

# The 100

Publication of the 100 Black Men of London

Issue 3. Vol. 1 April 2003

What Our Children See... Is What They'll Be

## A Magical Night

100 Black Men of London's Inaugural Fundraising Gala

# 100 BLACK MEN

of London

Men Give

## Discovering The Diamonds Within Our Youth

The 100 graduate more students from 'The Me I Can Be' Life Skills Programme

## Special Features

Birmingham Chapter News  
Special Youth Section  
The Man In Me



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**H**ello and welcome to the third issue of The 100 Newsletter.

The 100 Black Men of London has continued to grow as an organisation and our impact continues to be felt in the Black community in London through the various activities we have been undertaking. Our growth is reflected in this enlarged and hopefully improved newsletter.

Apart from the news of our recent activities, especially the inspiring graduation ceremony of our second community mentoring programme and our inaugural annual fundraising gala, we are also particularly pleased to launch a separate youth section in this edition, as well as a focus on our brother organisation, **the 100 Black Men of Birmingham**.

The challenges of an organisation like the 100 Black Men are immense. This is exemplified by a recent event when the President of the organisation went to deposit some funds into the 100's account in a major high street bank. He was disappointed and surprised when the bank employee told him

that she had not think that the 100 Black Men of London could be a charitable voluntary organisation - as the name conjured up in her mind "a rip-off organisation". The biggest disappointment about the statement was that the said employee is a young Black woman. This indicates the scale of internalisation of oppression that has occurred within our community and the urgent task of organisations such as ours in re-educating minds and souls to recognise the beauty, power and strength that can be found in our collective efforts.

We look forward to working with all positive men and women in helping to realise the vision of building a better tomorrow for our community. In the meantime, please continue to write in with your comments and suggestions. They are of immense value to us and help in our committed efforts at continuous improvement. - *Olu*

**"What lies behind us and what lies before us are tiny matters compared to what lies within us" - Ralph Waldo Emerson.**

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# DISCOVERING THE DIAMONDS WITHIN OUR YOUTH

## 2nd Graduation of 'The Me I Can Be' Life Skills Programme



Graduation class of 2003



Focus on your education says Mega man & Asher D



Keep positive is the message from Peter Herbert

The 100 BMOL recently had the pleasure and honour of graduating a further class of mentees from the second 'The Me I Can Be' community mentoring programme at a star-studded ceremony held at Tottenham's Leisure Green Centre. Ten mentees graduated to Silver Diamond level, while thirteen graduated to Bronze Diamond level. The Silver Diamonds had successfully completed an evaluation test at the end of their second programme, while the bronze diamonds had successfully completed the thirteen module life skills mentoring programme held over a six month period.

Special guest speakers at the event were the acclaimed lawyer, **Peter Herbert, MegaMan & Asher D of the So Solid Crew**. Peter Herbert addressed the gathering on the importance of positive role modeling and community responsibilities. The So Solid members took several questions from the diamonds afterwards, with Asher D particularly keen to discuss his recent well-documented experiences in the context of the need for young Black children to focus more on their education and self-identity and not be distracted from their goals

by negative influences.

Special awards were given on the night to Dean Millanaise for Outstanding Mentee of the Programme and 100 member Roy Montgomery for Mentor of the programme. Various mentees and parents talked about their experiences on the programme and how it had been of practical benefit to them. The event was a great success and we look forward to graduating more Diamonds in the future.

We are currently holding programmes in Tottenham Green Leisure Centre in North London & The South Bank University in South London.

For further information on any of the programmes please email: [themecanbe@100bmol.org.uk](mailto:themecanbe@100bmol.org.uk)



A parent expresses her gratitude with the programme



Dean Millanaise

# A MAGICAL NIGHT

## 100 Black Men of London's Inaugural Fundraising Gala

On Saturday 16th November 2002, the 100 Black Men of London hosted our first annual gala at the Britannia International Hotel, Docklands. The sold-out event was attended by more than 600 people from all walks of life. The theme of the evening "Our children - Our Legacy To The Future" was reflected all evening in the entertainment and presentations. It was generally agreed that the highlight of the evening was 'Salute to the Diamonds', where children who have been on The 100 mentoring programmes entertained the guests with poetry, music and comedy.



