

**To:** [Gabrielle Fricke](#)  
**Subject:** RE: Real Asheville Initiative Presents the Social Determinants of Health Meeting Saturday!  
**Date:** Monday, July 9, 2018 2:19:40 PM

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Hello Gabrielle,

Hope all is well. I work with Buncombe County's Community Engagement Team and we have been using Robyn Harris who is awesome!

**From:** Gabrielle Fricke <[frickegabby@gmail.com](mailto:frickegabby@gmail.com)>

**Sent:** Monday, July 09, 2018 1:14 PM

**To:** DEROTHEA WILLIAMS <[derotheawilliams@att.net](mailto:derotheawilliams@att.net)>

**Cc:** Elizabeth Schell <[elizabeth@lainschell.com](mailto:elizabeth@lainschell.com)>; Matilda Bliss <[matildasayshey@gmail.com](mailto:matildasayshey@gmail.com)>; Bettie Council <[lionessdear@yahoo.com](mailto:lionessdear@yahoo.com)>; Jesse Michel <[jesse@prcapps.com](mailto:jesse@prcapps.com)>; DeLores Venable <[delo4sure@gmail.com](mailto:delo4sure@gmail.com)>; Kate Tinnan <[kate.wovenstones@gmail.com](mailto:kate.wovenstones@gmail.com)>; Sarah Skinner <[sarahts50@sbcglobal.net](mailto:sarahts50@sbcglobal.net)>; Patrick Conant <[patrick@prcapps.com](mailto:patrick@prcapps.com)>; Alyx Perry <[alyxperry1@gmail.com](mailto:alyxperry1@gmail.com)>; Carol Buffum <[carolbuffum@aol.com](mailto:carolbuffum@aol.com)>; Jay Springer <[juliavspringer@gmail.com](mailto:juliavspringer@gmail.com)>; Sharon Smith <[starsmith13@gmail.com](mailto:starsmith13@gmail.com)>; Rebecca Brothers <[Rebecca.Brothers@buncombecounty.org](mailto:Rebecca.Brothers@buncombecounty.org)>; Rebecca Bernstein <[rebecca.bernstein@msj.org](mailto:rebecca.bernstein@msj.org)>; BeLoved Asheville <[belovedasheville@gmail.com](mailto:belovedasheville@gmail.com)>; Olympia Garrett <[olygarrett49@gmail.com](mailto:olygarrett49@gmail.com)>; Ray Mapp <[purpose7@hotmail.com](mailto:purpose7@hotmail.com)>; Bill Sutton <[blackroot28801@aol.com](mailto:blackroot28801@aol.com)>; Dee Williams <[deewilliams136@gmail.com](mailto:deewilliams136@gmail.com)>; Lauren Showfety <[lauren@prcapps.com](mailto:lauren@prcapps.com)>; Brit Castañeda <[thatguy1944@gmail.com](mailto:thatguy1944@gmail.com)>; Osunyemi Osun <[valrainybiz@charter.net](mailto:valrainybiz@charter.net)>; Che Roberts <[che.roberts@yahoo.com](mailto:che.roberts@yahoo.com)>; Pamela Brown <[pambrownasheville@gmail.com](mailto:pambrownasheville@gmail.com)>; Jim Abbott <[sfjabbott@gmail.com](mailto:sfjabbott@gmail.com)>; alberta28801 <[alberta28801@gmail.com](mailto:alberta28801@gmail.com)>; Calvin Allen <[ca.allen1973@gmail.com](mailto:ca.allen1973@gmail.com)>; Camille McCarthy <[camillm@g.clemson.edu](mailto:camillm@g.clemson.edu)>; Ruth Christie <[ruthachristie@gmail.com](mailto:ruthachristie@gmail.com)>; Andrea Clarke <[acl Clarke68@gmail.com](mailto:acl Clarke68@gmail.com)>; Clee96598 <[Clee96598@gmail.com](mailto:Clee96598@gmail.com)>; code4asheville <[code4asheville@gmail.com](mailto:code4asheville@gmail.com)>; Jacob Cook <[mrjacobcook@gmail.com](mailto:mrjacobcook@gmail.com)>; Cleaster Cotton <[cleastercotton@gmail.com](mailto:cleastercotton@gmail.com)>; Diane Caldwell <[drcaldwell52@aol.com](mailto:drcaldwell52@aol.com)>; Erin Hardy <[therecoverystudioasheville@gmail.com](mailto:therecoverystudioasheville@gmail.com)>; erin@ncbrookhaven.com; Margaret Farmer <[zipsnork@gmail.com](mailto:zipsnork@gmail.com)>; Jim Stokely <[stokely.jim@gmail.com](mailto:stokely.jim@gmail.com)>; Jimpitts65 <[Jimpitts65@gmail.com](mailto:Jimpitts65@gmail.com)>; joe.cobble <[joe.cobble@gmail.com](mailto:joe.cobble@gmail.com)>; Laura Bryson <[lbryson14@yahoo.com](mailto:lbryson14@yahoo.com)>; Leo Ferguson <[olivebranchproject@ymail.com](mailto:olivebranchproject@ymail.com)>; Libertie Valance <[libertie@firestorm.coop](mailto:libertie@firestorm.coop)>; Luke Fernbach <[lukefernbach@gmail.com](mailto:lukefernbach@gmail.com)>; mattbacoatejr@charter.com; Mike Jackson <[mikeajackson2020@gmail.com](mailto:mikeajackson2020@gmail.com)>; Sergeantmiller2057 <[Sergeantmiller2057@gmail.com](mailto:Sergeantmiller2057@gmail.com)>

