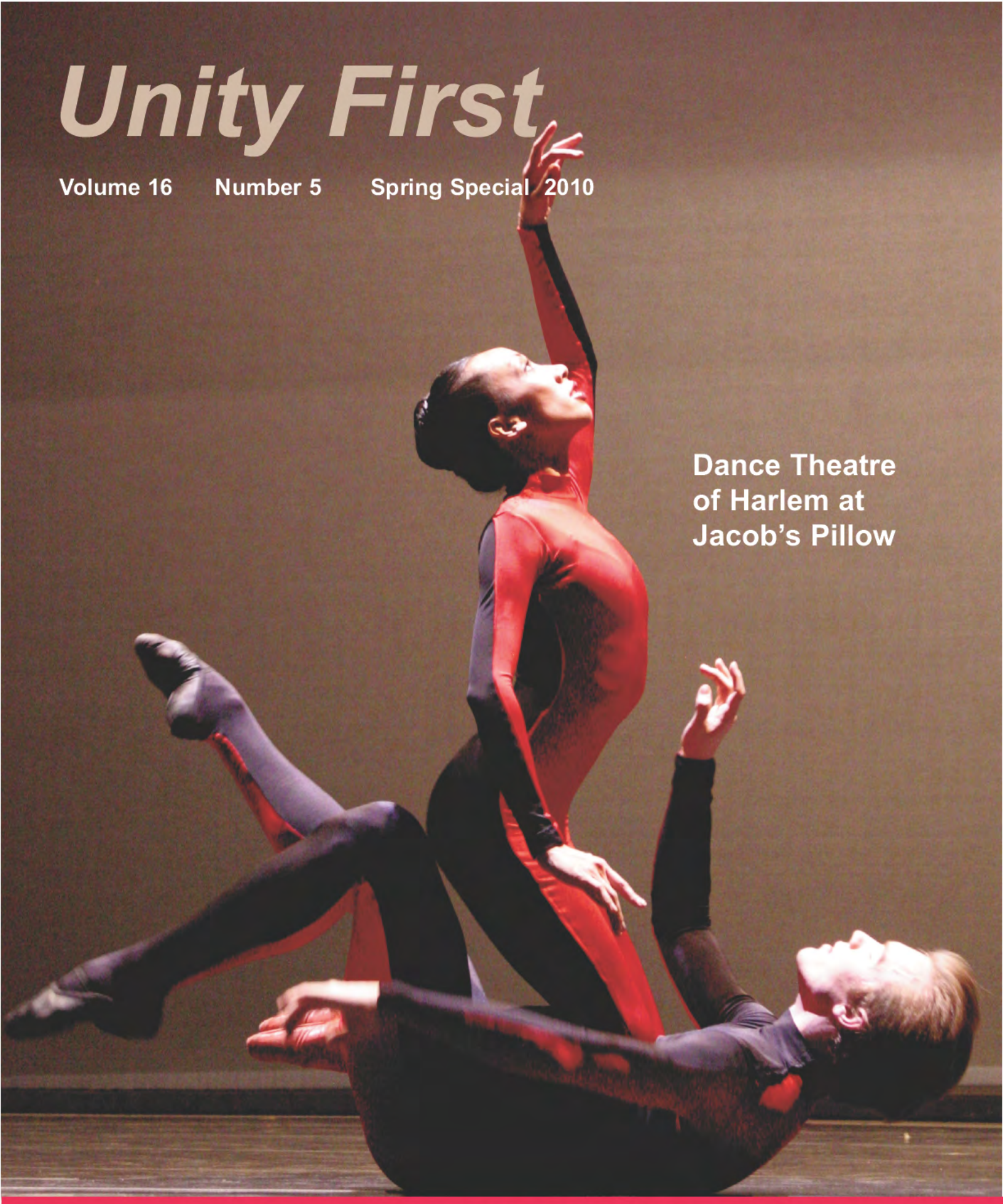
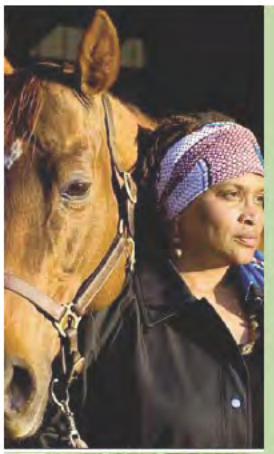
Unity First

