back family.

00:12:13 Ama-Robin

I'm so glad that you stuck around with me. We're talking about one Day in History, you know, and this is getting intense 'cause there's some great things that happened and then some difficult things.

00:12:26 Ama-Robin

Let's continue on. Let's jump right back in to modern times.

00:12:31 Ama-Robin

2020. Yes, I know when I say that year, everybody kind of, I see the look on people's faces.

00:12:41 Ama-Robin

I don't see it now, but I know when I think of 2020, it's difficult. 2020 was a difficult year around the world and in our own homes.

00:12:55 Ama-Robin

Many of us lost family members, we lost friends and we lost colleagues. I know I did, and I thank you for allowing me to share that with you because it's still very painful, I know.

00:13:08 Ama-Robin

Not just for me, but for everybody. And I also remember August 28th, 2020 when we lost a modern day hero, Chadwick Boseman.

00:13:24 Ama-Robin

Chadwick Boseman was not just an actor. I hope you're not thinking of him that way 'cause he was more than that.

00:13:31 Ama-Robin

He was much more than that. He was a symbol of black excellence.

00:13:35 Ama-Robin

A man who brought our heroes to life on the big screen means he brought our heroes into our homes. You know, from Jackie Robinson, I know he played Thurgood Marshall and all the way up to T'challa.

00:13:48 Ama-Robin

Chadwick showed us what it means to stand tall in the face of adversity. His sudden death on that date adds to another adds another layer of significance to August 28th.

00:14:02 Ama-Robin

A day of remembrance, but also a day of inspiration. Rest in power.

00:14:09 Ama-Robin

Chadwick, Bozeman, never forgotten, always in our hearts, but before we continue on. So those are that.

00:14:20 Ama-Robin

That kind of concludes what I wanted to say about August 28th as a day, but there's more. But I want to also take a moment to acknowledge the significance of Black August.

00:14:35 Ama-Robin

Yes, the whole month. It's a month of dedicate.

00:14:38 Ama-Robin

Dedicated. That's a month that is dedicated.

00:14:40 Ama-Robin

I'm sorry, I'm kind of choked up. Still dedicated to remembering and honoring the struggles, sacrifices and resistance of black political leaders and freedom fighters.

00:14:53 Ama-Robin

Black August originated in the 1970s in the in California's prison system as a time to honor the memory of George Jackson. Now, George Jackson was a Black revolutionary who was killed by prison guards actually on August 21st in 1971.

00:15:14 Ama-Robin

The month has since grown into a broader period of reflection on the ongoing fight for Black liberation and for Black resistance to systemic oppression. It also reminds us of the importance of political education and solidarity.

00:15:31 Ama-Robin

So we have a whole month of this. You know, I, I focused on August 28th because those events did happen on that specific day, but the whole month is an important day for black liberation and Black resistance and Black empowerment and Black resilience, yes, and black reflection.

00:15:50 Ama-Robin

So, and as we reflect on the days on the events of August 28th, let's also remember that this day falls within a month that's dedicated to the

spirit of resistance and the endurance struggle for justice and liberation. Black August reminds us that our fight for freedom is continuous and that honoring our past is really essential to shaping our future.

00:16:19 Ama-Robin

That's right, we cannot separate the two. They are intertwined.

00:16:24 Ama-Robin

They are part of us. And if we forget the past, we've lost a whole lot of our power, of our, of our relevance, of our understanding.

00:16:35 Ama-Robin

And so we can never let that happen. So the whole month of August is really dedicated to this, to remembering the people who were fighting for these revolutionaries, who were fighting for black liberation.

00:16:48 Ama-Robin

But I mentioned August 28th, just because those events did happen on those on that date and it really caught my attention. And I hope that it has meaning for you too.

00:17:00 Ama-Robin

On this note, we're going to take one final breather break here and then we're going to start to wind it down. Some of this has been intense, but I hope some of it's been uplifting too.

00:17:10 Ama-Robin

You know, when I think of Chadwick Boseman, I'm very uplifted at the same time as I also, you know, mourn his passing. We are going to switch gears though a bit here to discuss different ways that we can remember the significance of August 28th in Black history and how we

can celebrate and remember and participate in Black August the whole month.

00:17:38 Ama-Robin

I got some information that I think y'all are going to want to hear. Now let's get to it right after the right after the break.

00:18:11 Ama-Robin

Asante Sano for staying with me today. I really appreciate that you're here in the building that we are all here together in this building.

