

Indivisible West CoCo County



**WITH LIBERTY AND
JUSTICE FOR ALL**



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Check out Ali's [latest reel](#) and our Halloween photos below



IWCCC November 5 Newsletter

Hello Everyone,

The daily news onslaught is horrifying for anyone with an empathetic heart. But we need to shake off despair and channel worry into action and community building — the only way to get through this is together.

So, I hope to see all of you at our monthly IWCCC [community meeting](#) on Sunday, Nov. 9 at 3:30 pm at the Good Table Cafe. We'll celebrate yesterday's election results. And we'll have lots of time to discuss as a group

at large and as action teams what's next and how to best aid our neighbors in need. Bring your favorite signs to decorate the meeting space.

And please check out IWCCC member Sharon Miller's poem [Maybe](#).

Jennifer Huber for IWCCC

Food Assistance

Food assistance is available for families in need, including those whose Snap benefits have been temporarily halted. Please share these resources and consider donating to help provide aid to our community:

- [Find food in my city](#) search tool.
- Food distribution sites providing fresh produce, proteins, dairy, and nonperishable food in [El Sobrante](#), [San Pablo](#), and [Richmond](#).
- Contra Costa County [library after-school meal program](#) that provides free student meals.
- ["Take some, leave some" non-perishable food pantry](#) at 4660 Appian Way in El Sobrante (by sidewalk in front of Moose Lodge).
- [Together We Stand](#) is asking for [donations](#) and/or meal bags to distribute. Contact them at change@twrevolution.org for more info about meal bags or drop off locations. A few meal bag suggestions: pasta & sauce; beans & rice; canned fruits and vegetables; and non-refrigerated fruit/veggie pouches for toddlers.

Upcoming Events with Indivisible West CoCo County

[Friday Flyer to print and distribute](#)

[IWCCC Google Calendar](#)

Every and THIS Friday, 4:30-5:30 pm*, Good Trouble Protest:

Come resist with us and connect with like-minded neighbors.

San Pablo Dam Rd. at Appian Way, El Sobrante, 94803

(*Time switched as of Oct. 31 for winter months)

[Sign up here](#)

Every Saturday 11 am-12 pm, Stand Up for Our Immigrant Community Rally:

Grocery Outlet, 2079 23rd St., San Pablo, 94806

[Sign up here](#)

Most Sundays, 10 am-2 pm, ES Farmers Market Immigrant Rights Table:

5166 Sobrante Ave, El Sobrante, 94803

*** Sunday, November 9, 3:30-5 pm, IWCCC Community Meeting:**

The Good Table, 5166 Sobrante Ave, El Sobrante, 94803

[Sign up here](#)

Action Group News

[Inspired to help? Reply to this email.](#)

Protest Group is busy organizing our regular [“Good Trouble” Friday protests](#). Sign up for any of our upcoming protests with [Mobilize, filter for 94803](#). During winter months, our protests are canceled for moderate to heavy rain, but bring an umbrella if it's just drizzling. Friday's protests now start at 4:30 pm through winter.

Learn de-escalation techniques and help organize and run safe, peaceful, and energetic protests. De-escalation technique training from ACLU and MoveOn can be found [here](#). Reply to [this e-mail](#) if you want to help.

Outreach/Coalition Building Group continues to build partnerships with other local Indivisible chapters such as Hercules-based [Indivisible North East Bay](#), [Indivisible Kensington](#), [Indivisible ReSisters of Contra Costa](#), and Richmond Indivisible.

This committed group's current goal is to diversify our membership. We are outreaching to youth at Contra Costa College. If you want to help Ruth Horton table at Contra Costa College, contact [Chris](#) so she can connect you. It's an opportunity to meet students, ask them about their hopes and dreams, share the work we are doing, and let them know how to get involved.

This group was key to linking with the Sikh community to bring Harjit Kaur home. At the most recent community meeting we discussed the need to also build alliances with the Latino and African American Communities. Reply to [this e-mail](#) if you want to help this group.



Immigrants' Rights Team is canvassing local business owners to display “Immigrants are Welcome Here” posters, offer red cards to immigrants, and learn about legal resources to protect workers. The “how-to” is in the [Toolkit](#) from Indivisible/No Kings, with links to posters you can print (we have some as well).

Most owners and managers we’ve contacted have been friendly and open; you can see some posters in San Pablo Dam Road stores now. How about approaching your favorite shops, cafe owners, or other local merchants to get them on board? If you’re shy, invite a friend. WE NEED MORE HELP DISTRIBUTING FLYERS to local businesses.

On Sundays we staff an Immigrants’ Rights Table—with information for both immigrants *and* people supporting them—at the El Sobrante Farmers Market. Drop by, say hello, sign up for a shift! Reply to [this e-mail](#) to help.

We’re beginning to collaborate with local organizations and other Indivisible chapters. Come to our breakout group to connect, share your ideas, and see how you can best support our neighbors.

Writing Group writes letters to the editor, blogs, the IWCCC newsletter, and other persuasive writing to reach diverse audiences. Speak your mind with help, coaching, and encouragement from the group. We are also writing postcards at our monthly community meetings. Reply to [this e-mail](#) if you want to help.

