

BLACKHISTORYMAKER

CELEBRATING OUR PAST, PRESENT & FUTURE

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Hello & Welcome

Welcome to the inaugural edition of Black History Maker, a rebranding of the award-winning Black History 365 magazine. Brought out in conjunction with Jervis Media, it complements the website www.blackhistorymaker.co.uk

Once again, we have a wealth of interesting stories for you to delve into from around the UK and beyond, including 'A breath of fresh air' about a northern men's walking group, and a report from lock-downed Ecuador, 'Sitting in Limbo'. Our selected listings will help you decide what to do, where to go, and which to Zoom. So, dear reader, we urge you to sit back, read and enjoy.

Gone too soon



Barbara Campbell
Publisher and journalist,
December 2019, aged 62

Gloria Cameron

Community Champion, February 2020, Aged 88

Althea McNish

Textile Designer, April 2020, Aged 95

Dame Jocelyn Barrow

Community Activist, April 2020, Aged 90

Victor Critchlow

Former Treasurer of the Notting Hill Carnival Committee, June 2020, Aged 75

Elma Betancourt

Granddame Of Carnival Cocoyea Queen, June 2020, Aged 90

Reverend Patricia Stephens

Baptist Leader, March 2020, Aged 75

Mustapha Matura

Playwright, October 2019, Aged 79

Pearl Nelson

Chair/Founder? Rugby West Indian Club, June 2020, Aged 86

Sarah Maldoror

Filmmaker, April 2020, Aged 91

Patsy Robertson

Former director of information at the Commonwealth Secretariat,
August 2020, aged 86

Toots Hibbert

Lead vocalist of Toots and the Maytals, September 2020, aged 77

Johnny Nash

US singer songwriter, October 2020, aged 80

Chadwick Boseman

US actor, August 2020, aged 43

Paulette Wilson

Windrush Scandal campaigner, July 2020, aged 64

Ain't nothing but a dame

One of Britain's most respected nurses, Elizabeth Anionwu, is to be the subject of a forthcoming documentary film, writes Mia Morris

In the last five years, Elizabeth Anionwu has been made a Dame by the Queen, been a guest on Desert Island Discs, won a Pride of Britain award and written a best-selling memoir.

That book, *Mixed Blessings* from a Cambridge Union, is to be at the heart of a documentary film scheduled to come out next year, describing Elizabeth's journey from a tough childhood to one of Britain's most senior nurses.

"It is wonderful news," said Elizabeth, a Fellow of the Royal College of Nursing, the profession's highest honour. "I have worked internationally promoting the book, which has received more than a hundred five-star reviews on Amazon, so it has obviously touched a nerve."

Born in 1947, she spent the first nine years of her life being brought up by nuns at a Catholic children's home in Birmingham at the behest of her Irish

grandparents. Her mother had fallen pregnant while studying classics at Newnham College, Cambridge. Her father, also a Cambridge student, was from Nigeria. Although

the two planned to marry, events intervened and he returned to his country. Elizabeth did not get to live with her mother until she was nine, but then only briefly because of her stepfather's hostility. She only met her father, a barrister and diplomat, at the age of 24, and that was by a happy accident.

It was while working as a community nurse in northwest London in the 1970s that she encountered a number of patients suffering from sickle cell disease, a debilitating condition affecting mainly black people that no one seemed to know much about, not even hospital consultants.

Elizabeth became a founder member of the Sickle Cell Society in 1979 and over the course of the next few years set up a string of sickle cell treatment and screening centres in an effort to radically improve the diagnosis and management of the chronic blood disorder. As a result of her work, all newborns and pregnant women in England are now screened for sickle cell and thalassaemia, a related condition, regardless of ethnic origin.

In 1997, following a lectureship at the Institute of Child Health, she was appointed Professor of Nursing and Midwifery at Thames Valley University, setting up a centre that aimed to promote the multi-ethnic aspects of nursing practice.

It was named after Mary Seacole, the Jamaican-born Crimean War nurse whom Elizabeth greatly admires for her fortitude in the face of discrimination. "Yet when I started work at the university none of my students had heard of her and I wanted to change all that," she says.

She became vice-chair of the campaign to raise £500,000 for a memorial statue to be erected in her honour. That feat was achieved in 2016. "Seeing Mary striding out opposite Parliament from the grounds of St Thomas' Hospital when it was unveiled gave me so much pride," recalls Elizabeth. "It took almost 13 years to raise the money and there were plenty of naysayers but somehow we did it. The community really got behind the campaign."

Then in 2017 she became a dame and later went on to receive four honorary doctorates, from Manchester, Birmingham City, Brunel and St Andrews universities. And few can forget the static look on Elizabeth's face when she received the Daily Mirror's Pride Of Britain Lifetime Achievement Award for her services to nursing from veteran soul singer Janet Jackson at a lavish ceremony at the Grosvenor Hotel in Mayfair in 2019?

Elizabeth wasn't done yet. Earlier this year she was interviewed by Laura Laverne as a guest on the iconic BBC radio show



Elizabeth Anionwu at the unveiling of the Mary Seacole statue in 2016



Elizabeth Anionwu, second row, during her time at Nazareth House

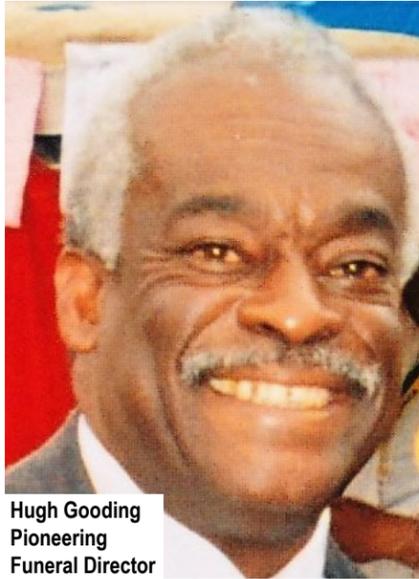
Desert Island Discs. "I was absolutely thrilled to appear on it," she beams. For her favourite record she chose 'I wish how I knew how it would feel to be free' by Nina Simone, while she selected Barack Obama's *Dreams From My Father* as her castaway book and a trampoline as her luxury item. As a bonus to appearing on the show, a listener tracked Elizabeth down and sent her a photograph showing her in a group photo taken at St Nazareth House

children's home where she spent her early years. "This is very important to me as I only have one picture of myself as a child – it just goes to show the power of programmes like this."

That photograph will almost certainly take pride of place in the forthcoming documentary being made by Craig Richards for Proxy Entertainment. It is scheduled to be completed by next spring.

Mixed Blessings from a Cambridge Union by Elizabeth Nneka /Anionwu is published by ELIZAN

Fitting farewell was new beginning



Hugh Gooding
Pioneering
Funeral Director

When Hugh Gooding died eight years ago his funeral was his daughter Xina's first job running the undertakers he'd set up in Leeds a few years previously.

"Daddy said he wanted a funeral befitting of a funeral director," she recalls. "I remember the day as if it was yesterday – he had a horse-drawn hearse, a gospel choir, a New Orleans-style jazz band and a dove released at his graveside. I could see him watching over me in the background photo whilst I read the eulogy."

More than a thousand people gathered to pay their respects to the man who'd lived in Leeds all his life after arriving in the UK from Barbados, carving out a reputation as a trail-blazing man of the people. Over the years a bass guitarist in a local band and a market stall haberdasher, he worked as a hydraulics engineer before setting up the Hugh Gooding Funeral Service in 2007.

Hughie, as he was affectionately known to all, decided to become an undertaker after being

upset at the way his mother and father's funeral were handled. "He just thought he could have done it better himself," says Xina, who runs the business with her husband Peter and sister Gina.

