2019 BARAZA GATHERING

YOUNG, Healthy AND BLACK

Saturday, October 26, 2019
8:00 am - 3:00 pm

NorthPoint Conference Center
1256 Penn Ave. N. • Minneapolis, MN 55411

#BARAZA2019

African American Leadership Forum
Our voices. Our future.

Baraza
A Black Woman’s Health Gathering!
# YOUNG, HEALTHY AND BLACK PROGRAM AGENDA

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<td>8:00 am - 8:45 am</td>
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<tr>
<td>8:45 am - 9:05 am</td>
<td>Welcome</td>
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<td>Marcus Owens, Executive Director, African American Leadership Forum</td>
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<td>Chantel SinGs, Radio Personality &amp; Artist</td>
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<td>9:05 am - 9:25 am</td>
<td>The War on Justice</td>
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<td>Tinaisha Abdur Razzaq and ARTS-Us Youth Leadership</td>
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<td>Introduction of Keynote Speaker and Keynote Address</td>
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<td>Introduction: Chantel SinGs</td>
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<td>Keynote Speaker: Maya Marchelle, Author, Educator, &amp; Entrepreneur</td>
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<tr>
<td>9:40 am - 9:45 am</td>
<td>Entertainment</td>
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<td>Chantel SinGs</td>
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<td>9:45 am - 10:50 am</td>
<td>Teen Summit</td>
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<td>Topics: Girl, Can We Talk? • Spiritual Health • Self-Discovery/Empowerment</td>
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<td>Chantel SinGs (Moderator), Maya Marchelle, Chi Ellis, Leslie Redmond</td>
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<td>Pastor Roslyn Harmon, Tinaisha Abdur Razzaq, and Teens from</td>
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<td>participating organizations</td>
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<td>10:50 am - 11:00 am</td>
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<td>Nerita Hughes: College Is Possible</td>
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<td>Kenya McKnight Ahad: It Starts Now: Billionaire Queens – Fundamentals of Wealth Building</td>
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<td>Dr. LaVonne Moore: Chosen. Committed to Women’s Health</td>
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<td>ARTS-Us Youth Leadership Team: Rooted: Focusing Youth Power for Healthy Mind, Body, and Soul</td>
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<td>12:30 pm - 1:15 pm</td>
<td>Lunch</td>
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<td>1:15 pm - 2:00 pm</td>
<td>Umoja: Coping with Trauma</td>
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<td>Dr. Joi Lewis: From Receipts to Radical Self Care, Spilling the Tea on Healing from Trauma</td>
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<td>2:00 pm - 2:30 pm</td>
<td>Umoja: Closing Healing Circle</td>
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<td>Pastor Roslyn Harmon</td>
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<td>2:30 pm - 3:00 pm</td>
<td>Raffles &amp; Give A Ways/Closing Remarks</td>
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<td>Stella Whitney-West, CEO, NorthPoint Health &amp; Wellness; AALF Board Co-Chair</td>
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TEEN SUMMIT

Girl, Can We Talk?
This track will feature a discussion about the current state of HIV/AIDS epidemic facing Black girls/women in the United States. Scaling-up education on sexually transmitted infections, sexual orientation and gender identity, and pregnancy prevention.

Spiritual Health
Studies have shown that spirituality brings adults and teens more happiness. This track will support participants in identifying value and the meaning of quality relationships both individual and inter-personal.

Self-Discovery/Empowerment
This track is designed to help the teens transition into young adults by addressing the following: fear, friendships, self-esteem, and understanding they are a gift.

TRACKS

College Is Possible
This track is for high school juniors and seniors who are looking to continue their education in a post-secondary environment. Attendees of this track will receive information on the differences between 2-year and 4-year degree programs, tips on how to maximize their secondary years, and developing a plan for the college application process.

It Starts Now: Billionaire Queens – Fundamentals of Wealth Building
This track is designed to help our teens understand the importance of being an entrepreneur while giving them the tools to brainstorm innovative ideas, how to develop a business plan, and how to pitch business ideas.

Chosen. Committed to Women’s Health
This track is designed to help our teens understand the importance of making healthier life choices, such as: choosing healthy foods and drinks, get moving/exercise, getting enough sleep, how the body works, and ease into healthy habits.

Rooted: Focusing Youth Power for Healthy Mind, Body, and Soul
Youth from The ARTS-Us Center for the African Diaspora aim to showcase how youth centered work around healthy lives can support the healthy foods movement. Join youth from ARTS-Us as they engage around the food justice and Equity work they have been pioneering over the last few years.

