

## Race and Oral History Project, UC San Diego

**Narrator Name: Penny**

**Interviewer: Hasan**

**Date: 05/25/2021**

**Location: San Diego, California via Zoom**

**Collection: Race and Oral History Course, Spring 2021**

**Length of interview: 00:42:37**

### Synopsis:

Penny [They/Them] was raised by their father in Los Angeles by the Filipino-American side of their family, then later moved to the rural south with their mom, they are currently living in San Diego and volunteering at We All We Got, a mutual aid based in San Diego. Penny talks about their upbringing in both L.A and in the rural south during the 90s and how the various cultural, societal, and religious influences in their life shaped their ideals and general outlook in life. They discuss their experiences of the contrasting church influences of Self-Realization Fellowship in L.A earlier in their upbringing vs the Southern Baptist church they were a part of later on. Penny also recounts their experience living through the murder of Rodney King in '92, and the ensuing riots in L.A, and how those events had a major influence on who they are today. The interview covers topics such as religion, race, police brutality, activism, community work, the pandemic, and mutual aid. The interview was conducted over Zoom in adherence with social distancing protocols during the COVID-19 pandemic, and was conducted by Hasan, a fifth-year engineering student at UCSD who is interested in mutual aid and community building.

### Transcript:

**Hasan:** Okay, so we're recording now.

**Hasan:** um, my name is Hasan. Today is the 19th of May 2021. I'm interviewing Penny through Zoom for the UCSD race and oral History project.

**Hasan:** For the purpose of this project, do you agree to grant the university permission to archive and publish this interview for educational purposes.

**Penny:** Yeah

**Hasan:** Great!

**Hasan:** Well, thank you--thank you so much for joining me today Penny. Could you briefly introduce yourself?

**Penny:** My name is Penny. My pronouns are They/Them. I live here in San Diego. And I met Hasan through We All We Got. uh, I don't know what else to say. [Laughed]

**Hasan:** That's good enough

**Penny:** Mhm.

**Hasan:** It's just a brief introduction, that's fine.

**Penny:** Ok.

**Hasan:** How are you today?

**Penny:** Good.

**Hasan:** Alright.

**Hasan:** Well, to kind of start things off, I'm gonna ask you a few questions about, you know, your background and your upbringing, where you come from. So, did you grow up in San Diego?

**Penny:** I didn't, I grew up in--I grew up in a couple of different places. The beginning, and most of my life, I lived in Los Angeles and then I moved to the south.

**Hasan:** What was it like for you growing up in Los Angeles?

**Penny:** It was really--It was awesome [laughed]. I really--I think it was a really great place to grow up for me. But it is a place you kind of grow up fast, I would say. There's lots--there's a lot of stuff you're exposed to growing up in Los Angeles.

**Hasan:** What kind of stuff? Like, I know Los Angeles is, generally like, a very multicultural city. I wanted to ask like what--What cultures, specifically, did you grow up around?

**Penny:** So I grew up during the 90s. So L.A. in the 90s, there's a lot of stuff going on. I would say, like a lot of the cultures that, you know, were around, were like very, very wealthy people, you know, who lived in, you know, very nice areas of central Los Angeles and--and also, you know, there were--there was a lot of gang activity and stuff growing up around me in L.A. The large black community in Los Angeles, that has a very deep history of--You know just a deep cultural history in Los Angeles. And also, of course, the native people of Los Angeles, is one of their territories. There actually is a very large native population there, and a lot of people who are from Central America and South America as well. Obviously there's a very large Mexican population in Los Angeles, and also a Filipino population. There's everything, honestly [laughed]. L.A. has, you know, different areas that are just very heavily, you know, deep cultural communities that are very vibrant and diverse, yeah.