Undaunted by the fact he was working full time as an engineer and also studying for a business degree, he started carrying out after-hours tasks for a local funeral director to get an insight into the business. In 2007 he opened up his own undertakers in premises that had once been a doctor's surgery in the Newton Road area of Leeds, seeking to bring a breath of fresh air to the traditionally sombre world of funerary. The company survived the difficult early years to become a respected firm that local people trusted.

Hughie mainly worked alone to keep overheads low but as time went on he would call on son-in-law Peter to help out.

"I got used to Hughie calling me to ask me to come in 'just for a couple of minutes' to give him a hand, always in my lunch break," Peter recalls with a smile.

Just before he succumbed to gall bladder cancer in 2012, Hughie asked Xina to carry on in his place and bring in Peter and Gina as co-directors.

An executive member of the Yorkshire branch of the National Association of Funeral Directors and co-chair of the Leeds Bereavement Forum, Xina says she loves "inspiring people to plan their funerals well whilst they are healthy and able". She is also a regular contributor to BBC local radio and a qualified grief recovery specialist.

"The core values of Gooding Funeral Services are those set out by Hughie in his life and his example," she says. "We are constantly seeking to honour the late, great Hugh Gooding's memory by making the business that he began a continued success."

Find out more about xina on www.motherofabundance.com

The 'Beatle' airbrushed by history

He was an early mentor to Lennon and McCartney so how come so few know about 'Lord Woodbine'. By Adwoa Dotoh

He was once described as the man who put the beat into the Beatles but when the musician, Harold 'Lord Woodbine' Phillips, was invited to see a play about the Fab Four at the the Liverpool Playhouse in 1992 he saw that he had been airbrushed out of a backdrop photo with the band in Germany in 1960. As an early musical mentor to John Lennon and Paul McCartney and one of the organisers of the Hamburg gigs that would help launch the Beatles into stardom, he was bitterly disappointed. "It really hurt me," he said. Maybe the great Beatle publicity machine did not want any black man associated with their boys."

The story is recounted by James McGrath who'd first come across the Liverpool-based calypso singer, songwriter and music promoter during his PHD research into Lennon and McCartney. "The Beatles were often referred to as 'Woodbine's boys' because of how he guided them through their formative musical years. They played in his club and he was absolutely crucial in their going to Hamburg," McGrath said in a recent talk on Phillips

"Yet Phillips' contribution to the Beatles is not acknowledged in official narratives of them. If he is, it is only in passing

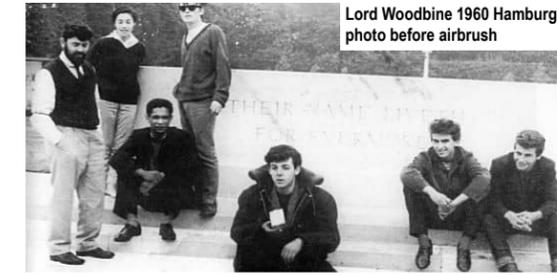
with no mention of his musicianship and the fact he had a very significant career of his own."

Organised by the Windrush Foundation, the online event reflects a growing interest in Phillips, a hugely popular figure in Liverpool's L8 black community who was as well known for his second-hand furniture store, where people would sit around for a chat, as his music. More than a 100 people Zoomed in, including his daughter Carol, one of his eight children with his wife, the singer Helen Agoro.

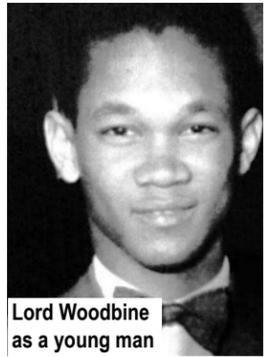
Phillips hailed from Trinidad where his rising star as a calypso singer and steel pan player was acknowledged with the playful title 'Lord Woodbine', after the cheap cigarette brand of the day. He arrived in the UK in 1948 on the Empire Windrush alongside master calypsonian Lord Kitchener whom he'd just toured Jamaica with.

It was not his first time in the country. Aged only 14 he'd managed to convince the RAF that he was 17 by using his older brother's passport to enrol for war service in 1943. He trained as a flight engineer at RAF Burtonwood near Liverpool before being demobbed back to Trinidad.

Second time around, Phillips headed for Liverpool, where he fronted the first professional calypso band



Lord Woodbine 1960 Hamburg photo before airbrush



Lord Woodbine as a young man

to tour the country, playing regularly in local clubs and running his own. He first encountered Lennon and McCartney in 1958 as music-mad teens while playing with the Royal Caribbean Steel Band at the Joker club. "The musicians noticed two white boys regularly hanging out in the audience who let it be known that they were interested in learning how to play R'n'B music," explained McGrath, a senior cultural studies lecturer at Leeds Beckett University.

Phillips took them under his wing and informally mentored them, teaching them new chords and rhythms and underlining the importance of writing original material: "He was the first singer songwriter that they'd ever met at a time when most contemporary music consisted of doing covers. He was part of a much more audacious tradition – calypso had a real edge to it and was being seen as the next big thing in music."

Other local black musicians also responded to the boys' eagerness to develop their music, but it was Phillips who became their principle guide, arranging for the Beatles to perform

at the fashionable Jacaranda Club in the city centre on Mondays, the only night his steel band did not appear in residency. A plaque now adorns the club building commemorating the Beatles' before-they-were-famous appearance.

Phillips, a business partner of the Beatles' manager Allan Williams, had also experienced Hamburg's hip music scene, which was hungry for new talent. He felt the Beatles were ready for wider exposure but over-reliant on guitars for rhythm. "Woodbine told them they needed a percussionist so they took the drummer Pete Best along with them to Hamburg," continued McGrath. Phillips drove the band – Lennon, McCartney, Best, George Harrison and Stuart Sutcliffe – to the port city in his van, and the rest is history.

At first, Phillips was chuffed to be told that "his boys" were doing well, but later he felt cast aside as his fledgling chicks flew off without looking back. However, he kept his own counsel and cheerfully continued his career as a performer and jack-of-all-trades. Then came the

Liverpool Playhouse blow.

Although the Beatles have waxed lyrical about their debt to Liverpool's musical melting pot that familiarised them with American R'n'B stars like Chuck Berry, they have never given the musicians of L8 any specific credit. In a 2008 interview with Mojo, McCartney described Phillips as "a mate" the band "hung out with".

"It is a pity the Beatles did not say more about how black musicians in Liverpool played a part in their music," said McGrath. "On the other hand, they weren't often asked. The story of the Beatles is mostly written by white men like myself."

As it is, much of black Liverpool remains resentful that the Trinidadian has been left out of the Beatles' story to become yet another forgotten black musician. So it did not pass unnoticed that when Phillips and his wife tragically perished in a house fire in 2000, McCartney left it to his agent Geoff Baker to pass on his condolences to the press.

This article first appeared in Camden New Journal.

A Legend In His Lifetime

Enoch Williams started from nothing to become a trail blazer in the hairdressing world

From postman to salon owner and manufacturer, Enoch Williams, who died in December aged 80, made a huge impact on the UK hairdressing industry, introducing that iconic '80s product the Jerry Curl to these shores and inventing many of his own. Yet when he came to this country in 1958, he had no qualifications and just wanted a job that would pay the bills.

The extraordinary story of his journey to hairdressing legend was the subject of a recent exhibition at Hackney Museum in London. It began at Sweets Village, Antigua, where he was born in 1940. He arrived in the UK as a fresh-faced 18-year-old, joining his mother in London. After a brief stint at a wood moulding factory, he gained more secure employment as a postman, which he reckoned would earn him just enough money to save for a rainy day.