UMOJA (UNITY)

From Receipts to Radical Self Care, Spilling the Tea on Healing from Trauma
Studies have shown that nearly forty percent of teens have experienced some form of trauma. Tools and best practices on how to cope with the symptoms of grief and trauma will be provided in this track. In addition, this track is designed to give tools to repair harm, empower our teens to have voices and cultivating relationships through healing.

Closing Healing Circle
Restorative practices are a way of life for many indigenous communities around the world. This circle is designed to closeout Baraza with giving attendees three core principles around restorative healing, these principles include: cultivating strengths-based relationships, repairing harm, and empowering voice through engaging stakeholders.
KEYNOTE SPEAKER

Maya Marchelle, Author, Educator & Entrepreneur

A native of Minneapolis, Minnesota, Maya Marchelle has been surrounded by artistry and creativity all her life. Born into a large family of singers, musicians, dancers, writers, and preachers she regularly experienced how God could use natural gifts in the most creative way. This exposure would lead her on a journey to her own artistic path. Ever the trendsetter, having an entrepreneurial spirit, and embracing her artistic side, in 2015 Maya created her Maya Marchelle clothing line, which was quite popular with her peers and generated a large social media following. While employed as a middle school social worker, to make extra money she started twisting locs, advertising the service as Don’t Dread, and has become a premier loctician with clientele that includes several professional athletes. With a passion for music, a few years later she wondered what would happen if she tried to write a song. The inspiration was so palpable that the words began to flow. In 2016, with her musician brother as her producer, she released the single “On Instagram” on SoundCloud. It was an immediate success and inspired her to write more songs. On her birthday in September 2016 she released her first EP “29”, which featured lead vocals of some of her friends in the music industry. Maya hopes that her persistence and ingenuity will spark creativity and passion in all those with whom she comes in contact. Her sole purpose in life is to suffuse the world with her light and glorify God in the process.

Chantel SinGs – Mistress of Ceremonies/Entertainment

Chantel SinGs is a Singer, Songwriter, Actress, Host and Radio Personality on 89.9 KMOJ Radio in Minneapolis, Minnesota. She has earned more than 10 nominations for “Best Female R&B Artist Of The Year” in the state of MN. She took home the award for “Best female R&B Artist Of The Year” in 2012. She has been featured as the opening act for national recording artists such as Trey Songz, Jagged Edge, Lyle Jennings, Jeremih, KCI and JO JO, J. holiday, Joe, Keith Sweat, S.O.S. Band, Montell Jordan and more! Some of her music has been featured on popular television shows such as MTV’s “Black Ink Crew,” MTV’s “Jersey Shore” and VH1’s “Basketball Wives.” Chantel has played roles in several independent films, stage plays and has hosted 2 music television shows. She is also a single mother of one and a 13-year Ovarian Cancer survivor!

Pastor Roslyn Harmon – Teen Summit & Closing Healing Circle

Roslyn Harmon is an enthusiastic young pastor, educator, mental health practitioner, vocalist and founder of Circle of Healing Ministry. Her love for others and concern for her community’s lack of embracing spiritual and therapeutic services, inspired her to learn more about mental health to help bring social, racial and economic disparities to the forefront of individual and community healing. Pastor Roslyn specializes in Restorative and Healing Story Circles providing a safe space for people of all ages to be heard, understood, and embraced. Her teachings are changing the lives of many as she conveys truth and accountability to the meaning of spirituality by breaking the stigmas of mental health systems that are so often mis-perceived by religious and educational institutions. Pastor Roslyn has written several publications and curriculum regarding self-healing, and personal empowerment. She is employed with Osseo Area Schools as the Equity Specialist/Restorative Coach for North View Middle School, and People Incorporated Mental Health Services facilitating weekly Men’s Domestic Abuse/Anger Management groups. She is a member of Delta Sigma Theta Sorority Incorporated, owner of 3:16 BLING! Custom Designs & Apparel and is a Prepare-Enrich Couples Coach offering pre-marital/marital counseling. Pastor Roslyn resides in Brooklyn Park, MN.
Dr. LaVonne Moore – Chosen. Committed to Women’s Health

Dr. LaVonne Moore has a Doctorate in Nursing Practice, is a Certified Nurse Midwife & Women’s Health Care Nurse Practitioner and Board Certified Lactation Consultant. She practices at NorthPoint Health & Wellness Center and is owner of Chosen Vessels Midwifery Services and “The Chocolate Milk Club” a culturally specific service of Chosen Vessels Midwifery Services that provides breastfeeding education and support for African American women. Her goal is to use the midwife model of care to inspire all women to breastfeed and support all that do because she believes that good health begins with breastfeeding.