**Hasan:** Right. Okay, did you--was--Like, did you identify particularly strongly with any of those cultures or?

**Penny:** So, my father is Filipino and I grew up mostly with my Filipino family, I was raised--I didn't really spend much time with my mother except in my very young years and then later on when I turned 13 and want to live with her in the south, so. For the period of most of my childhood, I was with my father and my father's family who was Filipino and--but they're very like Americanized Filipinos my great grandparents moved to Hawaii and, you know, they settled there and also in--came later to San Diego to Mira Mesa because they were in the military, so I grew up mostly in--in that, but my grandmother was also--kind of broke away from her very traditional heritage and she, you know, kind of grew up in a hippie era so she got involved with like [Laughed] a new age church that was--it's called Self Realization Fellowship and it was actually founded in like the 1920s, by someone from India. His name is Paramahansa Yogananda. And so I actually grew up around like, that, a lot as well, like, that was the

church I grew up in yeah, talking about that would be a whole other thing, but that was also something that I grew up around a lot.

**Hasan:** um, I mean I'd like to know more about that if you don't mind.

**Penny:** [Laughed] so the Church is--They--Most of the people that go to the church are wealthy white people and so it's--it was like much older wealthy white people who came to the church when Paramahansa Yogananda ran the Church in the 1920s, so I grew up around just like, a lot of like, much older white people who are like you know that new age spirituality thing. They were kind of one of the first like, I think, groups to do that in the United States, right? so I was like, kind of brought up in--in this like, cultural appropriation that I realized later on in my life I didn't really agree with much and I obviously broke away from that. But in the Book of--The United States, you know, evangelical Christian organizations have a book called the Book of cults and new religions, and that's obviously to differentiate themselves from, you know, all these other groups, but. In the Book of cults and new religions SRF, Self Realization Fellowship is actually labeled as a new religion. So it is like, actually a denomination of Christianity, that also introduces like, Hindu and Buddhist like, cultural values and stuff, kind of like a reformist church, but I don't really think a lot of people know about it. But they actually have a couple of locations here in San Diego, one being in Encinitas. A lot of people visit, it's called the meditation gardens up there in Encinitas. They're ran by Self Realization fellowship, yeah. It's beautiful. The churches are very well maintained, and they have beautiful gardens and it's a great peaceful place to go, I would recommend it for that actually.

**Hasan:** I kinda wanted to um--Like something you mentioned was there was a lot of like cultural appropriation...

**Penny:** Mhm.

**Hasan:** ...Back then...

**Penny:** yeah no.

**Hasan:** ...is that still the case today?

**Penny:** Yes, absolutely! I--I--You know I think a lot of--a lot of people from India have spoken out against organizations like Self Realization Fellowship that, you know, co-opt their religious values, and you know, try to integrate them with other things because they are, you know, appropriating people's culture and Self Realization Fellowship is a very, very wealthy, well resourced, you know, religious organization, so I think there are some people who have taken issue with--with the things that Self Realization fellowship does.

**Hasan:** oh okay. Is most of like the--the funding for this church like grassroots like members or--

**Penny:** I think--

**Hasan:** Cause it seems like the establishment didn't really recognize it as a, you know--

**Penny:** So actually, there are actually quite a few people in Los Angeles who, you know, have intergenerational wealth and the fund Self Realization Fellowship very heavily. And they probably have like trusts already in, you know, millions and millions of dollars' worth of money. You know, just from people who dedicated very, very long ago, to make sure that the... The fellowship could be maintained.

and it also, you know, was built in the 1920s, around the same time that Scientology was being built. And actually the Hollywood Scientology church, that's like very famous for were like Tom cruise and all of them go.

**Hasan:** Yeah?

**Penny:** it's actually right across the street from the Hollywood temple for Self Realization Fellowship.

**Hasan:** Oh!

**Penny:** and like they had, like, not a great relationship with one another, obviously [Laughed]. I don't think anybody has a good relationship with Scientology, but they--There was like, L. Ron Hubbard was involved with speaking with certain people who were involved with building the Hollywood temple and everything and--and there's stories about that and everything. So it was--it kind of came up at a very similar time. And you know that's kind of like--it's a big part of old Hollywood as well, the Church was. A lot of people from Hollywood used to go and visit the church and, you know, seek advice from Paramahansa Yogananda. And, like, there's a lot of involvement with, like, old like yoga practitioners, who brought yoga to the United States and--and you know to other Western countries, there are temples all over Europe of--for Self Realization Fellowship as well. It's very, very well resourced, like, I don't--I don't think they have any problem finding funding, and they also are religious organizations, so they have subsidies from the government.