Volume 16 Number 5 Spring Special 2010



Dance Theatre of Harlem at Jacob's Pillow

Health and Wellness Special: American Heart Association/American Stroke Association



You're Invited....

Common Ground Leadership Awards 2010

an academy awards-inspired inclusion program and recognition event for families, communities and corporations. Also, join us for the international reception and MEET the awardees... NETWORK ...applaud the success stories and performances!

DATE: Thursday, June 3, 2010

Time: 5:30 pm - 7 pm

Location: The MacDuffie School
One Ames Hill Drive, Springfield, MA)

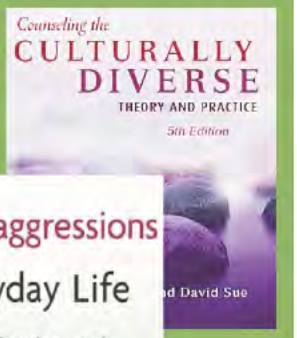
For Tickets

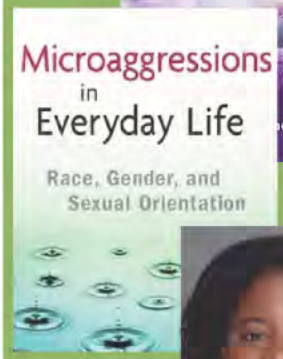
Prepay your ticket to assure seating. Credit cards are accepted.
Call (413) 734-6444 or send email to: info@unityfirst.com.
General Community: $20 Youth: $10

Common Ground Diversity Roundtable and Learning Session

A national survey has identified Derald Wing Sue as "the most influential multicultural scholar in the United States" and his works are among the most frequently cited.

Columbia University's
Dr. Derald Wing Sue, PhD





UnityFirst.com's
President and CEO
Janine Fondon

Sponsors and select participants (Partial List):

--Affiliated Chambers of Commerce of Greater Springfield

--Baystate Health

--Comcast

--MassMutual

--Peoples Bank

Roundtable speakers include:

Dani Monroe
President, Center Focus International

Gertrude F. Jones
Vice President, Lifespan

Diversity Consultant
Vincent Licenziato

Juliette Mayers
Executive Director of Multicultural Marketing, BlueCross BlueShield MA

Cedric Turner
President, ValorOne

June 4, 2010 (8:30am - 11am)

TD Bank Conference Center - Springfield, MA

- **Key Research and Trends**
- **Regional Outlook and Updates**
- **Diversity Best Practices**

The "Common Ground" Diversity Learning Roundtable and Inclusion Forum will highlight best practices regarding diversity, inclusion and cultural competency. The event highlights trends as well as offers useful dialogue and discussion regarding recruitment, retention, community engagement, supplier development, multicultural marketing and outreach.

Who should attend: Corporate leaders, business owners, academics and community leaders who share the "Common Ground" of fostering inclusion in workplaces and communities.

Registration

Pre-registration is required, call (413) 734-6444 for credit card payments or email registration to: info@unityfirst.com. Checks made by made payable to: Unity First and sent to: Unity First Direct, Inc., P.O. Box 80837, Springfield, MA 01138

Name _____

Company _____

Address _____

Email _____

Phone _____ **OPTION** _____

Option 1:
Full Package
Roundtable and Inclusion Session, Best Practices and Trends Overview, Books and Resource Materials: $550

Option 2:
Session ONLY:
Roundtable and Inclusion Session $250

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Supporter
Forbes

Camp Atwater

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"Give your child the gift of a residential camp opportunity"