Kenya McKnight Ahad – It Starts Now: Billionaire Queens – Fundamentals of Wealth Building

A resident of North Minneapolis for more than 34 years and a current MBA student at St. Mary’s University in Nova Scotia, Halifax (Canada) studying the management of Cooperatives and Credit Unions that centers of Global economies and cooperative economics. Additional academic studies include-Urban education, public policy, Education, Human Service, and Community Development Financing. Ahad is a former 2009 candidate for 5th ward city council in North Minneapolis and is also the first African American in Minnesota to serve as a Met Council Appointee to the Transportation Advisory Board where she served as a regional equity leader focused on transportation policy, finance, planning, research and community engagement from local to national levels. Ahad is a 2007 LISC Fellow, a 2012 Hubert H Humphrey Policy Fellow, a 2012 Bush Fellow, a 2017 NorthStar Cooperative Fellow and a 2019 Alafia Fellow. In addition, Ahad is a 2019 Mpls & St Paul Business Journal “Top Woman in Business” Honoree and a 2019 Finance & Commerce “Top Woman in Finance” Honoree. Ahad is the President and Founder of the Black Women’s Wealth Alliance, SBC (BWWA) that focuses on improving the economic status of Historical Black women to build generational Black wealth. BWWA has served more than 2,500 Black women across Minnesota and has invested over $100,000 in grants into Black women’s economic capacity.

Tinaisha Abdur Razzaq – The War on Justice and Teen Summit

For the past 17 years, Tinaisha has crafted her own unique path as a business entrepreneur that utilizes her various talents and skill sets by partnering with people and organizations committed to youth development and community stabilization. As a native of St. Paul in the Rondo community, she attended Saint Agnes catholic school and graduated from St. Paul Central High School in 1998. She then went on to attend Grambling State University where she received her B.S. in Business Management while being a member of the Orchesis Dance Company under the direction of Alvin Ailey’s Dianne Maroney Grigsby. As a devoted Wife of 17 years and mother of three children, Tinaisha’s work as a homemaker provided flexibility to utilize her vast areas of expertise to do business within her community. She began her first successful business endeavor in 2004 as an independent Hair specialist after graduating from the Aveda Institute Minneapolis. As a classically trained vocalist and dancer, Tinaisha began training and mentoring various young aspiring artist and performers within the twin cities as well as through her work at Arts Us as an Artist and 4H club Leader. She found herself thrust into the study and practice of wholistic health and wellness and began conducting workshops and consultations with individuals, families and organizations. Tinaisha’s passion and creative vision propels her to continue developing herself to greatly impact the plight for self-sufficiency and upward mobility in her community through business.

Charlnitta Ellis – Teen Summit

Charlnitta “Mama Chi” Ellis is the Director of the Check Yo’ Self Health & Wellness Center (CYC) at High School for Recording Arts. For nearly 30 years, she’s tackled youth risk behaviors and public health. CYC is our state’s premier peer education and teen pregnancy, HIV/STD prevention program in the African American community.
Leslie Redmond – Teen Summit
Leslie E. Redmond is a Washington DC Native. At the then age of 25, she became the youngest President of Minneapolis NAACP. She is the founder of the Don’t Complain, Activate campaign. Redmond is a first-generation college graduate who obtained her bachelor’s in Political Science and African Studies from Barry University in Miami, Florida. Leslie recently received her JD/MBA from the University of St Thomas. Leslie currently works as a Coordinator/Facilitator for the Check Yo’ Self Health and Wellness Center, located at the High School for Recording Arts.

Nerita Hughes – College Is Possible
Nerita is Dean of Business, Technology, & Career Programs at North Hennepin Community College and the former Organizational Effectiveness & Development Manager and Workforce Innovation & Opportunity Division Manager at Ramsey County Workforce Solutions (RCWFS). She has a variety of expertise which ranges from Public and Private sector to Higher Education displaying exceptional leadership, organizational development, time management skills, enhanced knowledge of implementing and identifying training needs, and succession planning. She received her Bachelor of Science from National American University. In addition, she holds a Master of Science from Saint Mary’s University of Minnesota. She currently serves on the Board of Directors for and serves as a member of: Hennepin- Carver Workforce Innovation Board, Northside Economic Opportunity Network (Board Vice Chair), Everybody IN (Executive and Steering Committee Member), African American Leadership Forum (Board Member & Co-chair of the Economic Development Workgroup), Governor’s Emerging Entrepreneur Board (Board Member), Council of Minnesotans for African Heritage (Board Vice Chair), National Forum for Black Public Administrators-Minneapolis Metropolitan Area Chapter (Board Vice President), Kingdom Life (Leadership Team), North Hennepin Community College (President’s Leadership Team, President’s Cabinet, Strategic Direction Task Team-Community Partnerships).

