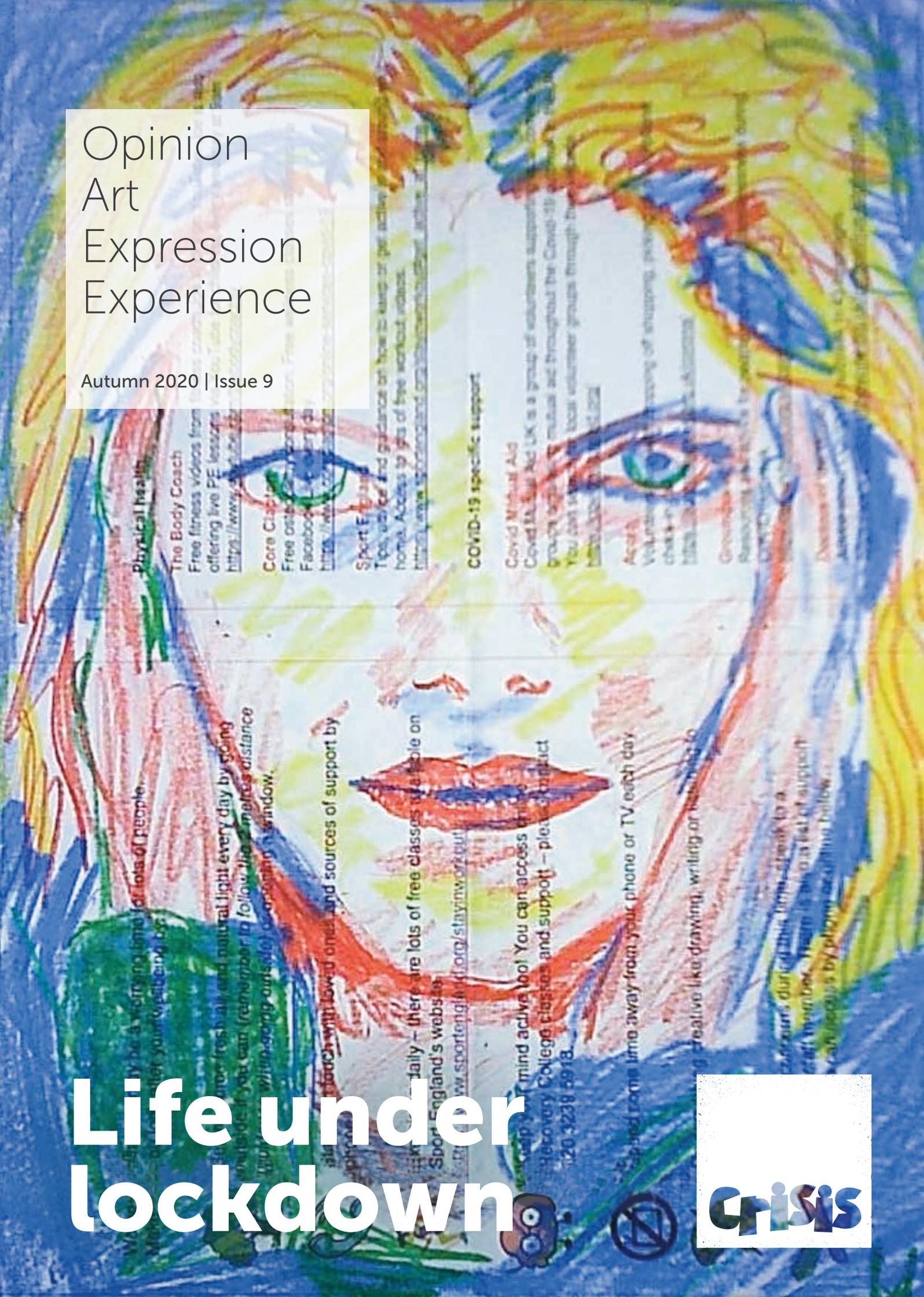


Life under lockdown



Opinion
Art
Expression
Experience

Autumn 2020 | Issue 9



Why be a worrying time for lots of people, who are still your feelings by
For more fresh air and natural light every day by going outside if you can (remember to follow the 2 metres distance with going outside) opening a window.
I touch with loved ones and sources of support by
daily – there are lots of free classes available on Sport England's website
How sportengland.org/stayinworkout
Keep your mind active too! You can access the Recovery College classes and support – please contact 020 3238 6918.
Spaced some time away from your phone or TV each day
creative like drawing, writing or listening to
concerts, during this time speak to a craft member. There is also a list of support available by phone or email below.