A model summer youth development program, which focuses on:

- *Social skills*
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- *Leadership skills*
- *Cultural awareness*
- *Individual and team sports*
- *Academic skills reinforcement*
- *Arts & Crafts skills*

- *Swimming/Boating*
- *Fencing*
- *Tennis*
- *Basketball*
- *Golf*
- *Track*
- *Computer Lab*
- *and more….*

BOYS' SEASON

June 27 - July 10 (2 weeks)
July 11 - July 24 (2 weeks)
June 27 - July 24 (4 weeks)

GIRLS' SEASON

July 25 - August 7 (2 weeks)
August 8 - August 21 (2 weeks)
July 25 - August 21 (4 weeks)

2010 CAMP SEASON

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For more information

(413) 739-7211 ext. 102

www.campatwater.com

ACCREDITED

Urban League of Springfield

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AUDITIONS

We're looking for a *Powerful* Gospel Choir!

Gospel Choirs needed to participate in
The Power of Your Voice Gospel Competition on June 19, 2010

Winning Gospel Choir will open for
Lady Tramaine Hawkins
at ***The Power of Your Voice Gospel Concert***
on **August 28, 2010**

Auditions are open to Gospel Choirs located in New England

For more information on the audition process, please contact Kari Franceschina at(413) 735.2102

POWER TO END STROKE.
You are the Power

American Heart Association. | American Stroke Association.
Learn and Live.

Janine & Tom Fondon

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"Lest We Forget" Bushnell performance, P 5

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DANCE THEATRE OF HARLEM ENSEMBLE OPENS JACOB'S PILLOW DANCE FESTIVAL

Jacob's Pillow Dance, home of America's longest-running international dance festival, has enjoyed a long history with Dance Theatre of Harlem(DTH).

Founded to create opportunities for minority dancers at a time when they were not welcome in established classical companies, Dance Theatre of Harlem made its first professional appearances at the Pillow in 1970, the same year the company was launched.

The DTH Ensemble will kick off the Pillow's 2010 Festival in the Doris Duke Theatre, June 23-27, performing contemporary ballet works infused with classical technique.

"Lest We Forget: From the Boat to Obama" delivers a strong debut at The Bushnell in Hartford, CT

"Lest We Forget: From the Boat to Obama", a musical that debuted at The Bushnell in Hartford, CT, inspired children and adults to understand the power of history. The cast and crew delivered a fabulous, historic performance. Through inspiring points, the show authentically took the audience from the African homeland to the White House with highlights from the Harlem Renaissance to the birth of Hip Hop and ultimately the historic election of President Barack Obama.

This performance was dedicated to the new legacy of President Obama and the one-year anniversary (April 28, 2009)of the Sojourner Truth statue in the U.S. Capitol. Sojourner Truth became the first African American woman to have a place of honor among the statues in the U.S. Capitol.

"With Obama's example, the performance reminds us to appreciate the importance of history and to keep making new history," says Mary Taylor, a Hartford-based dancer, singer, minister and Life Coach who founded the production in collaboration with Yazu Productions.

Mary Taylor (right) is shown with Cab Calloway's daughter, who attended the performance.

American Heart Association Tributes

A gift that warms the heart.

For more information, please call 1-800-AHA-USA-1 or visit us online at americanheart.org

American Heart Association® American Stroke Association®

Learn and Live®

TRUE TO HEART
MEMORIAL AND TRIBUTE
PROGRAM

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American Stroke Association launches Take 2 to Save 2 stroke campaign

Angela Minnardi at Touch 106.1FM

Life is a precious gift and so are loved ones.The American Stroke Association, a division of the American Heart Association, launched a campaign that provides people an array of life-changing health messages to send to those who may be at risk for stroke.
Take 2 To Save 2 - part of the Power To End Stroke cause campaign reaching African Americans - calls for people to take two minutes to text two loved ones "Take 2" to "64244."