**Subject:** Re: Real Asheville Initiative Presents the Social Determinants of Health Meeting Saturday!

Hey all!

I am looking to cater a few events for work and was wondering if there are any black owned businesses we can support? I know about the smoothie place in WAVL but not of others.

Thanks,

Gabby

On Mon, Jul 9, 2018 at 12:43 AM, DEROTHEA WILLIAMS <[derotheawilliams@att.net](mailto:derotheawilliams@att.net)> wrote:

Elizabeth:

It was great and productive. It is important that folks who are most affected by poverty and systemic racism be involved right at the beginning of any efforts which seek to disrupt the systems. We are working towards training and involvement right now in the beginning. This ensures sustainability and real equity and inclusion, for I know from experience how it feels to be excluded.

All of these efforts, as valiant as they are, are shown to be fruitless, not of the people, and ineffective - this is what the data shows. It is powerful stuff and we are taking our case directly to the people. Our goal is to train and "arm" the people with this data, which indicates, at least preliminarily, very dire circumstances for black people in Asheville.

Thanks for your email as I hope the retreat was productive, too.

Regards,

Dee

Dee Williams, President  
Dee Williams and Company, Inc.  
[136 Wyoming Rd.](#)  
[Asheville, NC 28803](#)  
Phone: 828-275-6217

**" Civil rights without economic clout is a borrowed event - they can be taken away at any time." Joshua Smith, CEO, the Maxim Corporation**

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**From:** Elizabeth Schell <[elizabeth@lainschell.com](mailto:elizabeth@lainschell.com)>