However, as he matured Enoch began to want to make something more of himself. While his workmates ended their working day down at the pub or club, he would be studying hard at evening class for qualifications. Although still unsure which career path he wanted to take, he knew he enjoyed being with people and



Enoch, centre, at the controls

thought that face-to-face work would be best. Perhaps somewhat serendipitously, Enoch stumbled across Living in Britain, a book exploring how Caribbean migrants were adapting to life here, highlighting the cottage industries they were becoming involved in. Black hairdressing was one of them.

That made up his mind and in 1970 he enrolled at the Morris School of Hairdressing in Tottenham Court Road, the only black male on the course. Although not a naturally talented hairdresser, he studied and practiced hard and passed with honours.

Having mastered European hairdressing, Enoch was faced with the

problem that the only schools offering training in Afro hairdressing were in the US. Undeterred, helped by his wife Genevieve, he saved enough money to join the Maco School of Hairdressing in New York.

Shortly after his return in 1973, he and Genevieve opened their first salon, Afro Glamourland, close to Ridley Road Market in Dalston, east London. It was an instant success and it was not long before they were working by appointment only. The business soon had to move to larger premises nearby. Within a year of the move, Enoch purchased the neighbouring shop to expand the salon to include a reception and waiting area, barbers and styling

section. Reputed to be the largest and most popular black salon in east London, Afro Glamourland became a regular sponsor of community projects. Living up to his reputation as a trailblazer, Enoch went a step further and established the Ebony School of Hairdressing to provide a universally recognised professional qualification, the World Federation of Hairdressing.

Then, during one his frequent trips to the US, he was he was introduced to a new style called the Jheri Curl in New York. He brought it back to London, becoming the UK's senior technician for leading brand Lustrasilk.

It was around this time that Enoch decided to venture into manufacturing his own line of hair care products. After spending many nights experimenting at his kitchen sink, he invented a revolutionary perming formulation, DKL Permanent Wave, aka the 'curly perm'. Its success saw him open up his own factory, from which emerged Sahara Oil, a scalp and hair treatment. Initially only sold through the salon, demand grew and it was eventually distributed all over the country by Dyke and Dryden.

Enoch added more products to the Sahara brand and ventured into manufacturing products such as Hot Picks and Steam Caps under the brand name of Deck – an acronym of his sons names Duncan, Emile, Cordell and Karl. Ace was another of his brands.

Meanwhile, on the shop front, things were about to get even bigger with the acquisition of a new salon in Brooklyn, New York. Then in 1981 not long after the riots, he opened up Ultimate Hair Design in Brixton, which also offered youngsters jobs and training with the support of Lambeth Council, Manpower Services and Remploy.

In 1984 helped by his sons, Cordell and Duncan, Enoch launched the New Wave Hair and Beauty product range, which he manufactured at his Stoke Newington-based factory. As hair weaving became more and more popular Enoch worked alongside Clem Lue Yat, the Trinidadian-American inventor of the Interlocking Weave, to train professionals in the latest weaving techniques. He also went on to develop a unique bespoke hair refining service, American Refine.

In the New Millennium, Enoch began to sell his various businesses but his legacy lives on. His son Emile runs a successful salon in St Lucia while another, Karl, runs Chic Unique Hair Salon in Brixton.

Mia Morris talks to Marvel Opera who has made it in to the record books after reaching the mountain top despite being blind

Three years ago, Marvel Opara made history as the first blind black woman from the UK to reach the summit of Mount Kilimanjaro in Tanzania.

Determined not to allow her life to be restricted by her disability, the 56-year-old mother of two has travelled the world but had always wanted to climb Kilimanjaro, which at 5,885m is Africa's highest mountain.

Blind since childhood as a result of an accident, Marvel used the climb to raise £5,000 for the Royal National Institute for the Blind (RNIB), which helped facilitate the journey.

Recalling the moment she reached the top of the snow-capped peak, she says, "I was on a high as I scaled the summit. It was like I was on Mars. I remember waving a Tanzanian flag and two RNIB balloons to say I did it."

Climbing with a party of 15 people, whose ages ranged from 61 to 24, the trek to the top took seven days from beginning to end. "We had to manage with difficult terrain and it was very cold, especially at night, and we had to wear three to four layers of clothing," she remembers. "We were well taken care of food-wise and there

Marvellous Marvel



Marvel's triumphant arrival at summit

were porters to help us carry our gear. What I really looked forward to was having popcorn and Milo chocolate at the end of each climb at camp." Marvel, whose visual impairment is due to a condition called optic atrophy, was guided along the way by Makange 'Eli' Elisamehe.

Training for the climb took six months. Marvel, who was born to Nigerian parents and raised in east London, began with altitude training. A shiatsu and massage therapist, Martha stuck to an

alternative health regime throughout her training and climb, and ate a clove of garlic a day to help thin the blood. She did Nordic walking in the eight mile-wide Richmond Park plus spinning twice a week and wore vest as part of training. "I had to get used to carrying a 6kg pack on my back, which is what you had to carry every day. It included three litres of water that you had to drink regularly. I also brought with me a hot water bottle, my own pee pot as it was below freezing and I was not

going out to the toilet in that cold late at night. I also had a sleeping bag and two thick silver survivor blankets. One I would place on the floor and the other on top of the sleeping bag." Flying from Heathrow airport, the group, which included a medic, arrived at base camp raring to go. "A market trader came up to me and asked me what I wanted. I said I wanted some Guinness and a Tanzanian flag. He said when you get to the top

wave the flag and balloons and drink the Guinness. Everyone roared with laughter." They also encountered a group of children singing the Lion King song 'Hakuna Matata' – don't worry be happy – and it seemed a fitting anthem for the task ahead.

But two days into the climb, the youngest member of the group had to retire due to altitude sickness. Later on, 40 metres from summit, the medic on the group had to swiftly intervene when a someone else's lungs collapsed.

Despite the dangers involved, especially for someone who is registered blind, Marvel says, "I am one of those optimistic people that takes each day as it comes. Simple things kept my morale going." She adds, "It's always been my dream to climb the mountain, and with the help of RNIB, I conquered it. I will never forget this experience of being out in the elements, trusting in my feet and my personal guide to make it to the top."

Marvel has now put aside her walking boots – but only because she plans to cycle around Cuba before touring England in a camper van.

"I like to be taken out of myself I like live life on the edge being alive," she declares with a broad smile. "I hope I have inspired others to follow their dreams because anything is possible. If you believe, you'll succeed."

<http://www.treatwell.co.uk/place/chic-unique-unisex-hair-salon/>

Mother and child reunion

In this Q&A Barbara Gray, a former mayor of Lewisham in south London, and her daughter Meghan, a human resources manager, get together to swap notes about their relationship

What were your earliest memories of your relationship?

Meghan: I always felt very close to my mum spending a lot of time together on incredible magical adventures that no one else was experiencing – it felt like stepping into Narnia. Regular things we did were visits to the Horniman Museum, kite-flying on Blackheath, late nights at the Tate on Friday, walks along the Southbank and the riverside at Greenwich.

Barbara: Being a mother was everything and everything else had to work round it round it. I immersed myself in being a mother and enjoyed seeing and experiencing the world with Meghan, who was experiencing it for the first time. I was privileged and very lucky to have this opportunity. Lot of fun.

Did things remain the same?

Meghan: As I became more independent, I spent more time out of the house. Then through the performing arts my world expanded and I began to embark on my own adventures, exploring my own sexuality and talents. We didn't have any familiar ground anymore.