[pause]

**Penny:** that's just like a sidetrack conversation now. [Laughed]

**Hasan:** Yeah

**Penny:** There's a lot that goes into that, but it is a really interesting um--Honestly, like there's so many interesting stories and there's so many interesting people that are present and have been present in that organization and I don't think I've ever really heard anybody talk much about it honestly.

**Hasan:** Yeah, like, it sounds like it's very, kind of ingrained in Hollywood culture.

**Penny:** It is, yeah.

**Hasan:** Very interesting, but yeah let's kind of refocus back on--back on you.

**Penny:** yeah. [Laughed]

**Hasan:** Did you have a favorite food growing up in L.A? A favorite place to eat?

**Penny:** [pauses to think] yeah I loved eating Russian food, that's like, my favorite.

**Hasan:** Oh?

**Penny:** And I still--I still love Russian food, yeah. That's it. [Laughed]

**Hasan:** Okay.

**Penny:** Obviously, Filipino food is--is awesome too.

**Hasan:** Yeah. I can attest to that.

**Penny:** [Laughed]

**Hasan:** How were you introduced to Russian food? Was it just like a place nearby that you tried out?

**Penny:** My family, you know is--is pretty into like, trying new things and everything. My dad is like, really like, into like, revolutionary stuff like--like, you know, communism [Laughed]. So obviously there's a lot of like stuff with that with like Russia and--

**Hasan:** Right.

**Penny:** So I think there was like, you know, I think it was something we just really liked going to these places and being around people, you know, who kind of aligned, in that way.

**Hasan:** Was this like a specific restaurant? Does it still exist?

**Penny:** I don't think so, no.

**Hasan:** Aw

**Penny:** I don't know. I don't even remember the name. [Laughed]

**Hasan:** That's fine.

**Penny:** But I liked--I liked that a lot when I was younger.

**Hasan:** Well yeah so your dad was into a lot of like revolutionary ideas and--As you mentioned communism, this new new age church so--

**Penny:** Yeah I wouldn't--I wouldn't say he was into Communism. My dad just liked anything different.

**Hasan:** Okay. Okay.

**Hasan:** um, do you feel like that had like a--Like an influence on--On your own like, ideals and values later on in life?

**Penny:** Absolutely! Absolutely. And my mom as well. My--My parents were both pretty--Even if they didn't think so. They were pretty radical people, I would say.

**Hasan:** They sound like it.

**Penny:** yeah.

**Hasan:** So at one point you moved--You moved in with your mom in the south?

**Penny:** Yes, yeah.

**Hasan:** What was that all about?

**Penny:** um.

**Hasan:** How was the culture different there, I guess?

**Penny:** Oh yeah it was a really big leap. It was a really different thing. In the south, it is like predominantly white people. You know and its, like, still very heavily segregated there, so there are people of color that lives there, but where I lived in like a rural area. Because I also moved from you

know Los Angeles to a very rural area in the South not like a city like Atlanta. And there were a lot of very, very religious Christian religious people who, you know, their families for generations lived there and I didn't know anything about that kind of stuff [Laughed] when I--when I moved there, so it was definitely different. And I moved and, like, my mother had married another man who was very, very, very heavily involved in like southern Baptist church. Very religious. Like, every Sunday I had to go to church there and everything. So, yeah it was--it was a very different thing.

**Hasan:** Was there like, a huge contrast between the church you used to attend and this new church, which I guess was a little more traditional.