Juliette Foster

Juliette Foster of Sky News expertly compered the event, where special awards were presented to Barclays Group PLC, David Simon, Alfred 'Pee Wee' Ellis and Dame Jocelyn Barrow for their contributions to the community. Lady Pineapple was presented with a special award for Youth of the year (for more about Lady Pineapple, see page 6). Other award recipients were David Okoro as Member of the Year, Mezino Obonyano for New Star of the Year and Nathan Mitchell's was genuinely

surprised at being the recipient of the Mentee of the Year was one of the most memorable moments of the evening.



Dame Jocelyn Barrow receives her CSA award

The celebrated comedy duo Jefferson and Whitfield regaled the gathering with their own unique take on the evening in particular and life in general, while Peter Hunningale announced his comeback with a spectacular special live performance of a selection of his hit tunes.

The evening was rounded off with Choice FM DJ Jerry Bascombe and DJs Sugar Ray and Papa D manning the decks. The overwhelming feedback of the event was that it had been an emotional, inspiring and fantastic event in which the 100 Black Men of London had excelled themselves and should be very proud.



Mentee of the Year award is handed to Nathan Mitchell

In a powerfully emotive speech, Ken Barnes, the President of the 100 Black Men of London reflected on the eighteen months of the existence of the organisation and the enormous strides that had already been taken. He challenged other men and organisations to step forward and join us in accomplishing future goals for the betterment



Lady Pineapple accepts her award

of the Black community.

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Ellis Sealey speaks about The 100 mentoring programme

**STOP PRESS:** Tickets are now on sale for our 2003 Annual Fundraising Gala, which will be held on September 13th at the Royal Lancaster Hotel. To obtain tickets or for further information, including sponsorship or how you can advertise in the official programme for the event, please contact support @100bmol.org.uk or call 0870 121 4 100.

## PRESIDENT'S MESSAGE



*“We truly believe that our children are our legacy... It is this same belief... that has brought the 100 Black Men of London to where it is today”*

are our legacy. It is this same belief, compounded by commitment and determination that has brought the 100 Black Men of London to where it is today. I am proud to be associated with a group of committed men who exemplify that the caring Black man is real.

For in a world where so much emphasis and value is placed on economics - not that I am trying to

As adults we often condemn and criticise what we perceive as unfair judgment of our people, because of the negative actions of a minority. We declare - 'Unfair and unjustified! Do not class us all the same!' That being the case, we should consider this question: Since we consider it unfair and unjust for our people as a whole to be judged on the actions of a minority, then why do we continually use that same method to judge our youth of today?

The 100 Black Men of London believe that the seeds of greatness in our youth when fostered can grow into immense possibilities and self-fulfillment; we truly believe that our children

displace the importance of economics - we aim to redefine masculinity to include social and moral responsibility and specifically, the ideology that re-investment in our youth and community is indeed a prerequisite of manhood and masculinity.

The array of choices, risks and contradictions that confront young people growing up today is arguably greater than that faced by any previous generation. In many respects, young people as a group have borne the brunt of the rapid pace of social change, which has affected every area of social and family life.

We are at war with the negative influences, with powers and principalities, for the minds and the souls of our boys and girls and it is only through our collective action that we can hope to win that war. We recognise the challenges confronting our youth today and understand that it is only through pooling our collective resources, abilities and experiences that we can ever hope to create an environment where our youth are motivated to achieve. The 100 Black Men of London will continue to empower the young people on our programmes to become economic and moral shareholders in their communities.

Our effectiveness as an organisation is directly related to the number of men we have as members and the support of the business community. Therefore, I will end with a statement whose true meaning I have grown to understand - "It is one of the most beautiful compensations in life that no man can sincerely try to help another without helping himself."

*Ken Barnes.*

## A MAN OF MERIT

**Ken Barnes receives an award at EPN's Men & Women of Merit ceremony**

Ken Barnes was honoured at the Executive and Professional Network (EPN)'s first 'Men and Women of Merit' Awards and Dance Evening. Ken received the very first award of the night, where he and the 100 BMOL were publicly recognised for their services to the community and challenged to maintain the good work that it has started. In his acceptance speech, Ken

urged all Black men to face the collective responsibility we share in the development of our youth.

Ken was also presented with a surprise second Award during the evening from the City of London Black Police Association for services to Community Policing.



