

# FAME-EAW

## March Newsletter

[fame-eaw.org](http://fame-eaw.org)

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Equity Alliance of  
**WASHINGTON**  
F.A.M.E.  
Thrive • Revive • Dwell

## Honoring Black Women: Rest as Resistance



### Letter from FAME-EAW

This Women's History Month, we've celebrated Black women — the backbones of our communities, movements, and families—while acknowledging the immense pressures they face. In a world that demands our perpetual strength, constant giving, and unwavering resilience, choosing rest becomes an act of resistance. Studies show Black women experience disproportionately high rates of stress-related illnesses, including heart disease, hypertension, and mental health challenges, carrying the weight of generations in our bodies.

Finding rest is survival. Here are some ways to start:

- Set boundaries without guilt
- Create sacred morning moments before checking your phone
- Find joy in small pleasures – a cup of tea, a quiet moment, a deep breath
- Connect with other Black women who understand
- Say "no" to additional responsibilities without explanation
- Schedule regular mental health days

Your rest is revolutionary. Every time you choose to pause, to breathe, to prioritize your wellbeing, you're breaking cycles of generational trauma and creating new patterns of healing for future generations.

You deserve peace, rest and gentleness.



## Black Women and the Healing Power of Nature

One way Black women can find peace and healing is by connecting with nature. Here in Seattle, we're blessed with spaces like Seward Park's old-growth forest, Discovery Park's peaceful trails, and the serene Washington Park Arboretum.

Science confirms what our ancestors knew: nature heals. Just 20 minutes in green spaces can lower stress hormones, reduce blood pressure, and boost mood. Yet only about 1% of outdoor participants are Black women – a statistic we're changing thanks to trailblazers like Chelsea Murphy (@she\_colorsnature) and Teresa Baker (@teresabaker11), who show us that the outdoors belongs to us too. Their stories inspire us to lace up our boots and step into adventure, proving that joy in nature is our birthright.

Organizations like The Bronze Chapter are transforming the outdoor experience for our community, making nature accessible and welcoming for Black, Indigenous, and people of color. They're building a movement where we can find ourselves reflected in every summit reached and trail conquered. Whether you're a seasoned hiker or just starting to explore, your presence in nature is an act of revolution, and your peace there is power.

## Quote of the Month!

“Anytime you get more than a couple of Black women together, you're creating this powerful mechanism for change.”  
— Kimberly Bryant, Founder of Black Girls Code



# FAME-EAW Updates: The Fight for DEI Preservation and Progress

The fight for Diversity, Equity, and Inclusion (DEI) has deep roots in the ongoing struggle for civil rights, spanning generations of activism, policy changes, and cultural shifts. From the dismantling of segregation and the push for affirmative action to the establishment of workplace DEI initiatives, progress has been made through relentless advocacy. These efforts have helped open doors for marginalized communities, fostering greater representation in education, business, and leadership. However, recent rollbacks of DEI initiatives threaten to undo decades of hard-won gains.

Moving forward, it is crucial to reaffirm our commitment to DEI by shifting strategies and strengthening grassroots advocacy. Organizations and individuals must continue to push for inclusive policies, hold institutions accountable, and create spaces where diverse voices are valued and heard. This means investing in mentorship programs, supporting minority-owned businesses, and advocating for equitable hiring and retention practices, even when DEI is under attack.

While the road ahead may be challenging, history has shown that sustained activism and collective action can drive meaningful change. The work continues—not just in boardrooms and policies, but in communities, classrooms, and everyday conversations that shape the future of equity and inclusion.



## The Hidden Dangers in Beauty Products for Black Women

The beauty and personal care products we use daily should enhance our lives, but for many Black women, they come with hidden risks. Alarming statistics reveal that nearly 80% of beauty products marketed to Black women contain potentially harmful chemicals, with hair relaxers being among the most toxic. Despite some progress since 2016, the beauty industry continues to disproportionately expose Black women to hazardous ingredients—often in products we trust for self-care. From hair relaxers linked to cancer risks to moisturizers and makeup containing harmful preservatives, our pursuit of beauty shouldn't jeopardize our health.

Fortunately, there are steps we can take to protect ourselves while still embracing our beauty routines. Start by using EWG's Skin Deep® cosmetics database to research the safety ratings of your current products. Consider transitioning to natural hair care methods and products verified by organizations like BLK + GRN, which curates non-toxic products specifically for Black women. Look for products with simple, recognizable ingredients, and be especially wary of undisclosed fragrances, parabens, and formaldehyde-releasing preservatives.

Your health is your wealth, and it's time we demand better from the beauty industry. Support Black-owned businesses that prioritize clean ingredients, share information about safer alternatives within your community, and don't be afraid to embrace your natural beauty. While making these changes might feel overwhelming, every small step toward safer products is an investment in your long-term health and well-being. Visit [EWG.org](https://www.ewg.org) and [BLKandGRN.com](https://www.BLKandGRN.com) to learn more about making safer choices for your beauty routine.



# Exciting Things to do In Seattle

- **Soulful Flow Yoga: Sounds of Blackness** | Feb 25 | lululemon
- **Making Mixtapes for Black History Month with Girl Scouts** | Feb 26 | Queen Anne Branch - The Seattle Public Library
- **BIPOC Filmmakers Meetup** | Feb 26 | Studio 7117 LLC
- **Essence in Bloom: Celebrating Black Legacy, Culture** | Feb 27 | Gallery B612, 1st Avenue South
- **Black Artists of Change Public Reception** | Feb 27 | Blakely Hall
- **Love Offering Film Feast** | Feb 27 | Wa Na Wari
- **The Role & Resilience of Black Americans in Mil History** | Feb 28 | King County Veterans Program
- **heART Beats: A Fashion Show** | Feb 28 | Black & Tan Hall Rainier Valley
- **Art Opening** | March 1 | Wa Na Wari
- **A Black History Month Comedy Experience** | March 2 | Seattle University
- **Nic Stone with Marcus Harrison Green — 'Dear Manny'** | March 11 | Third Place Books
- **Take Me Out to the QUAD! HBCU Vibe Bingo Experience & Ladies First Market** | March 13 | Victory Hall at The Boxyard