Meghan Gray

Barbara Gray

Barbara: I recognised my parenting style was different from what I saw around me. Parenting made me question everything. I realised that Meghan was Meghan and I had to parent in such a way that created space for her emerging character. She was sensitive to her environment and I wondered how she would get on in this world.

Now you are both further

along in your individual journeys, has your perception on your relationship changed?

Meghan: I now recognise there were four major phases to the development of our adult relationship: Going to uni, returning home from uni as an adult in a child's role, moving into my own home and acceptance of me in totality.

Barbara: During the more

challenging times I often felt fear and hurt, and blamed myself for the broken bond between us. But seeing Meghan maintain close relationships with family despite the turbulence at home was reassuring – she had the support she needed. When Meghan moved into her own place, she was totally independent and I never saw her. She was getting on with her life and blossoming.

What are your three most memorable shared stories?

Meghan: Vacation to Cape Verde when I tricked my mum into going shark-watching. She thought this would happen in a boat but found out on arrival that she had to wade out into the sea for the viewing. There was also a trip to Thailand that prompted our first adult conversations around the fluidity of my gender and sexuality. At the age of 30 it was incredible to see my support span to another identity as I stepped into my Christian faith.

Barbara: Our holiday to Cape Verde. For the first time I gained a real insight into the person Meghan is, her view of the world and passion for social justice. Travelling to together to Thailand took me completely out of my comfort zone but I totally trusted in her judgement and we have lots of wonderful memories. We laughed as women at the multitude of awkward and cringing experiences of Thai nightlife.

I had my reservations about becoming Lewisham Mayoress. The significance and optics of occupying such a visible and senior position became clear. Meghan frankly expressed what this meant for our family legacy and the black community at large. She is awesome.

Living and learning life lessons

Creating a more conscious and compassionate future...

We find ourselves in changing, challenging times individually, collectively, globally and economically. The new decade of the 2020s announced itself with real impact with a global pandemic. It's impossible to predict how things will unfold at any time in or personal or collective history but that truth it seems pronounced in the light of Covid 19. However, whilst life in any era can be uncertain, embracing a few simple timeless fundamentals will help to manage our current times and create a kinder, more compassionate future.



Rasheed

1. Awareness: The first is to embrace that life will bring all sorts of up and downs, highs and lows, triumphs and tragedies. It's true personally and collectively. Likewise all the seasons of life will come – no matter how we may wish to hold back the tide or slow the sands of time. We know that individually in our own lives, as a community and if we look through history. But the accepting I'm talking about here isn't about being passive it's about be aware, alert and able to shift and adapt.

2. Openness: I have a saying "How you look at it is pretty much how you see it." If your mind is set you are unlikely to find new opportunities. Throughout

history it's been those who have dared to dream who have shaped it and inspired us all on to new possibilities. From Mandela to Oprah it's this ability to be open minded and open hearted that can affect change including in those who once saw things drastically differently. So often it's those who have least who always have a full pot and offer it generously to every visitor.

3. Readiness: This year has taught us that change can happen on the spin of a dime and the drop of a hat. Whilst we cannot predict when it's going to rain heavily or suddenly shift in heat we can prepare for it. Readiness is about doing your homework, preparation for a rainy

day, being proactive and engages and spotting and creating opportunity. It's about being poised and planning.

4. Centredness: is about knowing who you are. It's about having deep roots. It's about knowing yourself and your values. It's about listening to your body – not everybody. It's about keeping cool when everyone is losing their heads. It's also about finding ways to calm down: mindfulness, prayer, meditation, nature, creativity ... What ever works for you.

5. Robustness: Know your stuff, do your research. It's about expecting delays and setbacks. It's about being resilience, backing yourself,

it's about taking the thorns out of critique and criticism and utilising the juice. They say the measure of someone is not how they respond when all is going well buy when things are not. Adopt the attitude of an athlete – let each knock and loss make you a better performer.

6. Kindness & Service: It's not all about you. It's not all me, me, me. Sometimes we are stuck because we're wallowing in a shallow pool of self pity. Of course sometimes we'll genuinely be struggling and need support but it's important to play your part. Whenever you next think "Why is such and such happening – or not happening" ask yourself "What am I doing? In what way am I contributing?" In my own life I know it was the time I spent volunteering for the Samaritans that changed me outlook to from simply 'me' to 'you, I and we'.

7. Stillness: Slow down, pause, stop, pace yourself. Take a break our you will break. It's often doing nothing and really relaxing that many really struggle with. Know when to turn all the gadgets off and re-connect. Sleep, rest, quiet prayer, meditation and nature are again are great ways to this – as well as pure silence.

8. Resourcefulness: Like many of you I was raised in a home where we didn't

have much – and that taught us a lot. Being creative, flexible, imaginative and resourceful is important at any time but especially in tough times: share, swap, find like minds, improvise, make things, build your own team, use your heart not just your head.

Follow Barbara Gray www.urbandandelion.com

Follow The Coach Rasheed Ogaunlaru www.rasaru.com Photo Credit Rasheed Ogaunlaru

A breath of fresh air

Maxwell A Ayamba, co-founder of a pioneering men's walking group in the north of England, discusses the benefits of being out in the countryside

I was born in rural northern Ghana where life was intrinsically linked to the natural environment for sustenance, health and well-being. Our concept of nature had nothing to do with leisure and recreation as it does in the west. We believed we came from nature and to nature shall we return – therefore we lived our lives as if nature mattered.

I arrived in the UK in 1996 to study journalism in Cardiff, and later completed a master's in environmental management for conservation, leisure and recreation at Sheffield Hallam University in pursuit of a career that would reconnect me with nature. It was quite a shock to find that those involved in the field were all white and in 2003 this prompted me to co-found a charity in Sheffield aimed at encouraging people from ethnic minority communities to 'get back to nature'.

Then in 2004 two friends, Donald McLean and Mark Hutchinson, approached me with the idea of setting up a walking group for middle-aged black men. In a nod to the US' Million Man March, we came up with 100 Black Men Walk for Health. Although to

date we have not achieved the 100 men mark, more than 50 have joined the group, which has since evolved to include both women and young people.

We meet on the first Saturday of the month and have so far done more than 500 walks. This included seven of us reaching the snow-capped summit of Ben Nevis in Scotland with the help of a professional guide. A larger group managed to get a foothold onto the mountain and walk along the tourist path.

But most of our treks take place closer to home in Sheffield, in the 520 sqkm Peak District National Park – my favourite walking spot because of its beautiful ecology, scenery and changing flora over the seasons. With more than 1,600 miles of public rights of way, which include footpaths, bridleways and tracks, one can explore the high moors of the Dark Peak, the rolling farmlands of the White Peak, and the moors, woods and valleys of the West Peak.

One of the highlights for the group came in 2007 when we joined the Ramblers to re-enact the Mass Trespass at Kinder Scout – the highest point in the Peak District – with the comedian Griff Rhys Jones for the BBC 2 documentary series Mountain. More recently, the group inspired Black Men Walking, a drama directed by Eclipse Theatre's Dawn Walton for the Royal Court

Theatre that attracted sell-out audiences at venues across the country during in 2018 and 2019.

The walks are an opportunity to break away from the way of life of our fathers' generation in the UK, in which work and family commitments led to a general detachment from nature and neglect of one's health needs. Through walking and talking we are able to share our feelings and hopes in a relaxed manner as well as keep fit amid beautiful surroundings. There is also a fundamental feeling of becoming connected to a sense of place because nature is the same everywhere and not a prerogative of class or race.