Patrick Vieira congratulates Ken Barnes for his awards

## Youth Section: Salute To The Youth

### Lady Pineapple Leads The Way

**18** year old Chevreen aka Lady Pineapple (whose nickname represents her hairstyle!) won the 100 BMOL's first Youth of the Year at our annual gala evening in November. Chevreen has been running a successful event management company for over a year. She was nominated and voted for by the readers of Young Voices, a supplement magazine in the Voice Newspaper which is aimed at its younger audience. Chevreen began her 'hobby' as she calls it, at the tender age of 13 by holding events in school. She describes her business as "recruiting local talent and putting on events to give them the opportunity to showcase their talent". The 100 caught up with her recently to ask her some questions:



**Q: How did you get into business?**

I saw a premature baby appeal special on Blue Peter and held a talent show with dancers and poetry to raise money and I have also held an Oxfam talent show and also included a 'bring and buy' sale which helped to raise more money.

**Q: What were your early experiences like, and what main lessons did you learn from these?**

I found that as the talent shows took off they had to be held outside school hours and my school became less supportive. I then had to book venues outside school with my own funds. I write down the things that haven't gone too well during the events I organise and learn lessons from them, which helps me learn for the future.

**Q: What are your business goals and aspirations?**

For one of my acts to be submitted for the MOBO (Music of Black Origin) Awards 'Unsigned Act' category.

**Q: What are your hobbies outside of your work?**

Listening to music and putting on shows.

**Q: Is there anything you would have done better if you had your school time all over again?**

I would have worked harder to get better grades.

**Q: Who are your role models?**

Family and friends.

**Q: What does winning this award mean to you?**

It makes me feel proud and gives me inspiration to achieve greater things.



### Diamond Profile : Dean Mellanise

Dean was the winner of the 'Outstanding Mentee of the Programme' at the 100 BMOL 2nd Community Programme graduation ceremony held in December 2002

**Full Name:** Dean Millanise

**Date of Birth:** 18 July 1988

**Immediate Family::** Mother

**Biggest Influences:** Lady Dynamite

**Hobbies:** Making music and writing poetry

**Career Aspirations:** Performance Artist.

**Personal Aspiration:** To become one of the world's foremost poets and musicians.

**What has being in The 100 mentoring programme meant to you:** Increased awareness of peer pressure and the power of positive thinking!

# Heart Of A Diamond

## Poetry Corner

The following entry was the winner in the 100 BMOL's most recent mentoring programme poetry competition. All winners won prizes donated by the 100 BMOL and received commendations and free membership of The Poetry Society. All entries and previous winners can be seen on our website [www.100bmol.org.uk](http://www.100bmol.org.uk)

### The World We Live In

Pacing down the street, what do I see? a person looking at you and me looked upon as dirt and trouble because of our race

In my eyes being Black hurts because we get discriminated against for our colour

On TV all you see is negative things about Black people. In my school the teachers think we are going to fail. We sometimes let ourselves down by acting the way they expect us to;

Our race is not working to the best of our ability. We can be whatever we want, mathematicians, doctors, teachers, politicians and not just athletes and music artists

We have so much to offer to the world, but we are too busy worrying about what other people think, concerned about the latest fashion and what's cool and not cool enough instead of focusing on what we can achieve!

As the Black race, we have just as much talent and skills as Europeans, Chinese, Asians and others; But some of us are corrupted by guns, drugs, money, fashion and the **BLING BLING - WHEN WILL IT STOP?**

When we realise who we are as people and what we can achieve as individuals and as a people, and stop destroying each other.

It is like we are blind to love and open to sin we let hatred, envy and jealousy fill our minds

Open your mind don't let it be closed, educate yourself! We need to know who we are and where we are from, know our past, know our history, because you won't know the future unless you know your past...

I hope I have opened some people's eyes and minds and I believe that we can make a difference to the world...

## KNOW YOUR BLACK HISTORY

### Mary Seacole (1805 - 1881)



#### Who was Mary Seacole?

Mary Grant was born in Kingston, Jamaica. She helped in her mother's boarding house caring for invalid soldiers. In 1854, Mary heard about the Crimean War raging in Europe and decided to come to England. She approached the war office and asked to be sent as an army nurse to the Crimea, but she was rejected due to racial prejudice. Nevertheless, Mary made her own way to the British frontlines and set up a medical stores and hostel near Balaclava.