**Penny:** Yes, and--I didn't think it would be, because I would told my whole life I was a Christian even I want to SRF so like people at SRF still identify as Christians. So, I thought I was a Christian, but not really in their standards, you know, in the south, so like I had to be like baptized and like, all of a sudden, I learned a lot about religion being there because I--I ended up joining my junior seminary stuff like learning about like the Bible, and like different religions and stuff like that. So, it was like... it definitely got me to a place where I like learned more about, like, what I had been learning my whole life religiously as well [Laughed]. So yeah it was a profound difference.

**Hasan:** So then, how did you--how did you end up in San Diego?

**Penny:** So when I was about 16 years old, I came to visit my family for the summer. I was still living in the south at the time, and I had my cousins were B-boys. Like they break dance. And so—

**Hasan:** Oh okay!

**Penny:** yeah [Laughed] so I, you know, was visiting my cousins and they were at a B-boy jam, which is what they call them, B-boy jams, and we went over there to visit them and I met a young man who was older than me. And I, you know, we began talking and we exchanged information and everything. And I ended up going back home, obviously, to the south and keeping in touch with this individual. And then when I turned 17 in the state of Missouri you're emancipated so, which means you can move out of Missouri, and I came to California to live with them. And that's how I came to San Diego.

**Hasan:** How--How do you like San Diego? like, how is it different from both--the other two places you lived?

**Penny:** [Laughed] I was familiar with San Diego cuz my family lives here when I was young, so I wasn't like, unfamiliar. It just is a much slower place--pace from L.A, but also much faster pace than the south. So it's kind of like a nice middle for--for me. It's been a great place. I got pregnant, when I was 19 and it's been a great place to raise my son. I, I think that--My son also lived in Los Angeles, for a short period of time, cuz his father ended up moving up there, but now he's back in San Diego with me and--yeah, I think we all just kind of appreciate how, you know, kind of everything is--is very easy. We can go to Balboa Park within--You know there's a lot of nice things we can do outside here and it's been a place that we've, you know, grown fond of.

**Hasan:** What do you--what do you do in San Diego I guess like for work or for pleasure?

**Penny:** I don't work. But I do--I definitely do like going in like walking around places in San Diego there's so many like, really cool places to visit and, just like walk around, you know. I really love Torrey pines it's such a beautiful place, it really is. And Balboa Park, the Japanese friendship gardens are gorgeous. And

like, when my son was young that's when they decided to like expand it out and like, they just finished the expansion, like, I think, a few years ago and it's just such a beautiful place to walk around. The zoo is a great place to go--I don't know there's so many nice places.

**Hasan:** What's your favorite food place in San Diego.

**Penny:** I would say RakiRaki ramen.

**Hasan:** Oh, I love that place!

**Penny:** yeah, yeah! [Laughed]

**Hasan:** So good!

**Penny:** It is yeah.

**Hasan:** Okay well was there anything else about your background that you think is, you know, relevant or important to mention?

**Penny:** I don't know. I--there's obviously--this is not exhaustive so [Laughed]. I don't know--I don't know what is "a little bit" about me.