00:18:19 Ama-Robin

So fam, what does all of this mean? Why should we remember August 28th, You know, and you know, Black August in general because it's a time.

00:18:33 Ama-Robin

August 28th is a day that encapsulates the full spectrum of the Black experience in America, our pain, our power, our struggles, and our triumphs. It's a day to honor those who came before us, to reflect on the progress that we've made, and to recognize the work that still needs to be done.

00:18:56 Ama-Robin

But remembrance is great, but it's not enough. We also must prepare to act.

00:19:02 Ama-Robin

And that's really the point of this of today's podcast show. Why I did did it a little bit early.

00:19:07 Ama-Robin

It's preparation for this day to prep, to prepare for action on August 28th. As we approach August 28th, I am calling on you.

00:19:20 Ama-Robin

Yes, you, me, all of us listening right now to take this day seriously. And here are a few ways that you can prepare for and honor this day.

00:19:31 Ama-Robin

You know, I always say that things start with awareness. Now that we're aware that, wow, wait a minute, that happened on this day in the, and in that different year, the same day, different year, same day, different year, huh?

00:19:44 Ama-Robin

That kind of awareness, it woke me up to there's something special spiritual powerful about that day. So awareness, that's the beginning.

00:19:55 Ama-Robin

That's where I always start. And 2nd, you know, educate yourself.

00:19:59 Ama-Robin

Learn about the history behind August 28th. Share this knowledge with your children, your family, your friends, your colleagues.

00:20:07 Ama-Robin

Let them know why this day matters. Also, reflect on where we are today.

00:20:14 Ama-Robin

Take time to think about how far we've come and how far we still have

to go. I talked about that, you know, last week, a week before, about, you know, remembering some of these things.

00:20:28 Ama-Robin

But we don't want to get complacent. You know, it's important to think about how far we've come.

00:20:33 Ama-Robin

But we know that if we just stick, say there, we get complacent and things will not only not go farther, but they'll get, they'll get worse, they'll reverse. So what can you do in your own life?

00:20:45 Ama-Robin

Think about that to contribute to the ongoing fight for Black empowerment. Just give that some thought.

00:20:52 Ama-Robin

There's always something you can do and then take action, you know, whether it's through community service or activism or simply supporting black-owned businesses. And that's, I don't mean that in a, that's just a, a little thing.

00:21:06 Ama-Robin

That's a big thing. That is a big, big, big thing.

00:21:10 Ama-Robin

The supporting black-owned businesses is very important. Use this day to make a difference.

00:21:15 Ama-Robin

And remember that the struggle for Black empowerment isn't just a one

day event. It really is a lifelong commitment and it's a, it's a joyful commitment.

00:21:27 Ama-Robin

And remember, Speaking of joyful celebrate, let's celebrate our resilience and our achievements. August 28th is a day to recognize the strength of our ancestors and the power of our community.

00:21:41 Ama-Robin

So let's gather with our loved ones and uplift each other and remember that we are all part of a long and proud legacy. You know, there are a couple of other things I thought about too that I think are pretty important.

00:21:57 Ama-Robin

I want to want to bring those up too. And that is about supporting our historical institutions.

00:22:02 Ama-Robin

You know how much I love libraries. And I'd love, you know, of black museums, black history museums, black culture museums, you know, black music, whatever.

00:22:12 Ama-Robin

OK, let's make sure that we're supporting, you know, these, these museum and these black libraries and black bookstores and you know, you know, black cultural centers, they need our support. They deserve our support 'cause they're keeping all of this life for us and for our children and for the generations to come.

00:22:35 Ama-Robin

That's very, very important. And I know I've talked a lot about and shown you a lot about the black museums that I've been visiting and they have made such a difference in, in my life.

00:22:46 Ama-Robin

So we, I really want to make sure that we do keep supporting our black historical institutions and also to talk about our community, you know, our community. We have certain rituals that are so important to us.

00:23:01 Ama-Robin

Juneteenth is such an important, important day to us. It's a celebration for us.

00:23:08 Ama-Robin

And I hope that it stays that that important and that relevant for us. It's, it's always going to be relevant, but that we remember that relevance because it can get kind of watered down and diluted, you know, in the more the dominant mainstream, you know, culture that always trying to gobble up our stuff.

00:23:32 Ama-Robin

So we have to make sure to, to follow our rituals and to keep those up. And those could be big community rituals, that could be family rituals.