Genetically, black people originate from the tropics and living in temperate realms makes us more vulnerable to all kinds of health issues, particularly those linked with low intake of vitamin D. Getting people out of doors and in the sunlight and fresh air of the countryside is a perfect solution

Over the past 20 years that I have been walking in the British countryside I would say a lot has changed, with many more people of colour going on country walks. Nonetheless the countryside remains a predominantly white middle-class domain, especially when it comes to marketing and publicity materials. You don't see black people in countryside jobs and there are no black



Llyod Greaves, member of the 100 Black Men Walk for Health Group at Kinder Scout in 2017



The first members of the 100 Black Men Walk for Health Group on Ben Nevis, Scotland in 2015

role models in the countryside environmental field.

There have been a number of articles, policy documents and academic research around the issue of exclusion in the British countryside, both in terms of race and social class. But there is lack of political will to properly tackle the problem, even though the link between health and wellbeing and access to nature is officially acknowledged. That's why 100 Black Men

Walk for Health represents such a huge step forward.

Website: www.semcharity.org.uk

The first members of the 100 Black Men Walk for Health Group up Ben Nevis, Scotland in 2015

The second picture is Llyod Greaves, member of the 100 Black Men Walk for Health Group at Kinder Scout in 2017

Siobhan Farr, travelling author of the Bronze Abroad blog, recounts her experience of lockdown in Ecuador, where Afro-Ecuadorians make up a sizeable chunk of the population

In February, I moved out of Dallas, Texas, leaving behind more than 30 years of suburban life to start my six-month nomadic adventure to South America. First stop was the port city of Guayaquil in Ecuador. I planned to spend three weeks in the country but thanks to the coronavirus lockdown I am still here, looking out of the window of my air AirBnB rental in the capital Quito watching Afro-Ecuadorians down below. They are weaving in and out of the traffic selling fruit and vegetables and children's toys at a busy intersection. Who are they? How did they come to Ecuador? What is their culture?

Most Afro-Ecuadorians are descendants of slaves from West Africa, Mozambique and Angola. Their arrival dates back to the 16th century when they, literally, arrived on a wave as they swam from Spanish slave ships en route for Peru that had been wrecked off the Pacific coast around present-day Esmeraldas in the northwest of Ecuador. They managed to escape inland and establish a thriving settlement separate from indigenous Indians and colonising Spaniards. The community soon attracted fugitive slaves



from Colombia and other parts of South America. Another source of migration during the 16th century were Jesuit missionaries and owners of haciendas who imported enslaved Africans to work on plantations and mines on the Ecuadorian coast.

During the 18th century, greater numbers of newly freed people from Colombia started to arrive in Esmeraldas. Although most originated from West Africa, they now carried the Spanish surnames of former slave owners or Hispanic versions of their African names. In the 19th century, the government of Eloy Alfaro hired workers from Jamaica for the construction of the Duran-Quito railway. Today, they are characterised by surnames linked to their British colonial origins.

Many people are surprised that approximately 1.1 million

of the country's 13.5 million population are Afro-Ecuadorians. Around half still live in the province of Esmeraldas. Although they retain some words of African origin, their language is primarily Spanish. Catholicism is their predominate faith, as it is throughout the country. Interestingly, they do not consider the civil or ecclesiastical union as irreversible, therefore the custom of marriage is not common. The festival of San Antonio is extremely popular because it brings the whole family together. The dead are invoked and honoured with drumming, praying, and singing. This tradition seeks to unify families and foster the importance of the African culture to new generations.

The most noticeable cultural impact of Afro-Ecuadorians is their music which heavily utilises marimbas and bass drums. Today's

Afro-Ecuadorians are demanding that their part the country's history and culture are recognised. At present, it is practically non-existent. Poverty and marginalisation continue to blight Afro-Ecuadorian life. Although they make up only eight per cent of the population, they constitute 40 per cent of those living at a sub-standard level. After visiting the country in late 2019, independent United Nations human rights advisor Ahmed Reid stated, "People are suffering particularly in their ability to access justice, security, land, clean water, education, healthcare, housing and economic opportunity." He urged the government to "step up efforts to enforce the law and implement plans to end racial discrimination suffered by Afro-Ecuadorians and people of African descent". Quito is in Pichincha Province, with a

population that is 4.5 per cent Afro-Ecuadorian. Unfortunately my encounters with them and other Ecuadorians were limited due to coronavirus restrictions, revolving around making 'supportive purchases' – paying more than asked – to street vendors, bringing back a small snack for the 24/7 concierge guys in the lobby whenever I visit my local grocery store, and giving my \$1 change back to the man who hands over my weekly order of Magnum ice cream popsicles at the 'window market' next door.

Until now, this was my way to establish a social connection in this oddly isolated and masked existence. However, recently an unconscious secondary motivation came to my awareness – extending generosity from what Spanish Ecuadorians may see as an unexpected source, a black woman. It is my hope that these small acts may have a positive impact on their view of Afro-Ecuadorians.

Siobhan Farr | Bronze Abroad Nomad

Website <https://bronzebroad.com/>

Instagram <https://www.instagram.com/bronzebroadnomad/>

Facebook <https://www.facebook.com/BronzeAbroad>

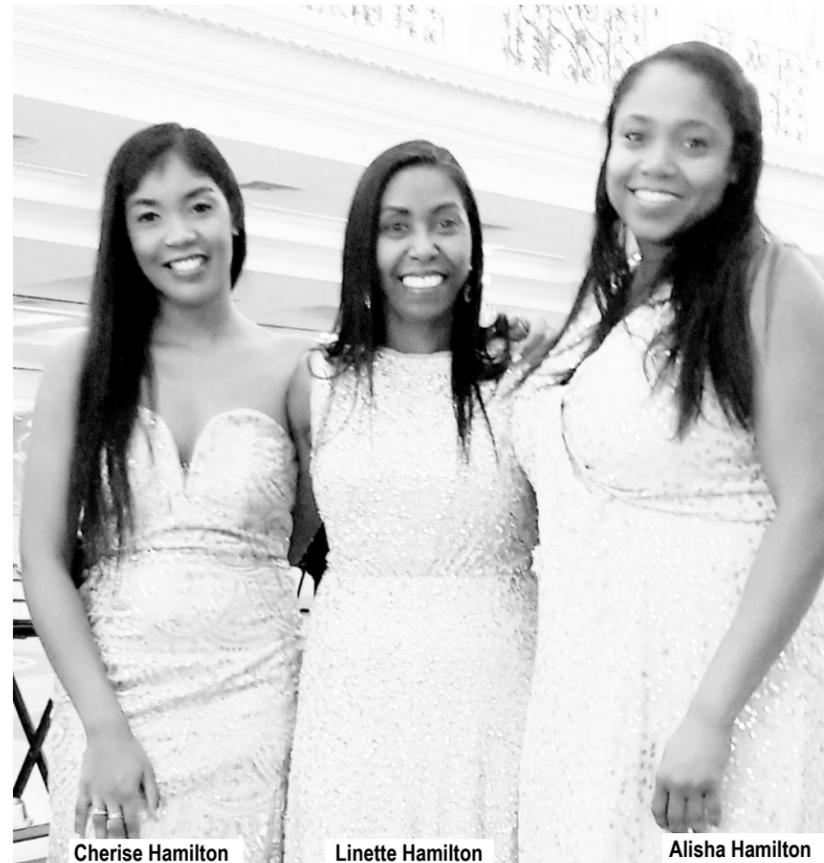
Lockdown family

The Hamiltons from Catford in London reflect and what Lockdown has meant for them

Cherise, 25, podcast entrepreneur: Lockdown taught me the importance of family and how they can get you through everything. Lockdown also gave me the opportunity to focus on my passions and expand my podcast Interconnected Voices, which combines political commentary with personal stories from under-represented voices.