The text sends a personalized health message to recipients that could help save their lives. Also, participants can get viral messages to send via a phone call, e-mail, Facebook, or other formats.

Mark McEwen, network television news veteran, was enjoying life at the top of his game when he suffered a stroke. In 2005, while traveling, he experienced symptoms that led him to the hospital. Two days later, he was diagnosed as having suffered two strokes.

"I'm taking two minutes to reach out to two friends today and you should, too," said McEwen, American Stroke Association spokesperson and former CBS Early Show weatherman. "Take two minutes to send two messages and help save lives."

Stroke is the third leading cause of death and a leading cause of severe, long-term disability in the United States. "Think about two people you care about who smoke, are overweight, have high blood pressure, diabetes or a family history of heart disease or stroke," said Clyde W. Yancy, M.D., American Heart Association president.

"People with these risk factors have a greater chance of being disabled or dying from a stroke. People who have already suffered a stroke or heart attack are at higher risk for another one. This campaign will make more people aware of their risk for stroke and it only takes two minutes."

Reaching out to loved ones who may be at risk helps raise awareness of stroke, its warning signs and the importance of a healthier lifestyle. African Americans are at particularly high risk due to increased risk factors such as high blood pressure, diabetes and family history of heart disease or stroke. In fact, about 100,000 African Americans will suffer a stroke this year.
"Too many African Americans continue to have unrelenting exposure to known important risk factors for stroke," Yancy said.

"This is a cause for alarm and a trend we need to stop now. The idea that we can give hundreds of thousands of people a chance to live longer and better lives - that's the greater good."

In addition to participating in Take 2 To Save 2, people are encouraged to talk to their doctors to determine if they have health risks and to follow the American Heart Association's Life's Simple 7 to prevent a stroke. The seven steps - found at www.heart.org/mylifecheck - are: Get active, eat better, lose weight, stop smoking, control cholesterol, manage blood pressure and reduce blood sugar. For more information see the ad on the next page.

Stroke is the third leading cause of death and a leading cause of severe, long-term disability in the United States.

FYI

- Stroke is the third leading cause of death in the United States and a leading cause of severe, long-term disability.

- Nearly three-quarters of all strokes occur in people over 65; however, nearly one-quarter of strokes occur in people under 65.

- Stroke is the No. 3 killer in Massachusetts and the No. 1 cause of long-term disability.

- Every 40 seconds someone has a stroke - and if a stroke doesn't kill, it may leave a survivor physically or mentally disabled. Stroke is a medical emergency. Call 9-1-1 if you think that you or someone near you is having a stroke.

- Call 9-1-1 immediately and say "I think this is a stroke" if you or someone else has any of these stroke warning signs:
-- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
-- Sudden confusion, trouble speaking or understanding
-- Sudden trouble seeing in one or both eyes
-- Sudden trouble walking, dizziness, loss of balance or coordination
-- Sudden severe headache with no known cause

- Stroke can happen to anyone, at any time and at any age.

To learn more about stroke and how to reduce your risk, visit strokeassociation.org.

POWER TO END STROKE.
You are the Power

American Heart Association. American Stroke Association.
Learn and Live.

Take 2 to Save

Take 2 minutes to send 2 lifesaving messages

Text "Take 2" to 64244
to receive important messages from Power To End Stroke.
Standard texting fees apply.

Think about two people you care about who may smoke, be overweight, have high blood pressure, diabetes or a family history of heart disease and stroke. People with these risk factors are at increased risk of being disabled or dying from a stroke.

Take two minutes to save two lives. Visit www.powertoendstroke.org/take2 and send special health messages that just might save their lives.

How Remarkable Women

An Evening of Networking, Dinner & Discussion

Wednesday, June 16, 2010
5:00 PM – 8:00 PM

Essence Wine Bar & Grill
1127 Main Street
Springfield, MA 01109
Cost: $15.00 (includes dinner, tax & gratuity)

Seating is Limited – Reserve Your Seat Now!
Email: Info@urnextlevel.com
For more information call 413.335.8670

Nominate a Remarkable Leader

Do you know a remarkable woman leader living & working in the Pioneer Valley? Nominate her to be recognized at this event!

