



The 100

**100
BLACK
MEN**
Of London

Issue 2. Vol. 1

Celebrating Black History

October 2002



How many of these historical Black figures can you name?. Answers can be found at www.100bmol.org.uk

Editorial

Do you know where you are coming from?

October signifies not just the end of the happy months of summer sunshine for another year - for the black community in the UK, it is probably the most important month of the year. October is Black History Month, an entire 31 days where the focus of all black people and the establishments they belong to or are a stakeholder in, educate themselves and others, recognise and celebrate the achievements of Black people through the ages, and specifically in the context of the United Kingdom.

It is a matter of great concern that too many black people, especially of the younger generation, are not as engaged in their history and heritage as they should be. To know where you are going and to understand where you are at, you have to be aware of where you are coming from. The myriad social, educational and political problems that permeate the black community can be significantly attributed to an innate lack of self-esteem as a people. It is hard to have self-esteem without a sense of self-awareness, and a child without a sense of his or her own history will not be able to develop a fully rounded sense of self. That is the single most

History tells us who we were... who we are... but more importantly who we can become

important function Black History month serves.

As a community, we all have an ongoing commitment to developing our youths and ensuring that they know their history. The 100 Black Men of London believe every month should be Black History Month and every day should be Black History day until society accepts and includes the stories of our people into the educational, political and social mainstream. We at the 100 BMOL promote Black history by ensuring that we have a Black History section at each of our community programme mentoring events. As you will read in this edition, our recently sponsored Black History themed events have been attended by more than 2,000 Londoners

This is just the beginning. We must not relent in our efforts to continue to inculcate a sense of pride, achievement and respect in our youth. Any other investment we make in them without dealing with this fundamental premise will prove to be an exercise in futility, resulting in educated yet uninformed adults who can make no contribution to the upliftment of their people because they do not understand how important this is. Celebrate Black History Month in the most meaningful way - make it an ongoing part of your lives.

Welcome to the second edition of The 100. Thank you to everyone who gave us feedback on the first edition; your constructive comments continue to be very valuable in helping us develop and improve. Please keep them coming.

Lunch at the House of Commons

The 100 Black Men of London & Diane Abbott MP hosted a Luncheon Reception



Left-right: Mark Johnson, Kuwayne Cain, Ken Barnes, Jay Mastin, Diane Abbott MP & Tony Fairweather



Dame Jocelyn Barrows

On the 3rd of October, 100 Black Men of London supported by Diane Abbot MP held a reception in the Attlee Suite at the House of Commons, Westminster. Given that 100 BMOL is only 18 months old, this was deemed a testament of the strides we are making in society and the shared belief in our mission across the spectrum of London life.

The luncheon was hosted as a showcase of 100 Black Men of London's activities and to promote the messages of economic

empowerment, educational achievement, health and well-being and cultural awareness to the wider community.

The keynote speaker on the day was the President of the London chapter, Ken Barnes, who passionately outlined the vision of the 100 Black Men of London. He challenged all present by requesting that they ask themselves the question, "Do I care about the development and future of our youth... **ENOUGH** to do more than talk about it?" He implored everyone to act to make a difference in the community.

The event was attended by a wide cross-section of the community, including Dame Jocelyn Barrows, representatives of the Royal Navy, the Jamaican High Commission, The Probation Service, Choice FM, the Write Thing, the African-Caribbean Leukaemia Trust, the European Federation of Black Business Woman Owners, the City of London Black Police Association, Operation Black Vote, the Executive & Professional Network and several others.



John Radcliffe headmaster of Northbrook CE School



Simon Wooley, Ken Barnes & Commander Eme Dnyiuwe

Back to school for The 100

The members of the 100 Black Men of London help celebrate Black History month with school assemblies around London



The 100 BMOL ran Black history sessions at school assemblies in 12 London schools over Black History Month. Being mindful of the paucity of black history in the education curriculum, these assembly sessions challenged the pupils and teachers to imagine a world without Black people, through the eyes of a fictitious character called Theo. Through this story, pupils were enthralled by the unsung and under-reported achievements of various Black inventors, scientists and artists. It was telling that most of the children to whom this information was presented had not previously been aware of the significant and substantial contributions their race had made to the world. Other historical figures discussed in the sessions included Carter G Woodson, the father of Black History Month, Olaudah Equiano, Mary Seacole and Marcus Garvey (pictured).

Have you ever thought of becoming a school governor?