#### What was she famous for?

Mary became famous for her work in the Crimea among the troops. On the battlefield, she nursed the wounded and

was known by the name of 'Mother Seacole'. Even though she met Florence Nightingale, she was not invited to join her nursing team. Mary wrote her autobiography, 'The Wonderful Adventures of Mrs Seacole in Many Lands'.

#### Why is she important?

When she returned to England in 1856, sadly Mary, like many other important Black historical figures was not recognised for her work and achievements in the Crimea. In comparison to Florence Nightingale, Mary did not come from a wealthy middle class background or have any formal training. Not only did she suffer from the restrictions placed on women at this time, but she was also hindered in her nursing career because of the colour of her skin. However, despite these prejudices, she established herself as an inspirational figure for other Black women to follow and for Black people in general.



# THE MAN IN ME

## BEING A MAN WITH A PLAN

*"If you never have a dream, how are you going to have a dream come true?"*

There is no better time than the start of a New Year for looking forward, for establishing in our heads a picture of where we want to be and what we wish to achieve within a certain timescale and conceptualising and then actualising these thoughts. In other words, this is a time to dream.

For too long, the ravages of racism, social exclusion, negative stereotyping and internalised brutalising of the Black man has resulted in our concept of masculinity becoming devoid of the ability to dare dream bigger and better dreams. Caught in the seemingly ceaseless spiral of survival and caring for dependants, our men are told in various direct and indirect ways that they should accept and settle with whatever cards life has dealt them and 'get their heads out of the clouds'. Moreover, those who dare to dream

are emasculated from pursuing those dreams by the stigmatisation of failure.

In turn, these men grow old consciously or subconsciously embittered and more damagingly to the Black community, they pass those neuroses on to their children. The acorn does not fall far from the oak tree - it is no coincidence that enterprising men generally have enterprising children and children in 'safe' careers, tend to have similar parents; put this to the test by looking closely at the people around you!

To be a Man requires a re-examination of this attitude and a paradigm shift to change it. The greatest tragedy in life is unfulfilled potential. History is not kind to those who proclaim that they could have been contenders. Dare to dream and dare to dream big dreams. Have no fear of failure, for what we have always accepted as a definition of failure is actually a lesson learned. Aiming for the skies ensures that you at least leave the ground. We should not be afraid of failure, but we should not tolerate it either. We should learn from our mistakes and start again,

forever keeping our eye on that vision, revisiting the vision as new opportunities present themselves and as new skills are gained and new peers are established. We should realise that contrary to what 'society' has told us for too long, it is not a sign of weakness to admit our inadequacies and seek help - indeed it is a massive strength. Embrace that side of your vulnerabilities, Black Men, and learn to stride forward with it!

In strategic management terms, this is called having a vision. Every one of us should look at ourselves as 'Me PLC' and start to invest in our future accordingly. Have a vision of where you want to take yourself, set a plan of how you are going to get there and start doing something about it today. You will be doing yourself, your children and your community a massive favour.

**Editor's Note:** *This feature is the most recent in an ongoing series focusing on maleness & masculinity. If you would like to contribute an article or comment on this one, please contact the editor@100bml.org.uk.*

## MEMBER PROFILE: Tony Warner



Since Tony Warner joined the 100 Black Men of London in April 2002, his impact has been felt not just within the organisation, but indeed all across London. Deeply passionate about the need to educate Black children about their history and by so doing, to raise their collective and individual self-esteem, Tony established the immensely popular 'Education Through Film' programme.

As an independent Management Consultant in anti-racist and equal opportunities

practice, Tony is gaining a reputation as one of the foremost practitioners in the country. His trainees include the Metropolitan Police force, to whom he delivers a two-day course designed to challenge racism and other intolerance within the service. The course, which is the only one of its kind in the United Kingdom, was the subject of a recent article in the Observer (Sunday January 19th 2003).

38 year old Tony, who lives in East London, lists his hobbies and other interests as keeping

fit, travelling, mentoring refugees, reading and cinema. Moreover, he recently adopted a primary school in North London. Tony's motivation for joining the 100 Black Men of London is to enable him to be part of a collective that fights racism by informing and educating the community.