**Hasan:** Yeah, that's fine.

**Penny:** yeah, yeah.

**Hasan:** Okay, so I guess we'll--we'll kind of shift a little towards like activism and mutual aid.

**Hasan:** Growing up in La and in the south, where you always like, involved with Community work?

**Penny:** yeah. I think that I've always just really loved to be involved in community. I was raised around a lot of chaotic situations and stuff that I won't mention here but--You know it, it definitely brought me some insight into the ways that we need to take care of one another because you know we can't really depend on--We can't depend on the system for everything, right? And I think, honestly, living in the south gave me a lot of permission to feel that way versus living here in California. Because people who live in--People in the south are very--They don't like to depend on the government, really. They want--and--and honestly, the government kind of takes advantage of them because of that, because, you know, they--they just won't get involved with politics. They kind of just let you know, whatever happens happens. And it's because they don't really feel they can depend on the government, you know? And I think I learned, you know, about such a deep rich history of mutual aid networks that were developed because folks couldn't depend on the government. There's a lot of corruption in midwestern and southern states when it comes to the government. There's a lot of exploitation. So, it's inevitable that you will be involved with your neighbors and--and helping them. And there's also a deep rooted sense of community through the churches in the south. So, you know, a lot of that stuff comes--a lot of the stuff that we know about Mutual Aid comes from the south. And--and--That the organizing of individuals who could not depend on a government that was hurting them, right? You know, and that mostly comes from black liberation movements and indigenous liberation movements in the south as well. There's a lot of things to be said about that from like, Appalachia but we don't need to get into that. I think L.A, though, taught me a lot about liberatory struggle in a more academic way. Not necessarily because I was involved with academia. But Los Angeles, has a lot--or had a lot, when I was growing up about systemic

and racial injustice being--being kind of shown to us in our schools. There are schools, who were like, heavily policed when I was growing up. And I think, you know, there were a lot of Individuals fighting against that, you know, when I was growing up. And I saw that a lot, and you know, seeing what happened in 1992 and the riots and everything. I was there, you know, and--and it was--It's always been something I think, just like growing up around different things, I--it just--I always fell into being involved with those things because it was around me so much.

**Hasan:** You mentioned the the L.A riots in '92, how did you feel about that at the time?

**Penny:** I was scared.

**Penny:** I think--I think a lot of folks--I was young, so I was, you know, I was just listening to the adults in my life talking about these things but--And you know, obviously experiencing it I--I knew, you know, a lot of my friends who have lost their parents through the drug war and--and the heavily militarized policing that was happening in the 1970s through the 90s. Like, I don't think people realize how heinous the drug war was and how horrible some of the policies that were enacted during the 70s 80s and 90s actually were. How detrimental they were to communities. And now we can see with our mass incarceration rates, you know, kind of the evidence of that. And it was--it was--It just wasn't surprising to anybody, I think, that it happened. And I think--I think the people who were surprised by it were surprised because they weren't being affected by it, you know? So it was--

**Hasan:** Right, the people with privilege.

**Penny:** yeah and--And it was you know people who were right up the street, but they were living in the hills, you know, it wasn't affecting them. But the police were just really--And they still are! it's not--it has never stopped, so I don't want to say that it ever has stopped, because it hasn't. And you know it was--it was a heavy--It all came back to, you know, people heavily criminalizing gangs, but also the police forming gangs. I know that that sounds strange, but we know that there are gangs within the Los Angeles police department and the Los Angeles sheriff's department. And we know that, historically, they have, you know, caused wreckage all over communities. and when Rodney King, you know, when everybody saw what happened to Rodney King, you know, it was--it's--it--it caused the same response, right, that happened this year--this last year in Minneapolis. We're coming up on the anniversary of that. And Because we didn't have social media back then, it was just the people who were in L.A that kind of really knew what was happening, and the rest of the country was just watching and--with their opinions, you know [Laughed]. Yeah.

**Hasan:** Yeah, I guess like, the rest of the country would just have the--They'd have the perspective of like, mainstream media.

**Penny:** yeah. They had to move. They had to move the--They said they had to move the court case outside of Los Angeles, to Simi Valley, which is a suburb of Los Angeles so that--because they said they couldn't find anybody in Los Angeles, who wouldn't vote--or who wouldn't--Like, anybody, to be in a jury, who wouldn't like, want to arrest the police officers who did what they did so.

**Hasan:** Okay, so they had a lot of people who--who had like, little information coming in, and had them make the judgements?

**Penny:** Yes, yeah.



**Hasan:** That's insane!

**Penny:** Yeah, so that--it was so frustrating, I think, for the people of Los Angeles at the time, who really knew the level of brutal violence that was being enacted by the police department for communities of color. And, you know, disenfranchised and under resourced communities were really feeling it so, yeah. I don't know what else to say about it, but it was definitely a frustrating time for everybody, I think, in Los Angeles.