Alisha 40, lecturer and mother of one: Lockdown was many things – unexpected, unprecedented and uncertain. However, once I settled into the new routine, I began to embrace the time it gave me; time to reflect and time reconnecting with family and friends. Lockdown ended up being a positive time for me.

Linette 57, mother to Cherise and Alisha, lecturer and grandmother to one: What a shock. Never in my lifetime did I ever think I would be in a position where I would be told by my government to



Cherise Hamilton

Linette Hamilton

Alisha Hamilton

stay at home due to a virus that was crippling the country. It has brought about change for all of us. During Lockdown I was repeatedly asking myself, “what next?” Once I realised our lives had been put on hold by the press of a button, I realised

I had been given the opportunity to stop and think about the things that really mattered in my life; it made me question what I wanted and what I could do without, who and what was really important to me, what made me happy and how life would never be

the same again. The good points for me were watching my daughters bond even more, watch my grandson grow into a little man – this a pivotal point in my life that I will never be able to capture again. I began walking more than ever,

meeting some good people along the way, and learning new skills.

Lockdown also made me question my priorities in terms of how I spend my time and money. Midlife is a time when many individuals question themselves and think about their purpose in life. All this has certainly made me realise that we can all live with less resources and still have a fantastic quality of life. Lockdown has also prepared me more for taking more chances in life and doing something different.

I think everyone’s experience will be different: some may have lost their jobs, been furloughed and are having to juggle every day change. For me it has made me realise what the simple things life can offer.

Hear The Latest Podcast From Cherisse Hamilton www.audiobom.com/channels5025026

New archive to shed light on education campaigns



Mollie Hunte
Educational Psychologist

New archive to shed light on education campaigns

Since 2018, the London Metropolitan Archives has been sorting through the papers of Mollie Hunte an educational psychologist and community activist from Guyana, who worked in particular with Black Education Movement in the 1970s and ‘80s.

Mollie migrated to the UK in 1961 to continue her studies. Following her qualification as an educational psychologist, she worked in London for Ealing (1973-82) and Brent (1982-1988) councils. During this time, she

founded and co-founded several key organisations, including the Caribbean Parents Group and Caribbean Parents Group Supplementary Schools. She worked extensively for the Black Parents Movement and the Black Education Movement, making it her mission to combat the stereotyping of young African-Caribbean children in schools, where they were disproportionately labelled ‘educationally subnormal’. She encouraged local education authorities to include more multicultural lessons in the curriculum and helped to create a

better understanding of cultural differences among teachers. She was instrumental in the the setting up of two supplementary schools in also supported children and adults with learning difficulties through her company PEV consultancy. The Mollie Hunte Collection will offer an important insight into the early grassroots education campaigns and will be soon be available to the public.

<https://www.cityoflondon.gov.uk/things-to-do/history-and-heritage/london-metropolitan-archives/about-lma/mollie-hunte-project>
Molly Hunte- for more information rebecca.adams@cityoflondon.gov.uk

Artist work to be archived

The artist, curator, archivist and educator Rita Keegan is currently preparing for her archive and personal papers to be deposited at the Women’s Art Library, Goldsmiths, University of London.

A rich collection of materials, Keegan’s archive covers her career, from her arrival in the UK from the US in 1980 to the early 2000s, including rare ephemera from the black British art scene of the 1980-90s.

Born in the Bronx, Rita is of Caribbean and Black-Canadian descent.



LOVE, SEX, & ROMANCE (series), 1984



Untitled 1992 digital print

Her work has always explored memory, history, dress and adornment, often through the use of her extensive family archive, a photographic record of a black middle class Canadian family dating back to the 1890s. Much

of her early work is noted for the way it pioneered the use of digital technologies.

Keegan helped establish the Brixton Art Gallery in London, curating Mirror Reflecting Darkly, the first exhibition by the Black

Women Artists collective in 1982. She was the co-founder in 1984 of Copy Art, a resource and education space for community groups and artists working with emerging new technologies.

From 1985-1990, Keegan was a member of the Women Artists Slide Library, where established the Women Artists of Colour Index. In the early 1990s she was the director of the African and Asian Visual Arts Archive.

Rita Keegan Visit The Archive www.ritakeeganarchivesproject.com

New life beyond the ‘land of the dead’

Adwoa Dotoh hears how musician Tamara Gabriel turned away from drug addiction and set up his own rehab charity

Any ex-addict will tell you that the power of deception is almost as great as the physical craving, allowing the person to fool themselves that they are still in control while hurtling towards the abyss. For musician Tamara Gabriel it took years to finally admit that he had a problem that was destroying his life.

After all, he was turning up to crack houses swigging Bollinger and dressed in Saville Row suits thanks to a lucrative line in drug dealing, robbery and fraud and a string of businesses set up from the proceeds.

“But it was all an illusion,” he says. “Some people can be functioning addicts – but functioning is different from living. In reality, you are living in the land of the dead. It is like a putting a lid on a pressure cooker that can explode at any time.”

His chaotic life stalled his burgeoning singer career and saw him do things he was deeply ashamed of, like stealing his beloved grandmother’s pension money. But the glass pipe and bottle were always beckoning, saying, again and again, this would be the last time.

When rock bottom came many years later, Tamara was suicidal, broke and homeless. How he managed to turn his life

around to eventually run his own rehab charity and be invited to address MPs at the House of Commons about his experiences is told in *From Rehab to Life*, a memoir with the message – if I can do it, so can you.

Tamara, aka Vander Peter Pierre, told me his extraordinary story over a long cup of tea in a cafe in Crouch End, where he’s lived for more than a decade. Clear-eyed and calm, the man is on a mission to help those who have fallen by the wayside, seeing the book as an adjunct to the eponymous charity that he set up three years ago.

Born 67 years ago in Dominica, he believes his addiction had its roots in the trauma he felt when his parents left for the UK while he was a young boy, placing him in the care of his grandmother. When he joined them in Hackney a few years later, it was not the happy reunion of storybooks. “Them leaving me behind triggered a fear of abandonment that I carried throughout my life. When I arrived here I felt a great sense of rejection, getting beatings from my father and being made to do numerous chores by my mother.”

He did well at school and the family itself was relatively well off, with good jobs and property they rented out. At 16, he looked as though he was on his way, too, as a trainee at a patents company in Chancery Lane. But it quickly fell apart. What

began as one theft to sustain a lifestyle of smart clothes and partying became a way of life and he had his first taste of prison when he was remanded for seven months for robbery. He got off with a fine but carried on regardless and was soon behind bars again for his part in a factory wages haul.

And so it went on. Prison became an occupational hazard as he built up his reputation as a king pin drug dealer. A talented singer and songwriter, he was also trying to make it in the music world, mixing with big names in reggae and once even being part of a support act for the Rolling Stones. As the money flowed in, he graduated from ganja to crack and began to enter the twilight zone.

During what would be his final stretch in prison, he was directed to an AA meeting. “I was impressed by the honesty I heard and I began to awaken to the love of God, getting in touch with my feelings without drugs or alcohol to hinder the process.” He went into rehab but relapsed before being lucky enough to be accepted into another unit, in St Augustine’s Rd, Camden Town.

“Camden Town was like a war zone and I walked through it in fear. It was full of shooters sniping at you from doorways, pubs, bus stops, kebab shops and the tube. Recovery was a gradual process. I attended NA [Narcotics



Tamara Gabriel

Anonymous] and AA meetings to strengthen my resolve and be with likeminded people. I prayed and meditated and dedicated my life to God. In time, my spirituality took over and I no longer felt a sense of bereavement for the life I was leaving behind.”