Send an email to info@urnextlevel.com explaining what makes her a remarkable leader.

Discussion Moderator
Melinda Weekes

Melinda is a Senior Associate at the Interaction Institute for Social Change. She brings a diverse set of skills to her work from professional experiences in law, community development, urban ministry and nonprofit consulting. She is engaged in facilitation, training and process design consulting, and has trained many here in Springfield, MA in Facilitative Leadership. In her native New York City, Melinda practiced law before moving to Boston to pursue additional graduate work and ministerial training. She has published scholarly works for Harvard University, the Journal for Black Music Research and Oxford University Press. As a gospel music theorist and ordained clergy, she is a sought after conference speaker, panelist and preacher. Melinda holds a Bachelors of Arts degree from Wesleyan University, a Juris Doctorate from New York University School of Law, and a Masters of Divinity degree from Harvard Divinity School.

PRESENTED BY NEXT LEVEL DEVELOPMENT & UNITYFIRST.COM

Helping others begins with tea

More than 220 women leaders of community, local government, healthcare, interfaith ministry, social welfare, business, and education recently gathered for tea and conversation regarding the crucial issues affecting the children, families, government and businesses of greater Springfield.

The event - Square One's fourth annual "Spring Tea" fundraising event- was co-hosted by Carla Sarno, Springfield's First Lady, and Joan Kagan, President and CEO of Square One.

This year's special guest was renowned educator and children's author Irene Smalls who inspired attendees to create new stories of success.

This annual fundraising effort supports the early education and care, parenting, school age and family support services provided daily to 1,100 children and families from throughout Hampden County. Nearly 90% of Square One's families, while employed, are earning just $15,000 a year or less.

Author Irene Smalls

Shown are event committee members

Square One's Joan Kagan with Irene Smalls

MacDuffie school's Barbara Fitzpatrick, WEIB's Carol Moore Cuting and Unity First's Janine Fondon

Mentor

Pan African Historical Museum mentors youth through empowerment lectures

Lujuana Hood, executive director of the Pan African Historical Museum recently held empowerment sessions featuring UnityFirst.com's Janine and Tom Fondon who talked to area youth about what it takes to be successful in life. Hood holds this program regularly for youth who seek to learn more about finding success. Thanks PAHMUSA....this is a great program. Show below, far right is Lujuana Hood.

UnityFirst.com joins team of professionals to inspire students at Boston's Mildred Avenue Middle School

Career was the focus for the day as Unityfirst.com joined a team of professionals to inspire students in Boston's Mildred Avenue Middle School, as part of t he GEAR UP Massachusetts program. A special thanks to Collette McKenzie, ONE United Bank, Marvin Venay, Executive Director of the Black and Latino Caucus, Darius Inniss Collazon of Mintz, Levin, Chon, Ferris, Glovsky and Popeo, and others including UnityFirst.com's Janine and Tom Fondon, who made the panel a success. Also, a special thanks to the program's coordinators, Jeanna Murat and Tamkia Williams who are educational advisors at the school. GEAR UP is managed by the TERI (The Education Resources Institute), a nonprofit organization dedicated to increasing the opportunity and access to high education for all students.

Events

Miss Black Massachusetts Scholarship Pageant Recruiting the Best and the Brightest Young Women

Winner receives up to $1,500 in cash and prizes

Young women age 17 to 27 residing in Massachusetts are encouraged to compete for up to $1,500 in cash and prizes in the 2010 Miss Black Massachusetts Scholarship Pageant to be held in October in Boston.

The Miss Black Massachusetts Scholarship Pageant provides an opportunity for African American women to showcase their talents, intellect, creativity and inner/outer beauty.