**To:** Matilda Bliss <[matildasayshey@gmail.com](mailto:matildasayshey@gmail.com)>; DEROTHEA WILLIAMS <[derotheawilliams@att.net](mailto:derotheawilliams@att.net)>; Bettie Council <[lionessdear@yahoo.com](mailto:lionessdear@yahoo.com)>; Jesse Michel <[jesse@prcapps.com](mailto:jesse@prcapps.com)>; DeLores Venable <[delo4sure@gmail.com](mailto:delo4sure@gmail.com)>; Kate Tinnan <[kate.wovenstones@gmail.com](mailto:kate.wovenstones@gmail.com)>; Sarah Skinner <[sarahts50@sbcglobal.net](mailto:sarahts50@sbcglobal.net)>; Patrick Conant <[patrick@prcapps.com](mailto:patrick@prcapps.com)>; Gabrielle Fricke <[frickegabby@gmail.com](mailto:frickegabby@gmail.com)>; Alyx Perry <[alyxperry1@gmail.com](mailto:alyxperry1@gmail.com)>; Carol Buffum <[carolbuffum@aol.com](mailto:carolbuffum@aol.com)>; Jay Springer <[juliavspringer@gmail.com](mailto:juliavspringer@gmail.com)>; Sharon Smith <[starsmith13@gmail.com](mailto:starsmith13@gmail.com)>; Rebecca Brothers <[rebecca.brothers@buncombecounty.org](mailto:rebecca.brothers@buncombecounty.org)>; Rebecca Bernstein <[rebecca.bernstein@msj.org](mailto:rebecca.bernstein@msj.org)>; BeLoved Asheville <[belovedasheville@gmail.com](mailto:belovedasheville@gmail.com)>; Olympia Garrett <[olygarrett49@gmail.com](mailto:olygarrett49@gmail.com)>; Ray Mapp <[purpose7@hotmail.com](mailto:purpose7@hotmail.com)>; Bill Sutton <[blackroot28801@aol.com](mailto:blackroot28801@aol.com)>; Dee Williams <[deewilliams136@gmail.com](mailto:deewilliams136@gmail.com)>; Lauren Showfety <[lauren@prcapps.com](mailto:lauren@prcapps.com)>; Brit Castañeda <[thatguy1944@gmail.com](mailto:thatguy1944@gmail.com)>; Osunyemi Osun <[valrainybiz@charter.net](mailto:valrainybiz@charter.net)>; Che Roberts <[che.roberts@yahoo.com](mailto:che.roberts@yahoo.com)>; Pamela Brown <[pambrownasheville@gmail.com](mailto:pambrownasheville@gmail.com)>; Jim Abbott <[sfjabbott@gmail.com](mailto:sfjabbott@gmail.com)>; alberta28801 <[alberta28801@gmail.com](mailto:alberta28801@gmail.com)>; Calvin Allen <[ca.allen1973@gmail.com](mailto:ca.allen1973@gmail.com)>; Camille Mccarthy <[camillm@g.clemson.edu](mailto:camillm@g.clemson.edu)>; Ruth Christie <[ruthachristie@gmail.com](mailto:ruthachristie@gmail.com)>; Andrea Clarke <[aclarke68@gmail.com](mailto:aclarke68@gmail.com)>; "Clee96598@gmail.com" <[Clee96598@gmail.com](mailto:Clee96598@gmail.com)>;

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**Sent:** Saturday, July 7, 2018 5:10 PM

**Subject:** Re: Real Asheville Initiative Presents the Social Determinants of Health Meeting Saturday!

Hope y'all had a productive meeting. I was at a CoThinkk Retreat all day. Lots of wonderful energy, relationship building, and connecting happening in multiple places. Elizabeth

On 7/7/2018 9:57 AM, Matilda Bliss wrote:

I am running a little late, but I'll be there. Please start without me. Thanks yall

On Wednesday, July 4, 2018, Matilda Bliss <[matildasayshey@gmail.com](mailto:matildasayshey@gmail.com)> wrote:

Hey yall, I hope you can make it to 42 Water St Saturday as we pick up where we left off on June 23rd, develop leadership, plan our first community event, and seek to endow to community with the will and leadership to make The Real Asheville REAL Effective!

Here's the facebook event:

<https://www.facebook.com/events/269741980440354/>

We will pick up from where we left off last meeting by continuing to define how we will support Asheville's Black community living in poverty. What skills can we transfer? How can we best support the upcoming series of lunch and learns and ensure that the disparity data can be successfully imparted to Black residents, and that the community will grow to lead the change that is so desperately needed.

-What is the Real Asheville? We have some theories derived from lived experiences of Asheville's Black residents, who are often reporting great suffering. The Center for Disease Control Defines four Social Determinants of Health, which are:

Housing  
Economics  
Education  
and the Justice System

Using this model, we hope to define the Real Asheville using thorough data sets, anecdotal accounts, and more, and we seek to publish these findings using an integrated community directed media campaign. We seek an accessible Asheville, and we seek sufficient answers to the suffering of the masses, and especially those of African descent who lack class privilege.

-Matilda

Here is a link to Sunshine Request: <https://www.sunshinerequest.com/completed-requests/>  
And the Link to the list of questions: <https://docs.google.com/document/d/1Do96NIaTbCcD3ZJuH-w43WSc-fwu7tuDkL2LmyTG5ns/edit?ts=5b22bcb4>

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Elizabeth Schell

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"Hope is a crushed stalk  
Between clenched fingers  
Hope is a bird's wing  
Broken by a stone.  
Hope is a word in a tuneless ditty--  
A word whispered with the wind,  
A dream of forty acres and a mule,  
A cabin of one's own and a moment to rest,  
A name and place for one's children  
and children's children at last...  
Hope is a song in a weary throat."  
--Pauli Murray

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*Gabrielle Fricke*

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