**"Tony's energy, enthusiasm and pro-activity since joining the organisation has been inspiring. We are very proud to have him as a member". Ken Barnes**

# 100 BLACK MEN OF BIRMINGHAM

The 100 Black Men of Birmingham was established in 1997 and made history as the first international chapter of the 100

Black Men organisation. Since then, the 100 BMOB have made significant contributions to the Black and indeed wider community in Birmingham.



The 100 BMOB have recently been delivering the 'Mentoring the 100 Way' programme in schools such as Bishop Challanor School, Kings Heath, Lode Heath School, Solihull, Perry Beeches School, Great Barr, St John Wall School, Handsworth, St Paul's School, Balsall Heath and Willenhall School, Walsall.

In January, the community-mentoring programme focussed on the three main themes: Recognising Commitment & Attainment, Reviewing the Goal Setting process and Encouraging the use of effective communication techniques.

As it was the beginning of the year, the diamonds were encouraged to build on the New Year's resolution season by setting short and medium term goals for themselves, which will then be reviewed at a later session.

## 100 BMOB Mentor Of The Year Nigel Gardener

Every year there is one member of the organisation who stands out through their dedication and application over and above what is expected. As one of the newer members of the organisation, Nigel Gardner impressed all with his tireless work, boundless enthusiasm and commitment to the ideals of the organisation, and was duly recognised recently as the 2002, 100 Black Men of Birmingham Mentor of the year.

Nigel Gardner has been married to Samantha for the last 6 years and they have a beautiful daughter Amini. Nigel is an Associate in the Corporate Services Department of



Nigel Gardener

Birmingham law firm Lee Crowder, where he specialises in commercial contracts, intellectual property and media and entertainment.

Nigel is a Law graduate of Girton College and gained his legal qualifications in March 1991. Outside of work, his interests are film, literature and mentoring. He particularly enjoys spending time with his family and cooking.

Nigel joined the 100 BMOB because he recognised that *"the 100 Black Men is a great way of interacting with and helping our young people."* We look forward to many more years of working with Nigel.

To become a member of the 100 BMOB, use the contact details below

### PLEA FOR FRIENDS OF THE 100 BMOB

This is a plea to all enthusiastic people who are seeking opportunities of getting involved with the organisation. You can become involved, donating your time and expertise to assist us in reaching our goals, by signing up as a 'Friend' of the 100.

For further information, please contact the 100 Black Men of Birmingham at: 100 BMOB, P.O.Box 10396, Birmingham B16 9YE Tel: 0121 523 6100 Email: [info@100blackmen.org.uk](mailto:info@100blackmen.org.uk) Website: [www.100blackmen.org.uk](http://www.100blackmen.org.uk)

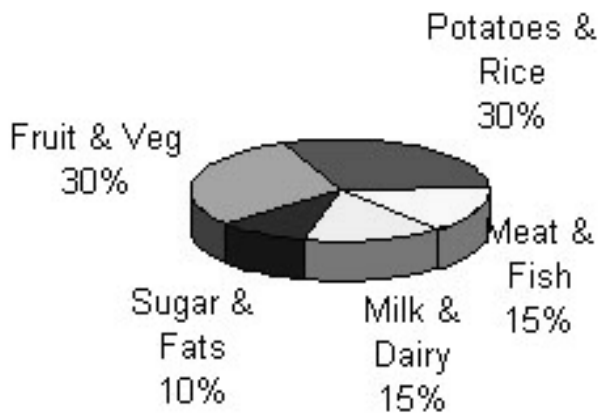
# HEALTH & WELL-BEING

## YOU ARE WHAT YOU EAT

**W**e often take our health for granted until we lose it and become unwell. Even if we think that we are healthy there is always room for improvement! Better health means that we are able to do all those daily activities more effectively. So how does what you eat affect your health?

According to the Health Department Agency we get the nutrition (i.e. what we need from food) from 5 different food groups. Fruit and Vegetables; cereals; meat and fish; milk and dairy products; and foods containing yes, fat and sugar! Contrary to what some people believe we need to consume certain fat and sugar. However, it is all about a **HEALTHY BALANCE** of these different food groups. So what is this balance?

### HEALTHY BALANCED DIET



Imagine the pie-chart above is your mealtime dinner plate. Your plate should have twice as much vegetables and

rice and potatoes as meat - we all like good food, but it needs to be balanced! Recent research has shown that just one in four people eat enough fruit and vegetables to protect themselves from cancer and diabetes. The figure is even lower for young people - just one in five eat the recommended five portions each day, but what is a recommended portion?