This week we are celebrating Jennifer Huber’s letter to the editor about the government shutdown, which was published in the East Bay Times and the [SF Chronicle](#).

Phone Banking Group has paused their regular phone banks until the mid-term elections, or until a specific need or issue comes up. Stay tuned. Nancy Klein will train you and help you get started. If you would rather make these calls at home, Nancy will train you for that too. Calling voters is less

scary and more effective than you think. In the future, text or call to sign up for phone banks: Nancy Klein, nancyklein44@outlook.com, 510-917-4045. [More information here.](#)

Community Building Crew offers social activities like ‘Build a Button,’ ‘Make a Poster,’ and ‘Write a Thank You Card’ during our community meetings to connect with like-minded neighbors.

We need to grow the numbers of activists resisting. We need to get to 3.5% or 11-12 million of us nationwide. Reach out to your own network of friends, family and neighbors. Strike up conversations with ‘How are you feeling with the state of the country right now?’ Organize a small gathering for people who are anxious but not sure what to do. Here’s help from the [One Million Rising training](#) sessions from No Kings/Indivisible. Join our action group to brainstorm ideas and get started. Want to suggest events or attend? Reply to [this e-mail](#).

Social Media Group aims to inform, inspire, sustain, and grow our membership, especially with young people. We use social media platforms to produce and distribute social media posts, memes, and humor about relevant issues, concerns, and IWCCC events through [our website](#), blogs, and social media platforms. We are on [Bluesky](#) and [Facebook](#), [TikTok](#), [Instagram](#), and more. Want to make content, reels etc.? Reply to [this e-mail](#).

And everybody, please **amplify our message including this newsletter**: cross post, share this newsletter, # iwccc, make and share content, and follow us from your own social media accounts (see below for IWCCC links).

Look after our Neighbors – Food Drive at Our Protests

Please help us spread the word to **bring non-perishable food items to donate to our protests!** At our Good Trouble Friday and mass protests, we have donation boxes. Theresa Hardy collects the items and donates



them to our local “take some, leave some” pantry on Appian Way! Needed items are pop-top soup cans, ramen, condiments, rice and beans, towels and toiletries just to name a few. Thanks for your help as we protest this administration and their inhumane policies while building community and providing mutual aid! The pantry is located by the sidewalk in front of Moose Lodge at 4660 Appian Way in El Sobrante.

Armchair Action Opportunities

Participate in Trainings to help keep yourself, IWCCC members, and our at-risk communities safer. For example, we encourage you to sign up for Indivisible’s upcoming [Solidarity in Action Speaker Series](#) and to watch the [recordings](#) of the ones you’ve missed. Led by the ACLU, the next Solidarity in Action session on [Nov. 5](#) at 4 pm will focus on protecting immigration rights and building collective power. ACLU also has several types of Know Your Rights [resources](#) for encountering ICE, police, etc.

Sign up for Bay Resistance trainings and alerts to prepare to be an ally to protect our neighbors from ICE and the National Guard operations. More info [here](#).

Use the “[Goods Unite Us](#)” app to assess and choose companies to do business with.

Pressure your former college or university to NOT capitulate, maybe by calling or emailing “I’m an alumna and if you capitulate to the Trump regime demands, I will no longer contribute and attend alumni events.”

Call Elected Officials using the “[5 Calls](#)” app to state your views on any issue.

Thank Brave Public Officials: Standing up poses a significant risk to public figures. Help them stand strong by thanking them. [Here’s an open list](#) you can use and add to. Keep your eye out for local and national heroes and thank them too.

Use your social media to amplify Indivisible and IWCCC events and actions. (See our social media links below.)

Move from “I dissent” to “I refuse”: [45 Acts of Non-Compliance for Ordinary People](#).

Fundraise or Donate: We can do more with more money. Indivisible is funding billboards in red states to push back on misinformation and much more. Fundraising link for [Indivisible here](#), and here’s the [fundraising link](#) for IWCCC. And thank you!

Fund local action on the ground in purple states with the [Movement Voter Project](#). An alternative to writing postcards from California – year-round progressive organizations have more influence with their own communities to push MAGA back.

Handy Links to Inform and Inspire your Activism

****Email me your suggestions for inclusion here ****

- **Indivisible’s Latest [Newsletter](#)** and weekly [What’s the Plan](#) Zoom calls on Thursday 12 pm.
- **[Mobilize](#) National and Right Now Ideas for Activism.**
- **The Rachel Maddow Show, MSNBC:** A great pick-me-up every Monday evening. [Podcast](#) or show, well researched and great storytelling.
- **Heather Cox Richardson “[Letters from an American](#)”:** A daily 10ish minute substack blog/podcast on the historical context of what’s happening in the news.
- **[Chop Wood, Carry Water](#):** A substack blog by Jess Craven (and [Chop Wood, Carry California](#) sub substack) – Actions to make a difference. Well informed, upbeat.
- **“[Keep Calm and Carry On](#)”:** A free e-book written by Karin Tamerius, founder of Smart Politics.