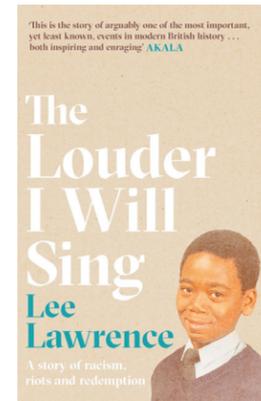
Tamara became a leading light of AA and was regularly back in prison – this time to talk about his experiences of addiction and recovery. Pre-lockdown, his charity was running workshops in schools and community centres as well as nutrition, yoga and meditation classes. Meanwhile, he began writing and recording his albums, *X Gangsters Odyssey* and *From Rehab to Life*.

“I have been to hell and back and the more time goes on, the more I realise how miraculous my recovery was,” he declares with a quiet smile.

“Without honesty, without discipline, without forgiveness, you cannot recover. At the end of the day, ‘to thine own self be true’.” This article first appeared in *The Review*

From Rehab to Life by Tamara Gabriel is published by Austin Macauley Publishers, £9.99. For details of forthcoming online workshops or to get a copy of the book, email fromrehabtolife@gmail.com

Black History Maker Book Reviews



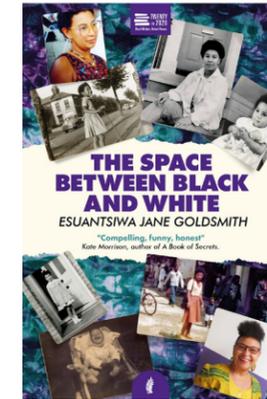
The Louder I Will Sing

When Lee Lawrence was 11, he witnessed his mother Cherry Groce being shot by the police in front of him and his sisters. The police had been looking for his eldest brother who, it turned out, had not lived at the family home for years. The botched raid, which left Mrs Groce paralysed, sparked the Brixton Riots of 1985. However, the officer responsible for firing the gun, DS Lovelock, was exonerated of any wrongdoing and the Metropolitan Police spent the next 30 years trying to dodge its responsibility for what had taken place.

The book, whose title is taken from a line in a Labi Siffre song, is the compelling story of Lawrence’s long search for justice. Without bitterness but with great dignity, he recounts the events that led to the tragic shooting and its aftermath, the effects it had on him and his siblings and, most of all, on Mrs Groce herself. She died in

2011 with fragments of the bullets still embedded in her spine, which surgeons had been unable to remove and which caused her premature death. This gripping and moving read and is now being made into a four-part series for Channel 4. MM

The *Louder I Will Sing* by Lee Lawrence is published by Sphere



The Space Between Black and White

Esuantsiwa Jane Goldsmith’s touching and enjoyable memoir begins in the London of the 1950s where she was raised in a white working class family. Her mother was English and her dad was from Ghana but no longer on the scene. Jane, as she was then, suffers the usual trials and tribulations of a black child being brought up in a totally white environment but displays her feisty and adventurous spirit early on, no doubt helped by the warmth

of her family. Forever questioning her place in the world, she becomes a feminist and political activist, leading to her election as the first black woman president of Leicester University students union.

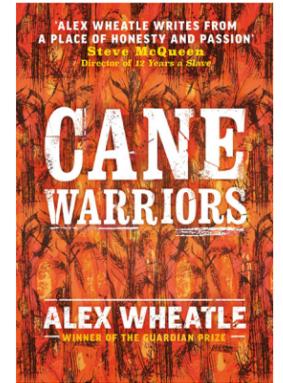
It’s a fun and candid read. Goldsmith cheerfully lets us into her love life but also reveals how her sense of fractured identity takes its toll on her mental health. A stint working in Tanzania proves to be a turning point. She travels to Ghana in search of the father she’s never met, finds him and becomes Esuantsiwa. As the book’s title suggests, Goldsmith wishes to illuminate her experience of her mixed-race background, setting out her arguments for seeing it as separate identity in the foreword, thereafter referring to ‘Mixed Race’, ‘Brown’ and ‘Black’ people. Agree or disagree, the book is at least an honest attempt to discuss the issue. AKC *The Space Between Black and White* by Esuantsiwa Jane Goldsmith is published by Jacaranda



100 Great Black Britons

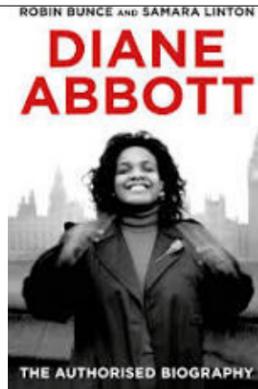
In 2003, Patrick Vernon and Angelina Osborne launched the 100 Great Black Britons project to counter the dearth of black people being featured in mainstream media and education. People were invited to vote for the black Briton they most admired, with the biographies of the winners listed online. The book represents the project in print and is a wonderful celebration of those who have made a contribution to British society and culture, from the famous like the rapper Stormzy to the little known like pioneering Cardiff schoolteacher Betty Campbell. Queen Charlotte, the wife consort of King George III is in there, too, as is John Blanke, the 16th century court trumpeter. Succinct, easy to read and accompanied by selected photographs, the book is also excellent as a quick reference. AKC *100 Great Black Britons* by Patrick Vernon and Angelina Osborne is

Angelina Osborne is published by Robinson



Cane Warriors

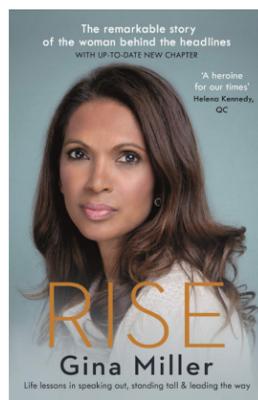
The book tells the true story of Tacky’s War in 1760 through the eyes of 14-year-old Moa who slaves on a sugar plantation in Jamaica. After hearing about an uprising led by the charismatic Tacky, Moa becomes a cane warrior of the title and his first task is to dispose of cruel overseer Misser Donaldson. Alex Wheatle, an award winning author of 20 books to date, has delivered another gripping read, this time for young adults that will not only widen their knowledge of history but also underline the importance of how change depends on courage and unity. The book’s cover, incidentally, is based on a striking textile design by the late Althea McNish. MM *Cane Warrior* by Alex Wheatle is published by Black Sheep



Diane Abbott: The Authorised Biography

The story of the rise and rise of Britain's first black female MP is both illuminating and thoughtful. Abbott's amazing life is told with the help of interviews with political insiders, community activists and school friends to give us a chance to engage with a real political trailblazer. Meticulously researched, this is an excellent, thought-provoking read. MM

Diane Abbott: The Authorised Biography by Robin Bunce and Samara Linton is published by Biteback

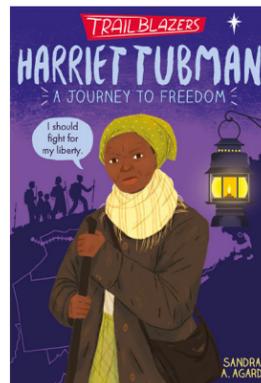


Rise: Life lessons in Speaking Out, Standing Tall and Leading the Way

Love her or hate her, this riveting book sheds light

on Gina Miller, the woman who took politicians to task over Brexit and won. Tough and straight talking, Miller earned her spurs early on, walking out of an unhappy marriage with her disabled daughter before blazing a trail as an entrepreneur in a male-dominated world. She will be forever a controversial figure – even before pen was put to paper there was a petition mounted against it. To those who say one person can't really make a difference, Gina says, oh yes they can. Inspirational. MM

Rise: Life lessons in Speaking Out, Standing Tall and Leading the Way by Gina Miller, written with Elizabeth Day, is published by Canongate

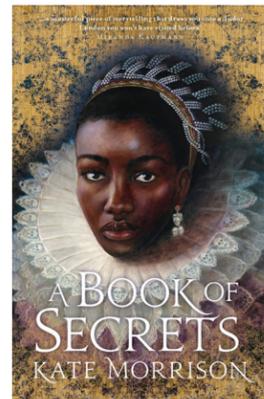


Harriet Tubman: A Journey to Freedom

This beautiful book tells the story of Harriet Tubman, the amazing woman who led hundreds of slaves to their freedom via the Underground Railroad. Author Sandra A Agard does an excellent job of conveying Tubman's true grit as she bravely escapes from a Maryland plantation but makes the equally perilous return journey to liberate others.