Serving as a school governor can be a personally rewarding experience and can afford opportunities to develop and apply management skills in a challenging field. It also gives ordinary members of the public a unique perspective into the challenges and realities of running a school and implementing the school curriculum.

School governors are volunteers. Their prime remit is school improvement - holding the school accountable to its stakeholders, who include the local community, business interests, parents, the LEA and Central Government. Governors have the opportunity themselves to gain an enormous personal satisfaction from their work, develop themselves personally and professionally and gain an invaluable insight into the education system.

For more information about how you can become a school governor, contact Mike Richardson, Chief Executive of the London Accord, on 020 7566 8658/8656 or 0870 600 1877, or by e-mail at MRICHARD@BITC.ORG.UK, stating your name, daytime phone number, occupation, e-mail address and borough of residence and preferred area where you would like to serve as governor.

History education through film

As part of its Four For The Future programme The 100 BMOL held free screenings of the Rosa Parks & Marcus Garvey story

To celebrate Black History month and as part of its Four for the Future programme, 100 BMOL held free screenings of the Rosa Parks & Marcus Garvey stories



A cross-section of enthusiastic youngsters at the free Rosa Parks film screening.

On the 15th of September and 13th October, 2002, 100 BMOL organised two free screenings of the Rosa Parks Story, a new film starring and directed by the Oscar nominated actress Angela Bassett. The film told the inspirational and uplifting story of Rosa Parks and the circumstances surrounding the Montgomery bus boycott of the early 1960's in America.

This was a seminal moment in the Civil Rights struggle which was amongst other things, also a catalyst for the promotion of Martin Luther King to the forefront of American public life.

The initial film screening was held at the Ritzy Cinema, Dalston, Hackney and was attended by approximately 200 people. The condition for attendance was that adults had to bring a child or younger person with them, and this criterion was strictly and enthusiastically adhered to. At

Mentoring the 100 Way

The 100 Black Men of London begin their first school mentoring programme at Northbrook CE School in Lewisham



100 Black Men of London Director David Okoro outlines the modules of Mentoring The 100 Way

Pupils at Lewisham's Northbrook CE School made some Black History of their own on the 9th of October, when they became the first participants in 100 BMOL's school mentoring programme.

Twenty-Five pupils aged 12 and 13 will be undertaking the Mentoring the 100 Way programme. The 13 module programme will include sessions on self-identity, effective communication skills, family roles, substance abuse awareness, peer relationships and goal-setting. The introductory session ended with an enthusiastically contested and exciting Black History quiz.

Headmaster John Radcliffe said of the programme, "It really does provide encouragement and motivation for pupils to develop skills and enhance their ability to take charge of their own learning. The confidence and life skills gained will benefit them at school and in life outside school. I think it is important that young people have the opportunity to work with people who are sharing their success with the future success makers.

President Ken Barnes said: "It was an historic day for 100 BMOL, Mentoring the 100 Way is a great life-skills programme that augments children's education. We were pleased with the participation and enthusiasm of the children and feel that this programme will bring positive benefits to all participants."

100 Black Men of London intend to expand the programme to other schools in London in 2003.



Mentoring The 100 Way, pupils discuss the project

the end of the film, the auditorium erupted into spontaneous applause, a sure indication of how inspiring the event had been. Consequently, due to popular demand, another special screening was arranged on the 13th October at the same venue, which was even bigger and more successful than the previous one, being attended by over three hundred people from all over London. Mighty Malt, who provided refreshments for the attendees, sponsored this subsequent screening

On the 19th of October, 100 BMOL also organised a free screening of 'Look for me in the Whirlwind - the Marcus Garvey story' at the Genesis Cinema, Stepney Green. Following the extraordinary successes of the Rosa Parks films, this event was fully subscribed for over a week in advance and attended by almost 400 people. A petition was launched at these events to demand that more films of Black historical interest were broadcast on terrestrial television at accessible times.

Over one thousand people have so far signed the petition, which is being forwarded to the terrestrial television broadcasters.



The smiles say it all - a proud mother leaves with her children.

Member Profile

Paul Crooks



Paul Crooks, 38, has written a trail-blazing novel that is being hailed as a British version of Alex Haley's *Roots*. The project started when he investigated his own family tree, an 11-year journey which he was initially told was impossible. It involved research in Europe, the Americas and Africa.

Paul, who describes himself as a person of African descent living in Britain, has turned his research into a novel, *Ancestors*. The novel is about a young boy befriended by an older woman on a slave ship bound from the Gold Coast to the West Indies.

Paul was born in Wembley, London. Now married with a daughter of seven, he lives in Kingsbury, North London, and works in health promotion for Westminster Primary Health Trust.

