

African American/African Cuban Experience

# The Power of Sankofa:

Knowledge of the Past Must Never Be Forgotten

Celebrating Juneteenth 2020: Our Black Space Healing Journey

Viñales Valley, Cuba

June 13<sup>th</sup> - 21<sup>st</sup>, 2020



### Roz Myers

Building Relations with Cuban Labor  
The National Black Worker Center  
Sacramento Black Worker Center

### Lindah Martin

The Bay Area Black Worker Center

### Alyssa Jones-Garner

SEIU 1021 - Social & Economic Justice Committee  
San Francisco Labor Council Delegate  
Founder of AJ's Healing Heart, LLC

Are Escorting A Delegation & Hosting an Intercultural Communion

Guide and translator requested is the wonderful Sara Daisy, and Afro-Cuban educator and Amistur tour guide

Location in Havana, CU: Hotel Copacabana <https://www.belivehotels.com/es/hoteles-la-habana/be-live-havana-city-copacabana/>

Location in Viñales Valley, CU: Hotel Jazmines <https://horizonteslosjazmines.com-cuba.com>

## Itinerary

<b>Day 1</b>		
<b>June 13, 2020</b> <b>Havana</b>	4:00PM	Orientation Meeting and Welcome Reception (Delegate introductions, Ice Breakers, door prizes and Group Agreements; Travel Journals distributed)
	8:00PM	Welcome Dinner (with CTC, ICAP, MINREX guests)
<b>Day 2</b>		
<b>June 14, 2020</b> <b>Havana</b>	9 -11:00 AM	Historical Overview of Cuban Architecture: "Past, Present & Future" Presented by Miguel Coyula
	11:30AM	Havana City tour, Choco & Taller Grafica
	<b>1:00PM</b>	<b>Lunch</b>
	2:30 pm	Guanabocoa Museum & Orisha Dance Performance
	4:30-5:30pm	Enjoy Cuban Voices in Hip Hop Music with Magica and Alexi from the performance group Obsesion.
	<b>6:00 pm</b>	<b>Free Evening for rest and dinner</b>
	<b>*8:00pm</b>	<b>Optional cultural activity:</b> Visit the home studio of Francisco Gordillo – AfroCuban Artist whose works represent ancestral and Orisha/Ifa traditions.
<b>Day 3</b>		
<b>June 15, 2020</b> <b>Havana</b>	9:00AM	Gloria Rolando shares Cuban History through Afrocentric Lens (1812 uprising, Carlota, Spanish War, and the Cuban evolution).
	11:30AM	Educational Exchange with the Yoruban Association
	<b>1:00 PM</b>	<b>Lunch</b>
	2:30PM	Visit to the community development project <i>Quasi Quaba</i>
	*4:00PM	Optional Cultural Activity to visit with Lino Vizcaino & Generos Betancourt, AfroCuban Artists.
	<b>5:30PM</b>	<b>Dinner and Evening are free</b>
<b>The Revolution:</b> <b>Afro-Cuban Lens</b>	<b>*10:00PM</b>	Optional Cultural Activity- Drop off Live Jazz and La Zora y el Cuervo.
<b>Day 4</b>		
<b>June 16, 2020</b>	9:00pm	Check out of hotel.
	10:00 am	UNESCO site visit with Afrocentric perspective.
	12:00 pm	<b>Lunch at Cimarron Paladar</b>
	1:30 pm	Depart for the beautiful Viñales Valley (2.5 hour drive)
	4:00 pm	We arrive and explore local culture at the Municipal Museum of Adela Azcuy (Museo Municipal Adela Azcuy) and the Casa De La Cultura Gallery
	6:00pm	Check-in to the hotel and enjoy dinner at the hotel/free evening

	<b><u>Day 5:</u></b>	
	Breakfast	
	PTSS Workshop	
<b>Days 5, 6, 7</b>	Walking Tour of former Coffee plantation	
	Lunch	
<b>June 17, 18, 19</b>	Mindful Meditation & Healing Circle	
	Freetime	
<b>Viñales Valley, Cuba</b>	Dinner	
	<b><u>Day 6:</u></b>	
	Breakfast	
<b>Black Space Healing</b>	BP-10 Seminar	
	Lunch	
	Kwanzaa Principles Workshop	
	Community Organizing Teach-In (at the hotel) with local CDR	
	Freetime	
	Dinner	
	<b><u>Day 7:</u></b>	
	Breakfast	
	Performing Arts Workshop	
	Food Is Medicine Workshop & Walking Tour	
	Lunch	
	Elder Staff & Talking Stick cultural ceremony	
	Juneteenth Celebration	
	Dinner	
<b>Day 8</b>	9:00AM	Return to Havana
	11:30AM	Callejon de Hamel, an Cuban Community Arts project
<b>June 20, 2020</b>	1:00PM	Lunch with special guest Nancy Morejon (AfroCuban Poet Laurette)
	3:00-4:00PM	Free time for Shopping at the San Jose de Almacenes craft market or walking around the hotel alone.
<b>(Havana)</b>	4:30-6:00PM	Celebrating Afro-Cuban Culture with a traditional community Rumba Class and Performance (Pogolote).
<b>WRAP UP</b>	6:30PM	Free Time
	8:00PM	Farewell Dinner with invited guests from the CTC)
<b>Day 9</b>		
		<b>Check out of the hotel and depart for the airport.</b>
<b>June 21</b>		
<b>Departure</b>		

*This Journey is Powered by...*