Some examples of one portion of fruit or vegetables include:

- A medium apple or banana (80g)
- A bowl of mixed salad (80g)
- 3 tablespoons of peas or carrots (80g)
- Any amount of 100% fruit or vegetable juice
- Any amount of beans or pulses (except green beans)
- Any amount of 100% concentrated puree

We need to ensure our youth and indeed all of us have a sufficiently health diet. It is perhaps the most important thing to provide our children. Recent research has shown a link between some children displaying behavioural problems and their diet. These children may either be eating the wrong foods or very little food at all. For our children and the black community as a whole to prosper, we need to ensure that we have healthy bodies. Regardless of age, the best time to start healthy living is NOW.

For more information on healthy eating and general well-being, contact your Doctor and ask for a reference to a nutritionist. More info also available on [www.100bml.org.uk](http://www.100bml.org.uk), [www.menshealth.co.uk](http://www.menshealth.co.uk), <http://www.doh.gov.uk/> (Department of Health); <http://www.bda.uk.com/> (The British Dietetic Association- Tel: 0121 200 8080) ; <http://www.fdf.org.uk/index.html> (Food and drink federation- Tel: 020 7836 2460)

**POST-SCRIPT:** An increasing number of people in the Black community have expressed reservations on the actual health benefits to Black people of consuming dairy products. We are investigating these claims and will provide more balanced information on this in the near future. In the meantime, those who have these concerns or are lactose intolerant may wish to consider changing from dairy-based produce to Soya-alternatives, which are now generally available.

**100 BLACK MEN OF LONDON HOLD ITS FIRST EVER HEALTH WATCH STAND AT IDX**



**H**istory was made recently with the launch of the 100 BMOL Community Health Watch at the Black MBA I D X conference.

the doctors then gave each visitor a free health consultation.

The stand was visited on the day by many conference delegates, as well as by dignitaries such as Dame Jocelyn Barrow. Our appreciation goes to Doctors Patten and Wijnaard, who so graciously donated their time and expertise for this laudable cause.

This programme will be rolled out across London in coming months. For further information on this, or if you would like to support us in this programme, please e-mail [info@100bmol.org.uk](mailto:info@100bmol.org.uk) or call 0870 121 4100.

Facilitated by Drs Karen Patten and Patricia Rijsenburg, free health checks on body mass index, blood sugar levels and body fat content were carried out on all visitors to the stand and

**SPECIAL PERFORMANCE OF GARVEY'S LAST SOLDIER**

**P**laywright and novelist David Simon was a special guest at a recent community programme when he and the cast of his new play '**Garvey's Last Soldier**', performed an abridged version of the play for the diamonds, their parents and members of the local community. Using a highly innovative combination of deejay skills, music, ancient African martial arts and contemporary acting, the play tells the story of a group of Black men in an English jail and how they all found redemption and self-awareness.

The play raises awareness of important issues affecting Black identity, health and well-being and vividly articulated the themes of anti-violence, self-discipline, education and community partnership.

The play is based on David's novel 'Garvey's Last Soldier' which is available from Ebony Books (P.O.Box 11627, London SE9 1ZE) for £8.99 plus post and packing.

**We have two special signed copies of the book to give away in a special competition: See back page for details.**

**EDUCATION THROUGH FILM**

**T**he 100 BMOL's 'Education Through Film' programmes have continued to gain in popularity in the community in recent months. As usual, these screenings were free to the public. Over 300 people attended these screenings, making the total attendance at the screenings in the four months since the programme started well over two thousand. As a result of the success of the Imperial War Museum screenings, 100 BMOL have arranged for further screenings there throughout the summer. The museum has also agreed to include the Black War heroes films in their general programme. Just as significantly, the museum will be researching and editing its archive material to produce more Black themed films.

In the meantime, our campaign to ensure that more Black themed films are screened on terrestrial television at more accessible times continues apace. To lend your voice to this protest, please contact [info@100bmol.org.uk](mailto:info@100bmol.org.uk) or log on to our website ([www.100bmol.org.uk](http://www.100bmol.org.uk))

**THE 100 GETS ROMANTIC!**

**T**he 100 BMOL hosted a Valentines Day Fundraising Dinner & Dance on 14th February 2003. Over 250 people attended the event at the prestigious Parco's in Whitechapel.