His family history project started in the 1960s when, as a child of six, he asked his father about his life before he immigrated to Britain. Paul was inspired to write the book by memories of his father's recollections of his younger days in Jamaica. The passion was kindled further by a subsequent family reunion, where he met and talked to several members of the family's older generation. As Paul says: 'The first thing to remember is that when old people die, a potential book dies with them. Old people are the gateway to the past.' The result of his conversations was the first draft of a Crooks family tree.

Ancestors is now being published in Europe, America and Jamaica. In the near future, Paul intends to develop some of the stories of the heroes of Jamaica, men like Sam Sharp, a historical slave rebellion leader. Paul is also working with the Public Record Office on a new website called *Moving Here*, which is to be launched during Black History Month.

Paul has been a member of the 100 Black Men of London since December 2001. He is the Director of the Membership Committee. *"I joined the 100 Black Men of London because I have seen what happens when you guide and instil a sense of self-worth in children. The rewards are tremendous. Mentoring the 100 Way provides a way for me to reap even more rewards..."*

Volunteering to help

The 100 BMOL's first Community Service Project



The 100 Black Men of London recognise that volunteering is a great resource and as part of its

commitment to volunteering in the community we helped to facilitate the African Caribbean Reunion's 'cultural event', which took place in Clapton, East London.

The African Caribbean Reunion (ACR) is one of many community/voluntary groups whose aim is to bring about a sense of unity in our communities. The ACR places emphasis on 'bridging our differences' especially between Afro-Caribbean and African peoples within the community. At the event guest speakers such as Major Tim Grant spoke of African (Black) history and helped put our people's position in a proper context. Altogether, the event was a success for The 100 and the ACR, but most importantly it was a success for the community.

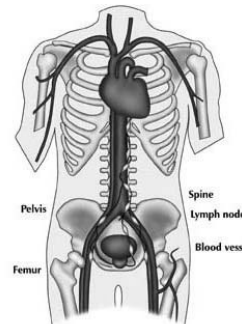


Focus on Men's Health

Prostate cancer cases are likely to double in the future and Black Men are the group, which are most at risk.

Excluding non-melanoma skin cancer, prostate cancer is the most commonly diagnosed cancer in men in the US. In the UK and the European Union, prostate cancer is the second most common cancer in men after lung cancer. In the UK, it has been predicted that it will become the most common cancer in men within the next 5 years.

The prostate is a small gland found only in men. It surrounds the first part of the tube (urethra) which carries urine from the bladder to the penis. The prostate produces semen which mixes with sperm produced by the testes. Although the causes of prostate cancer are unknown there are some factors that are known to increase the risk of developing the disease. Men who have close relatives (a father, uncle or brother) who have, or have had cancer of the prostate, are more likely to develop it. Certain races have a higher risk of developing prostate cancer than others, for example Afro-Caribbean men are more likely than white men to develop the disease. This 'racial' difference is based on evidence from the US, the Caribbean, and West Africa. The actual risk for black men in the UK remains unknown. The only other known risk factor is age. Men in the US have screening (usually a PSA blood test) from the age of 55 however, whether this significantly decreases mortality is still under investigation.



The symptoms of both benign prostatic enlargement (not prostate cancer) and malignant tumours (prostate cancer) are similar and may include any of the following:

- Difficulty in passing urine
- Passing urine more frequently than usual, especially at night
- Pain on passing urine
- Uncommonly, blood in the urine.
- Pain in the bones (if the cancer has spread to the bones)

If you have any of the above symptoms it is important that you have them checked by your doctor. But remember, most enlargements of the prostate are not cancer.

Treatments for prostate cancer include radiotherapy, surgery, and hormone treatment.

Although it is not a conclusively strong risk factor, diet may be as important as it is for other cancers and general health. It is suggested that high fatty foods may help increase the likelihood of developing the disease. It is always best to eat a healthy balanced diet with plenty of fresh fruits and vegetables.

Contact your doctor should you want to take a test or require further information or visit the following websites: www.menshealth.co.uk - www.cancer.org - www.pcccoalition.org or Tel: 0207 878 3810 National prostate cancer.