**Hasan:** Yeah, I mean like nowadays we can kind of see the consequences of a lot of those policies that were enacted back then, but it's interesting to hear a person--Like, hearing the perspective of like, someone who went through it actually, like in those times.

**Penny:** yeah. it was--it was--it was interesting that's all, yeah [Laughed]. I could say a lot more, but there's so much.

**Hasan:** it's kind of insane like, we're still kind of dealing with the exact same struggle like, as evidenced by this like this last summer of protest with the black lives movement.

**Penny:** yeah, and you know--I just--I really, with the with the newfound awareness, of all these things, I really hope people are looking to do something with our awareness, you know. Instead of just focusing on being aware of it. Because, you know, otherwise we'll just be watching it happen.

**Hasan:** yeah.

**Hasan:** So I guess like you grew up with all this is like civil unrest and--I guess like, being in the city and learning, like the context of all those situations. I feel like that informed, a lot of what you do today right?

**Penny:** yeah, absolutely. and other things. and my upbringing happened and--yeah I guess, like, especially when it comes to wanting to provide more outreach to unhoused folx and folx who are, you know, self-medicating and stuff like that.

**Hasan:** So nowadays like, you work with these communities through--I guess through the framework of mutual aid right?

**Penny:** Yeah

**Hasan:** Could you talk a little about that? About the concept of mutual aid?

**Penny:** yeah! I think the concept of mutual aid has a lot of definitions these days [Laughed]. I think people--mutual aid is--is a subversive project--activity. So mutual aid is something that--This is the way I see it, in my experience. Mutual aid is something that we do outside of the system. I think that a lot of people within the past, you know, year or so that they've been radicalized. They've been pushing to practice mutual aid, but in the context of, like, institutions. And I, and I think that that has kind of made the definition kind of cloudy these days, but I can only speak from my experience what I view mutual aid is. So, mutual aid, in the way that I view it, is a practice that is outside of the system, and it is empowering, you know, neighbors to help each other. Because we know that there are, you know, holes in what the system supports, and we have to find ways to build alternatives to fill those holes. To me, that is what mutual aid is. And even beyond that, mutual aid can be, and I hope it will be, a way for us to expand and build alternatives to what we have in the system, because the system doesn't serve

everyone and--Yeah so that's the way I view mutual aid is something that will eventually, you know, empower everybody to support each other and meet each other where we're at. So, breaking down and unlearning the oppressive dynamics that keep us from, you know, empowering ourselves to love each other, those are all super super important parts of mutual aid.

**Hasan:** yeah I totally agree! and I guess that's kind of like--Like those ideas are what really drew me to We All We Got as an organization-

**Penny:** Yes.

**Hasan:** -and mutual Aid, but how did you get involved with We All We Got?

**Penny:** So, at the beginning of the pandemic, I was, you know, I followed some other organizations that were doing stuff, and I found out that We All We Got was forming a--Like, you know, a neighbor grocery delivery kind of thing. Where they were just trying to find folks who were like, within each other's neighborhoods to buy groceries and bring them over to people that were close by, you know, which is a great way to do that. But I think--I went out and I did it once and then I couldn't because my son had come down, and his father worked at a hospital. So, I didn't want to expose anybody because we weren't sure like if he had been exposed. So--so I kind of walked away, and then I ended up having to move, and all this stuff. So, flash forward fast forward to a few months later I found out We All We Got was doing food distributions, and so I just started going and, yeah. Now I'm here.

**Hasan:** I'm glad you're here.

**Penny:** Yeah, thank you.

**Hasan:** Well yeah, so--um so let's talk a little bit more about the pandemic, right? What impact did that have on your life? Like, I know it had a huge impact on everyone's lives, but can you tell me a little more about your experience?