The dinner included a full entertainment package of performance poetry, live music and an entertaining love poetry competition where guests exercised their lyrical skills to their partners!

Dancing continued till 3 a.m. with music provided by the inimitable Jefferson and Whitfield and Papa D. A good time was had by all. Thanks to everyone who attended and supported the event. All proceeds from the event will go to supporting the 100 BMOL's education and mentoring programmes.

## NEWS STARS PROGRAMME

The 100 Black Men of London recognise that volunteering is at the heart of our programmatic thrust. Because of this, The 100 recognises that volunteers are our greatest resource. By opening the doors of The 100 to the world through volunteering, The 100 is able to expand our capacity to serve more youth and make a greater impact on the community.

The New Stars Volunteer Programme was developed in cooperation with the UPS Foundation. Through this programme the 100 Black Men of London encourage and embrace women, youth and men of all cultures to volunteer in assisting our chapters' programmes and activities.

The members of the 100 Black Men of London salute the members of our New Stars programme. Their passion and commitment is without doubt assisting the 100 Black



Men of London in making our vision a reality. Please email [newstars@100bml.org.uk](mailto:newstars@100bml.org.uk) for more information on this programme. **100 New Stars... Real People Giving Real Time Volunteering.**

## INTERNATIONAL CHAPTER SPOTLIGHT

On Saturday, October 12, 2002, the Bay Area chapter launched its MOVE for health community health programme. Tommie Smith, 200-Meter Gold Medallist in the 1968. Olympics was the Honorary Chairman for the event. He led the 3.3-mile walk around Lake Merritt. MOVE for

Health activities included Tai Chi, stretching, kick boxing, body building, spinning, aerobics, rock climbing and exercise for seniors. Also included was Free Community Health Screening for High Blood Pressure, High Cholesterol, Diabetes and Obesity. Martin Wyatt, sportscaster at KGO-TV, was the Master of Ceremonies.

## COMMUNITY ADVERTISEMENT

### EASTSIDE YOUNG LEADERS ACADEMY



The Eastside Young Leaders Academy is a charitable organisation working with young males of African and Caribbean origin (aged 8 - 18). The Academy seeks to develop the leadership potential of these young Black males, empowering them to improve the quality of their lives and assist them in becoming productive

citizens through provision of various extra-curricular educational activities. The founder of the academy is Ray Lewis, a former governor of a young offenders' institution. "My goal is to produce a generation of Black men who will change the face of Britain and the world," he said. "I want to produce men of character, training and discipline, who will positively affect those around them."

For more information on the academy, please contact Ray Lewis at Eastside Young Leaders' Academy, P.O.Box 23703, London, E7 0YR. Tel: 020 8555 4415 e-mail: [ray46@btinternet.com](mailto:ray46@btinternet.com)

## COMPETITION!

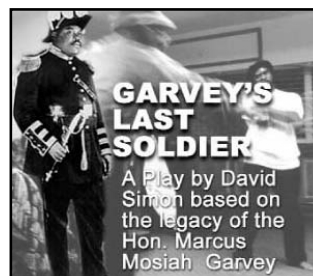
### GARVEY'S LAST SOLDIER

David Simon's book and play, 'Garvey's Last Soldier' is based on the teachings and legacy of famous Black revolutionary, **Marcus Mosiah Garvey**. To win one of two signed copies of the book, answer the following question on a postcard, write your name, address, age, contact number and/or e-mail address and post to **100 BMOL/Garvey's Last Soldier Competition, The 100 Newsletter, 82, Great Eastern Street, London EC2A 3JF**

**Question: Where did Marcus Garvey die in 1940?**

**Was it :-**

(a) Kingston, Jamaica



(b) New York, USA  
(c) London, England.

**RULES:** This competition is open to children under the age of sixteen (16) only. Parents are kindly asked to encourage their children to research the answer to this question themselves, as it is all a part of

making Black History an integral part of their lives. The closing date for entries is 31 May 2003. The winners will be the first two correct entries drawn, and will be announced in the next edition of the newsletter.

## FINAL THOUGHTS

The fountain of content must spring up in the mind, and he who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts and multiply the grief he proposes to remove.  
- Samuel Johnson.