Physical health
The Body Coach
Free fitness videos from offering live PE lessons <https://www.youtube.com/watch?v=...>
Core Claps
Free online yoga on Facebook Live every day <https://www.facebook.com/...>
Sport England
Tips, advice and guidance on how to keep fit per active at home. Access to lots of free workout videos <https://www.sportengland.org/stayinworkout>

COVID-19 specific support
Covid Mutual Aid
Covid Mutual Aid UK is a group of volunteers supporting groups across the mutual aid throughout the Covid-19. You can view local volunteer groups through the <https://www.covidmutualaid.org/>
Acacia
Volunteering during the process of shopping provisions <https://www.acacia.org.uk/>
Groundwork
Resources available to help you get started <https://www.groundwork.org.uk/>
Disaster Relief
<https://www.disasterrelief.org.uk/>

ACKNOWLEDGEMENTS

Contributors

Abdullah
AHA
Ali Khademi
Anastasia
Anne M Jones
Bara
Elena
Elizabeth Asabea
Ellen Jenkins
Ferenc Urmossy
Halima Hassan
Karamo
Kat Goodacre
Luckner Pierre
Maria Cristina
Marsha Sandy-Holmes
Mohamed
Morena
Peter Nathan
Shaheda Choudhury
USEF
Veena Torchia
Yannan Huang
Yannan Huang
Zakia

Coordinators

Elisabeth Seifert
Anna Thomas

Arts Department

Paula Lonergan
Mark Amura

Layout and Editing

Communications Department
Maria Perez

Disclaimer

The views expressed within this magazine are those of the contributors, not of Crisis as an organisation.

On the cover:
'Untitled' by Ferenc
Opinion • Art • Expression • Experience
Crisis Magazine
Autumn 2020
Issue 9

Copyright note: every contributor reserves all intellectual property rights over all material submitted and published in this magazine.

Colour

by Peter Nathan



When was the last time you booked a holiday and when asked where your destination place of enjoyment would be, replied "The United States of Colour?".

Or perhaps you may recall a time when a Chinese Individual invited you to their homeland to see their beautiful Pandas and bubbling over with excitement, you hurriedly booked your tickets for a return journey to the "People's Republic of Yellow!".

Or even still, maybe at some point in the future Britain may succeed in advancing in the world cup, and the entire world will then descend upon this tiny island chanting "We're on our way to the 'United Pink!'".

Sounds totally silly, right? Yet for all the countries in the entire world, which are the only ones where colour is referenced instead of nationality? The slave nations! Uprooted from their places of abode and then unceremoniously relocated upon alien soil as heaps.

The consequences of this forced relocation was that with so many dark skinned people in confined areas and the inability over time to distinguish between dialects, it became simple, as easy as prison numbers, to reference their dark skinned captives as 'Blacks', 'Negros' or 'Coloureds'. Just as, over time, as it was in the case of Kunta Kintae in the epic film 'Roots' by Alex Hale (Kunta Kintae who was savagely brutalised until he gave up his national identity for

'Toby', the slave name given to fit the new "national slave identity, 'black'") dark skinned people, still to this day, refer to themselves by colour and not nationality.

Have you ever heard a Chinese national when asked who they were, reply 'I am yellow' or a British Jew 'I am pink' or an Indian 'I am yellow' or a Greek or Spanish person 'I am olive green'?

Chinese people refer to themselves as Chinese, British people as British, Jewish people as Jew, Greek people as Greek, Spanish people as Spanish. The only community that still to this day is referred to by colour is the community of individuals from the slave nations. There is not a country in the world referred to by colour... except for the slave nations.



in Punjab and Delhi. One of the main motivators for their actions was the belief that all Sikhs were responsible for the actions of two Sikhs. Over the next three days, approximately 8,000 to 17,000 Sikhs were killed and about 50,000 were displaced.

Hindu nationalists rationalized their actions by blaming Sikhs for the death of "the Mother of India" and argued that Hinduism is the king of all religions because, by their rationale, Sikhism encouraged the behaviour displayed by the two bodyguards and it was their responsibility to eradicate India of its influence."