This is part of the Trailblazers series of children's books. MM

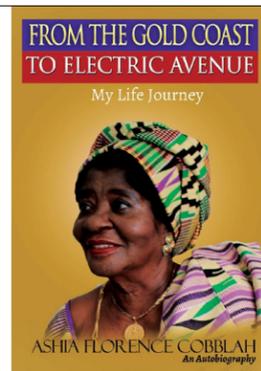
Harriet Tubman: A Journey to Freedom by Sandra A Agard is published by Stripes



A Book of Secrets

Susan Charlewood grows up in Tudor England as a lady's maid to a family who are secret adherents to the banned Catholic faith. The most significant fact about her is that she is black, having been kidnapped from Ghana as a small child. When she is old enough, she is married off to John Charlewood, a Catholic rebel who prints pro-Catholic texts. When he is arrested, she embarks on a mission to free him from jail. When he dies she continues the illegal printing press but also finds out more about her true origins. Like all good historical novels it neatly mixes fact with fiction but is all the more intriguing for having a black woman at its heart. Kate Morrison has delivered a winner with this her debut novel. AKC

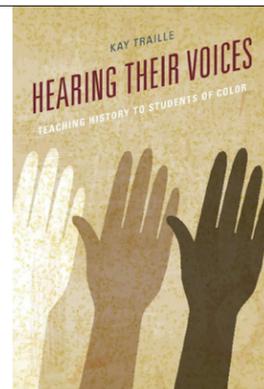
A Book of Secrets by Kate Morrison is published by Jacaranda



From the Gold Coast to Electric Avenue

This delightful book tells the story of octogenarian Ashia Florence Cobblah, who left her native Ghana – then the Gold Coast – for London, in 1976 opening up the hugely popular Ashia Hair Design Salon in Brixton's Electric Avenue. Written with her daughter Victorine, the book comes with favourite African proverbs and sayings, which helped inspire Ashia becoming a legend in her lifetime, despite the hardships. There are also details of the Ashia Benevolent Foundation, which donates books, school clothes and other items to Ghana. Memorable and inspiring. Recommended for young adults. MM

From the Gold Coast to Electric Avenue: My Life Journey by Ashia Florence Cobblah is published by Faunteewrites



Hearing their voices: Teaching history to students of color

A must read for educators, this is an academic guide to teaching history to students of colour. Author Kay Traille was brought up in Britain and taught both here and in the US. She believes that history as a subject has too much of a Eurocentric focus, which puts students off. As such, they can only be engaged if they are able to learn history they can connect with. AKC

Hearing their voices: Teaching history to students of color by Kay Traille is published by Rowman and Littlefield

Black History Maker Magazine Feedback Form

In order to assist us with future publications will welcome your feedback

Q1. What would you like to see more/less of?

articles?... pictures?... other?... etc

Q2. Why do you read this magazine? / what did you find most useful about this magazine?

to educate?... to relax?... to connect?... etc

Q3. How did you hear about BHM?

word of mouth...? online search...? social media...? etc....

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all of it?... three quarters of it?... half of it?... a quarter of it?... less than a quarter?...

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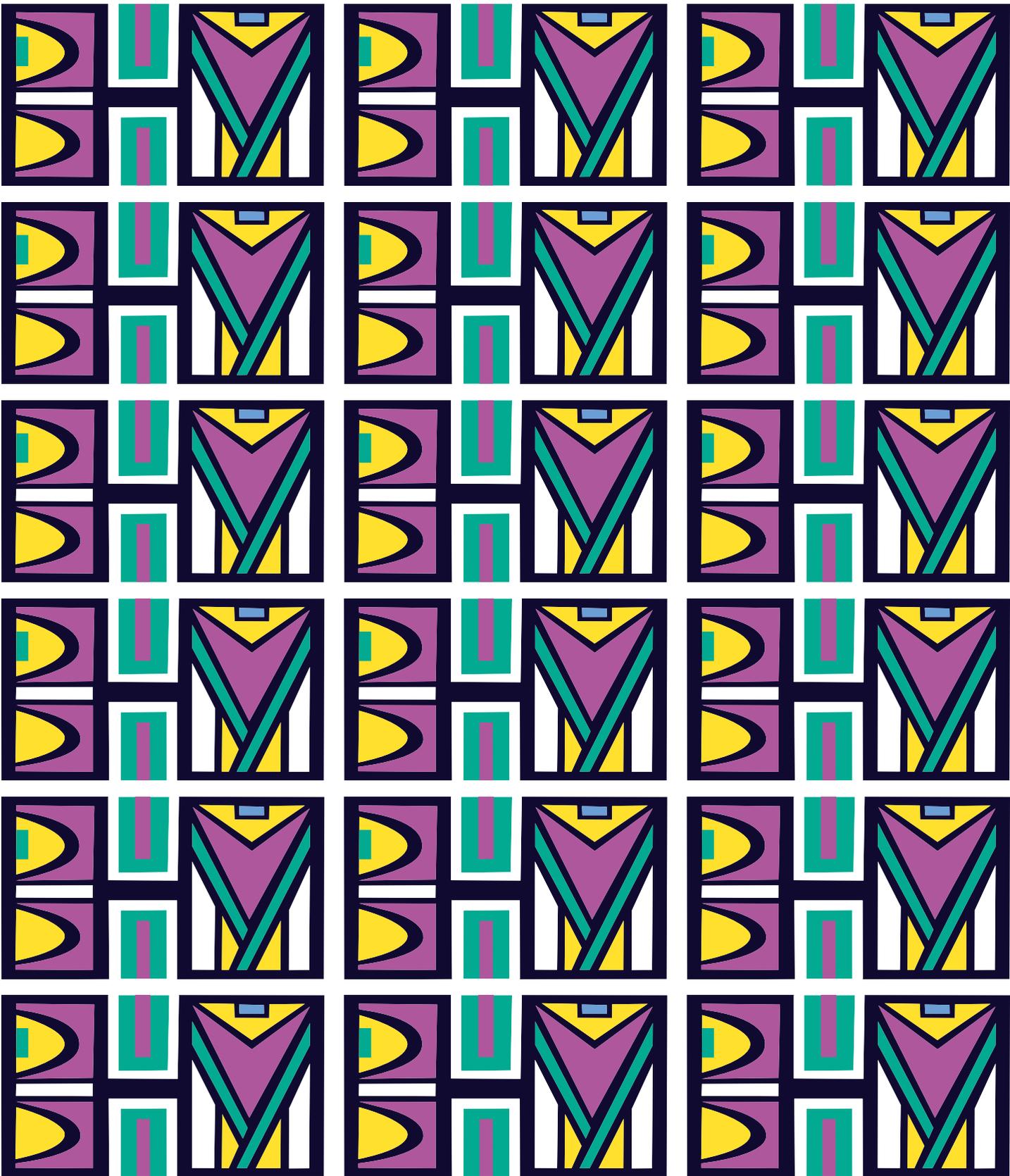
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