Dr. Joi Lewis – From Receipts to Radical Self Care, Spilling the Tea on Healing from Trauma
“Dr. Joi” Lewis is CEO and Founder of Joi Unlimited Coaching & Consulting (www.joiunlimited.com) and The Orange Method of Radical Self-Care (Healing Justice) and Radical Hospitality (Social Justice). She is the is author of the wildly successful book, Healing: The Act of Radical Self-Care. She is a social entrepreneur and a highly sought-after speaker and executive coach. Dr. Joi is (as many fondly call her) is known world-wide as a facilitator of liberation, consultant, space holder, radical-self-care and mindfulness coach, community healer, yogi, and social justice activist. She inspires us to hold heartbreak and “joy” as we reach for our own humanity and each other’s. Her work is deeply informed by growing up in East St. Louis, Illinois, and is grounded in healing justice. Dr. Joi completed her doctoral work at the University of Pennsylvania, conducted research in South Africa, had a 20+ year career on college campuses as Dean, Faculty, Vice President and Chief Diversity Officer. She is an unapologetic joy instigator, a certified kemetic and hot vinyasa yoga teacher, a facilitator of meditation and mindfulness and a food prep pro, living in the Frogtown Neighborhood in St Paul, Minnesota. Dr. Joi is on a mission to “put healing in the hands of anyone, anywhere.”

From Receipts to Radical Self-Care: Spilling the Tea on Healing from Trauma. During this gathering, “Dr. Joi” Lewis will draw on the wisdom of young people to co-create a blueprint for healing against the backdrop of racism and sexism and its intersection with other forms of oppression-induced trauma: creating healthy boundaries, and healthy expressions of grief, pain and joy that allow us to heal and fall in love with our community and ourselves more deeply—or for the first time. Together we will learn practices and tools on how to get grounded and present and on how to get unstuck that frees us from past and present toxic stress and trauma.
CONTINENTAL BREAKFAST
8:00 am - 8:45 am

- Fresh Cut Fruit
- Buttermilk Herb Biscuits
- Assorted Breakfast Muffins
- Buttermilk Scone w/ Jam & Butter
- Build your own yogurt parfait bar: homemade granola, vanilla yogurt, and mixed berries
- Orange Juice, Coffee, and Water

LUNCH
12:30 pm - 1:15 am

- Taco Bar:
  - Choice of ground beef or shredded chicken
  - Flour tortillas
  - Corn tortillas
  - Shredded cheddar cheese
  - Shredded lettuce
  - Homemade pico de gallo salsa
  - Sour cream
  - Cilantro
- Brown Rice
- Black Beans
- House Salad w/Buttermilk Ranch Dressing & Red Wine Vinaigrette
- Lemonade, Fresh Fruit Infused Water, Water
ACKNOWLEDGEMENTS

Baraza Presenter

African American Leadership Forum

Our voices. Our future.

Sponsors

BlueCross BlueShield
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NorthPoint Health & Wellness Center

Baraza Gathering Committee Team Members

- Jackie Cooper, Senior Partner, The Nia Firm, LLC; Baraza Coordinator
- Stella Whitney West, CEO, NorthPoint Health & Wellness; AALF Board Co-Chair
- Marcus Owens, Executive Director, AALF
- The Honorable Toni Carter, Commissioner, Ramsey County
- Rebecca Nichloson, Communications Director, AALF
- LaCora Bradford Kesti, Program Director, AALF
- Brooke Roper, Program Manager, City of Minneapolis
- Robbin Frazier, Director of Diversity, Alzheimer’s Association; AALF Board Member
- Tinaisha Abdar Razzaq, Program Manager, ARTS-Us
- Theresa Thompson Nix, Field Manager, Move Minnesota

Special Thanks

Creative Mind Studios

The Nia Firm

taurus moon graphic design

Breaking Bread

The Party Girl LLC