00:23:39 Ama-Robin

They can be personal rituals. And let's remember too, that historical events are not just found in textbooks.

00:23:49 Ama-Robin

You can find them in the art, you can find them in literature and in music, you know, So engage with other, with other forms of media,

engage with black authors, with black poets, with musicians and visual artists and you know, and document to help see how they're documenting history and how they're expressing, you know, their experience. And of course, I cannot be remiss if I didn't say it's important to remember our historical figures and to honor and recognize the modern day, the work of modern day black revolutionaries, people like Angela Davis, Asata Shakur, Patrisse Culords and others, you know, and they are, you know, challenging the system.

00:24:36 Ama-Robin

And they're under a lot of attack. And it's easy to just write them off as being kooks and crazy, but they absolutely are not.

00:24:43 Ama-Robin

And they are working and always have been working on the front lines and risking everything for our empowerment and our liberation. And they deserve our support, our respect, and they deserve to be honored in every way possible.

00:24:58 Ama-Robin

Oh, oh, last thing, last thing. The global connection cannot forget that this is a global movement.

00:25:06 Ama-Robin

You know that in our solidarity has to be global. And I hope that, you know, the, the event I mentioned in 1833, you know, talked about that showed how well when they abolished began to abolish slavery in the British Isles.

00:25:23 Ama-Robin

Well, the British colonies then they that kind of swept the whole planet,

you know, but that can also go the other way when they start, you know, endangering the lives and and subjecting people of color to other kinds of hardships that can also sweep the globe. And we cannot let that happen.

00:25:44 Ama-Robin

You know, figures, people like Patrice Lumumba. I hope that's the name.

00:25:47 Ama-Robin

That's that's that you've heard of Patrice Lumumba. If you haven't, don't worry.

00:25:53 Ama-Robin

Just go look it up. He is an amazing person.

00:25:56 Ama-Robin

But he was but we lost him to an assassination. Nelson Mandela, we, we stand up with him, but there were many times, there were many years when people didn't.

00:26:09 Ama-Robin

And actually some people in the British Parliament were calling for his execution. So, but we stood up with him and what a difference he's made.

00:26:19 Ama-Robin

And Toussaint the lower toured critical roles in black liberation. Fought for Haiti, you know, helped to liberate Haiti.

00:26:29 Ama-Robin

These are names that they were always household names in my family.

I hope that they can become in your family too.

00:26:36 Ama-Robin

I'm going to end it right there because there's so much more that that we can all do here. But umm, everybody, I'm saying take action, celebrate, remember honor.

00:26:47 Ama-Robin

August 28th is not just another day on our calendar. It's a day of deep significance to our people.

00:26:54 Ama-Robin

So let's honor it, let's remember it, and let's use it as a reminder of the work that we must continue to do. Asante Sana, my family, for joining me today on this special episode of Espresso Talk.

00:27:08 Ama-Robin

Today, Let's keep the conversation going. Share, share this with someone that you think needs to hear it.

00:27:15 Ama-Robin

And let's make August 28th a day that is never forgotten. And if you found this episode meaningful, please share it with your friends and your family, your community, everyone around you.

00:27:28 Ama-Robin

Let's spread the word and inspire others to take action. And I want to give a big Asantesana for all people working for the liberation of oppressed peoples everywhere.

00:27:40 Ama-Robin

I stand in solidarity with you to remember my fellow warriors know this deep in your soul. You are powerful beyond measure and together we are invincible.

00:27:54 Ama-Robin

And if you want to keep this conversation going or just start reading about these issues, and I hope you do, then please subscribe to my weekly Black empowerment newsletter, The Normal Beat. We discussed lots of different issues there.

00:28:09 Ama-Robin

You can get your dose of black empowerment and black liberation every week. This never a dull moment.

00:28:16 Ama-Robin

Lots of powerful, uplifting and liberating moments too. You can subscribe at the Espresso Talk Today website at espressotalktoday.com or on Instagram at AMA Robin L.

00:28:31 Ama-Robin

That's AMA AMA_Robin Robin_ The letter L you CAN. Also you know, join us, on Instagram where I hold A live discussion every week usually on, Wednesdays so DM.

00:28:47 Ama-Robin

Me to get the weekly schedule and join me at AMA Robin L On Instagram we Have. A great time there I'm Ama-Robin For Espresso talk Today. And remember now more than ever, strength, soul and reparations. Ashe, family.