Cutting Diamonds - Mentee Profile

FULL NAME: Ellis Sealey
DATE OF BIRTH: 10 November 1992
IMMEDIATE FAMILY: 1 brother, Mum, 2 cousins, Aunt, Uncle and Nan.
BIGGEST INFLUENCES: Friends & family.
HOBBIES: Harry Potter games and books.
CAREER ASPIRATIONS: Web Designer

PERSONAL ASPIRATIONS: House, car and happiness.
WHAT HAS BEING IN THE 100 MENTORING PROGRAMME MEANT TO YOU?: The 100 BMOL has taught me how to behave and it's fun to learn so much important stuff you don't get taught in school. It means a lot to me and I think it could mean a lot to many other people too.

morgan hunt

A leading London based executive recruitment firm has developed an innovative programme which focuses on the recruitment of professionals and managers from minority ethnic groups. The project which is called "Delivering Diversity" has attracted the interest of a range of blue chip organisations in both the public and private sector.

"Many organisations have strong diversity agendas, but complain about failing to attract applications from ethnic minority candidates for more senior roles", explains Stephen Fordham of Morgan Hunt. "The "Delivering Diversity" programme addresses this by pro-actively networking into the ethnic minority communities and approaching managers and professionals directly for specific roles."

Employers who participate in the programme make a wide range of vacancies available. Morgan Hunt's role is to introduce qualified candidates who will then compete on merit with other shortlisted applicants. Linbert Spencer, a leading consultant in the diversity and equality sector, is the senior advisor to the programme. Linbert describes the programme as "one of the most significant initiatives in the diversity field of the last 20 years".

Morgan Hunt welcomes enquiries from qualified applicants who would like a confidential discussion. Email Stephen.fordham@morganhunt.com or telephone on 020 7419 8900.

delivering diversity
morgan hunt

Heart of a Diamond

100 Black Men of London poetry corner

The following entry was one of the winners of the 100 BMOL's first mentoring programme poetry competition. The theme of the competition was 'Respect.' There were four entries and each one received commendations from The Poetry Society and prizes donated by The Poetry Society and 100 Black Men of London. The other entries can be seen on our website www.100bmol.org.uk

Respect

Respect is the boundary between friends and enemies,
Respect is the barrier between life and death,
Respect is the force that helped blacks overcome white slavery
Martin Luther King tried to adjust the black civil rights movement by putting forward that we should respect the white man and exchange respect for the Black Man.

Respect associates with life,
Without it, life would be unreasonable and no-one would understand each other's emotions.

If there were no Respect, war, anger, poverty and slavery would be reeked on the world.

So basically, Respect is the field of understanding in life,
It's the door to being able to approach people and speak to a certain degree of how you feel!

- Dean M. (Aged 12)

International Chapter Spotlight

The 100 Black Men of Silicon Valley, Inc. achieve monumental success with their AT&T Broadband Youth Technology Camp

The 100 Black Men of Silicon Valley hosted one of the first AT&T Broadband Youth Technology Camps this summer.

The camp was so successful that the chapter found themselves carrying a waiting list for next year's youths who wish to participate in the popular programme. It has been regarded as one of the most successful youth programmes in Silicon Valley.

During the camp, the young men and women learned in detail what broadband technology is, how it is used in our everyday lives, and the future of broadband.

Beyond that the kids learned leadership skills, how to work in teams, communication, and business development skills. They actually put together their own business plans that were so detailed that they used traffic patterns for placement of buildings.

The camp was held at The Healing Institute Intel Club House in the Ujirani Family Resource Center, San Jose, CA and Plugged-In of East Palo Alto, CA. The Camp was facilitated by IR (Innovative Resources), a Silicon Valley based custom technology training company. Yolanda Lewis, an African American Woman is President and CEO of Innovative Resources. The Effort was supervised by 100 Members, Frank Martin and Herman Miller. The 100 of Silicon Valley are very thankful for having had the opportunity to lift up their youth, give them the ability to dream and show them how to make that dream come true.



100 Gala Fundraising Evening



Our Children... Our Legacy To The Future

Saturday November 16th 2002

At Britannia International Hotel, Docklands

Compere: **Juliet Foster Sky News**

Entertainment: **Jefferson & Whitfield**

Music by: **Jerry Bascombe, Sugar Ray & Papa D**
Dinner Tickets @ £60 After dinner tickets @ £20
Visit: www.100events.co.uk or call 0870 121 4 100

Final Thoughts

"But those rare souls whose spirit gets magically into the hearts of men, leave behind them something more real and warmly personal than bodily presence, an ineffable and eternal thing. It is everlasting life touching us as something more than a vague, recondite concept. The sound of a great name dies like an echo; the splendour of fame fades into nothing; but the grace of a fine spirit pervades the places through which it has passed, like the haunting loveliness of mignonette." **James Thurber (1894-1961),**

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