If racism is about colour, then where does it feature in the above genocide which was acknowledged as such by The Ontario Legislature (also known as the Parliament of Ontario).

"The Ontario Legislature passed a motion in April of 2017 condemning the "anti-Sikh riots" as genocide"

And in the case of internal racism, there is also the article published by the BBC in 2015 (<https://www.bbc.com/news/world-middle-east-32813056>), which charted the plight of the Ethiopian Jews after they were relocated by Mossad (Israeli Secret Service) from the famine ravaged land of

Terms such as 'black community', 'black people', 'black diaspora' are referenced today to describe nations plundered of their subjects, who were then forced together to become a community of broken nations, conceived by racism, shaped by brutality, until they were birthed the offspring of their racist nationals image.

I have always believed that racism was not about colour (though colour does have an input in racism) but about race and discrimination of either one race against another, or the same race against itself. And considering the fact that racism began in the slave nations with the selling of their own, by their own, colour could hardly have been the basis for executing those actions.

A Sikh friend of mine and former work colleague sent me the link below, which I decided to add to this article as I felt it had merit:

**[www.ecaasu.org/
editorial/2019/3/25/the-
1984-sikh-genocide-what-
it-is-and-why-we-need-to-
know-about-it](http://www.ecaasu.org/editorial/2019/3/25/the-1984-sikh-genocide-what-it-is-and-why-we-need-to-know-about-it)**

According to this article:

"On the night of October 31st, 1984, Indian Prime Minister Indira Gandhi was murdered by her two bodyguards, who happened to be Sikh. Upon public notice of her assassination, Indian citizens -- more specifically, Hindu nationalists -- took matters into their own hands and relentlessly murdered, burned, raped, and tortured Sikhs all over India, mainly



Ethiopia in the 1980's and 90's to begin life anew in Israel as Israeli citizens.

The title of the BBC's article was "Israelis from the Ethiopian community protest in Haifa". 2600 years of Jews suffering racism around the globe, and racism today, does not change the fact that internal racism needs to be dealt with. It needs to be dealt with.

So where now for those struggling under the yolk of racial terminology? I know there may or even will be those who will disagree with me, and that is totally fine, but if you can find a country or passport which states the individual is a 'National' or 'Citizen' of the country "Black", then I'll happily accept such a thing, but until then, everyone on the

planet has the right, if they so choose, to be referenced by nationality and not colour, and especially when that terminology is racially founded. Ending racism in my opinion must begin with ending its terminology.

Sand is wonderful. You can sunbathe on it, cuddle on it, play volleyball on it, have a fun day out with your family with it, that's all part of its purpose. But when you decide to build a house on it, it will inevitably have a different conversation with you, because now you are trying to use it for a purpose it was not designed to fulfil.

Races are like grains of sand, designed to interact with one another, but when one race decides it is superior to the rest of the sand and as a consequence takes

simple words out of context to form ideology that may then seek global supremacy (Hitler and the Nazi Party, for example) then when the storm of justification hits from all angles, the house they built themselves is destroyed. Why? Because the foundation refused to support the roots of their destructive supremacy, and this is why today all things that can be shaken are being shaken and those at the top are feeling mightily uncomfortable in whatsoever areas of familiarity they were comfortable in.

POETRY BY

Peter Nathan

Freedom

We march to the drum beat
night and day
we rise
we sleep
we pray
we weep
we mourn
we sing, the blues, our souls we keep
our sorrows forged in the fire of the constant
melted away by the objectivity of injustice
tick tock, tick tock
time plays the beat; war sets itself in array
the weapons
tongue, mind, heart, body
acid verses alkaline
fight for survival
in all shapes and sizes
death comes as human
whether forcefully to your face
or incognito with a smile
hostile discrimination, then turn the blind eye
the beat goes on dididum dididum
but just as clocks break and their mantra cease
pandoras elephant in the room
calls time on the accepted

© 2020 Peter Nathan, Nathan Art, INFJ Art Created.



Together
we will end
homelessness

Opinion • Art • Expression • Experience
Crisis Magazine
Autumn 2020 | Issue 9

Registered Charity Numbers: E8W1082947, SC040094.