The first place winner of the pageant, in addition to prizes, will receive a scholarship, media exposure and go on to compete in a national scholarship pageant in 2010 where she will represent Massachusetts among the "Who's Who" of young women of color across America.

During the pageant in Boston, contestants will be evaluated on five categories of competition: Personal Interview, Talent, On-Stage Speech, Fitness and Evening Gown.

A swim suit category is not part of this competition, as contestants will be competing based upon their values, talent, intellect, health and ambitions. The competition will be judged by a panel of well known community supporters.

To complete an application and learn more about the 2010 Miss Massachusetts USA Scholarship Pageant, please visit the official website at www.missblackmass.org. Applications are accepted on a first come first serve basis. Tickets will be available for purchase in September 2010.

The Miss Black Massachusetts Scholarship Pageant is produced by Big Ruckus Entertainment a full service consulting firm specializing in the management and development of new artist. The Miss Black Massachusetts Scholarship Pageant is sponsored by Hot Stepz Magazine and Boston Media Cast.

For more information please contact Executive Director, Dima Hendricks at 617-304-9126 or email info@missblackmass.org

Bay Path College: Community Matters

Soledad O'Brien

Bay Path College recently held its annual Women's Leadership Conference at the MassMutual Center in Springfield, MA. Celebrating its 15th year as one of the premiere, regional events attended by over 1,000 women and men, this year's conference captures the spirit of participation and action with the theme Community Matters! The 2010 keynote speakers were fabulous. They included host of CNN's In America documentaries Soledad O'Brien; the mother-daughter team of Leigh Anne and Collins Tuohy, mother and daughter of the family who inspired the 2010 Academy Award-nominated film The Blind Side.

The event brought women together to hear the inspirational words of women who had made tough choices faced harsh realities. Their stories gave attendees the examples of how to best create passionate communities where people help others reach their goals because everyone in the community really does matter.

Leigh Anne and Collins Tuohy

Events

Enjoy Latin Fusion Group VIVA QUETZAL

The Porter-Phelps-Huntington Museum opens the 29th season of its Wednesday Folk Traditions Concert Series on June 16 with the local group Viva Quetzal. The multicultural sextet draws on the musical traditions of Central and South America, the Andes, and American jazz and rock music to create a blend of folkloric rhythms from around the world.

The concert will be held in the museum's sunken garden beginning at 6:30 p.m. The museum grounds are a smoke-free site. Admission is $10 for adults and $2 for youth 16 and under.

Blending a variety of musical styles, Viva Quetzal takes listeners on a voyage through the Americas, playing familiar instruments such as guitars and saxophones, as well as Andean flutes, Afro-Latin gourds, and South American string instruments. Cashbox magazine writes that Viva Quetzal takes "a sampling of all the diverse musical traditions that exist in the Americas and beyond... Melodious rhythms with an exuberant, non-stop level of energy."

Viva Quetzal includes long time members: Roberto Clavijo, an instrument maker and vocalist who studies and performs Chilean music and plays pan pipes, charango, cuatro and harmonica; Jon Weeks adds Latin jazz tunes on silver flutes, saxophone, quena and congas; Joe Belmont plays classical and electric guitar and Colombian tiple; Juan "Manolo" Vazquez has been performing on bass guitar in Puerto Rico and the U.S. for over forty years. Newer members include drummer Jeff Nissenbaum and pianist Abe Sanchez.

Pat Adams at Ryles Jazz Club

Pat Adams will perform at Ryles Jazz Club on August 1st at Ryles Jazz Club , 212 Hampshire Street, Inman Square, Cambridge, MA .

Joining Adams will be Ray Santisi [piano], Dave Zox [bass], Gary Johnson [drums], James Jones [sound].

Brunch 10:00 am to 3:00 pm
No cover. For reservations, call 617-876-9330

Unity First News Online.....
welcomes your news and events.

The next issue deadline is June 20, 2010.

Send your news, photos and advertisements to:

info@unityfirst.com or call (413) 734-6444.