**Penny:** You know I--I definitely welcomed at this point, looking back [Laughed]. I definitely--I feel like I--I definitely welcomed the way that it made me like come to a screeching halt in my life because I feel like I was going so fast, in my life before. I feel--I feel like, as horrible as this pandemic has been for many, many people, for me, personally in my life, it has been something that has been a blessing. Specifically, because it has given me the time and space to meet so many folks who you know, want to be a part of creating these new ways of living, you know. And it gave me time to like focus on things that I think I never, you know, would have been able to research or look into for myself, you know? So I would say it's--it's been a mostly positive thing for me. And my partner, has been able to stay home and work, which has been something we know is a huge privilege and we're very grateful for. And I've--My son also has been staying home so I've had a lot of time with my child. I don't know. I definitely--As--as much as it's also been very, very difficult I just take those things, you know?

**Hasan:** Yeah. and I kind of relate to all of these points, I guess. Like the pandemic really gave me time to kind of slow down and look at you know how we're actually living our lives and like what the Community is actually doing like with all the frantic pace of like, capitalism, I guess. I don't know what else to call it.

**Penny:** yeah, yeah. Settler colonialism [Laughed]. That's a bigger general--

**Hasan:** But yeah. Like I think I've had a somewhat similar experience in that I kind of learned a lot more about--About leftism in general and about mutual aid and about like Community building and activism, but I feel like for the longest time I didn't know what to do with that knowledge and what to do with that energy. So if you had--If you could give one piece of advice to someone who's in that position what would it be?

**Penny:** For somebody who, just to clarify, for somebody who doesn't, you know, isn't familiar with these things? That they want to be a part of them?

**Hasan:** Oh, someone who wants to get involved, but doesn't necessarily know how or where

**Penny:** Okay, I would say start with going to the grocery store, buying a whole, you know, what... What would you need for a family of four for a week of groceries, whatever you think that is. There's plenty of examples about it online. And go and buy it and, you know, drop it off to a family that you know, you know them--Both parents are working, and they got kids at home, and they can use a couple extra few things. You can start that way, right? Like it really--Showing people that we can be empowered to like, form those kinds of like, communities of care. Like even just with somebody you see that lives down the hall from you and you're like, they got babies like, maybe I can find out if they need some diapers or something, right? Like just little things like that are super helpful. If you see an unhoused person, ask them what they want to eat, you know? Or give them money. And don't ask questions, why and what they're going to do with that money, right? Like that's what practicing mutual aid is about, it's just supporting people with no strings attached, non-transactional, and it's just about creating networks of care because we care, you know, not because it's something we should do, or could do, or anything like that. Just because if somebody needs something we're trying to meet that need. That's it. That's really what mutual aid is, and it doesn't need to involve any of these systems where people have to like, quantify, you know, what they are doing to deserve basic dignity and support.

**Hasan:** I think that's wonderful advice. And like, I guess a lot of people get caught up on like, these big systems of capitalism or oppression or settler colonialism that they kind of forget to, kind of, get involved within their own communities and start small

**Penny:** Yeah.

wow, so I think that's wonderful advice.

**Penny:** Thank you [Laughed].

**Hasan:** Well, I think. I've run through all the questions I had prepared. Was there any parting thoughts or wisdoms anything to share.

**Penny:** No. Just thanks for having me and anybody you know, wants to come through and--and bring a bag of groceries to We All We Got, we got plenty of people, we can, you know, throw a bag of groceries into their car. Thursdays and Fridays.

**Penny:** Am I advertising right now? I don't know [Laughed].

**Hasan:** That's fine. You can use this to advertise.

**Penny:** Right. [Laughed]

**Hasan:** Well, thank you so much Penny!

**Penny:** Yeah, Thank you!

**Hasan:** It's a really wonderful like, interview and learning about your experiences.

**Penny:** Yeah, Thank you.

**Hasan:** I don't really know how to end this.

**Penny:** Okay.

**Hasan:** But yeah. I guess I'll see you on Thursday.

**Penny:** Yeah, I'll see you tomorrow. Oh, tonight we have a meeting, so I'll see you maybe then, I don't know. Either then or tomorrow. All right, bye!

**Hasan:** bye bye!