

THE CITY OF LITHONIA PRESENTS:

THE ORIGINAL

COLLARD GREENS

CULTURAL FESTIVAL

EST. 1998

SATURDAY, SEPTEMBER 22, 2018

LITHONIA AMPHITHEATER

12N - 8PM

2515 PARK DRIVE . LITHONIA, GA . 30058

A COLLARD GREEN EVERYTHING EVENT - SAMPLE ALL KINDS OF DISHES
INCLUDING COLLARD GREEN ICE CREAM

HOSTED BY: MAYOR DEBORAH A. JACKSON/CITY OF LITHONIA

WWW.COLLARDGREENCULTURALFESTIVAL.COM



SEVANANDA
NATURAL FOODS MARKET



Welcome to the 9th Annual 2018 Atlanta COLLARD GREENS CULTURAL FESTIVAL

Welcome to the 9th Original Collard Green Cultural Festival in the Metro-Atlanta Region of the State of Georgia and the 6th in the City of Lithonia! The Planning Committee continues to be grateful to the City and Mayor Deborah Jackson for hosting this distinctive festival since 2013. Collard Greens is no stranger to most of the residents of Lithonia where the majority are African Americans.

It's a great time to get comfortable during these uncomfortable years with "45". I think we deserve a day full of fun, food, and festivities. Our overall mission is to develop a strong mindset for people to eat healthier and live healthier life styles.

Fall is a wonderful time for community festivals in the Metro Atlanta. The weather is perfect and people are eager to get out and relax. It is also a time for harvesting the last bounty of the year. The Collard Greens Cultural Festival is fast becoming a coming together family celebration of all ages and many cultures. Since its inception in 1998, and for more than sixteen years people have gathered on the West Coast for this same event.

It is our hope that one day we will bring this festival to Africa, in particular Nigeria, where I just returned from a 16 day trip. It had its highlights and its lows. The organization I traveled with, AWEC (African Women Economic Consortium) was granted by the governor of Abia State over 60 acres of land to build a cultural center. "The lows" were experiencing the cultural genocide that is growing among the people. However, the spiritualists in the villages are still strong. Our diet had no greens! AWEC's vision is to change this devastating phenomenon with the cultural village we will be building there.

We are pleased to once again bring this festival to the South where collard greens have sustained people of African descent globally for centuries while experiencing horrific struggles and challenges. We are proud to be part of a growing historic city that understands the significance of Black Movements from the Black Panther Party to the Civil Rights Movement that reminds America that we are a people who will always resist injustice and not allow America to rest. Black Lives Matters, Black Alliance for Just Immigration, Black Girls Code, Common Ground Foundation, My Brother's Keeper, Malcolm X Grassroots Movement, National Coalition for Reparation in America, etc. are some of the recent resistance organizations.

It has been rewarding to have the first Black Sustainability Online Summit launched from the Sustainability

Pavilion at the Collard Green Cultural Festival nearly four years ago. We look forward to the online and offline summit in October of this year. It is an upcoming organization focused on assisting urban families to not only live more self-sufficient but create sustainable communities in urban and rural areas by growing our own food and getting off the grid to natural energy sources such as solar energy.

We find that the response from our community partners including Truly Living Well, Habesha, Soul Food Museum, Sevananda, First African Presbyterian church and others continue to be overwhelmingly positive and supportive. We also want to thank our newest partner, Discover Dekalb Convention & Visitors Bureau. Have you seen the digital bill boards they put up around the Metro? Beautiful exposure!

Each year we feed not only the senses and body with good healthy food and music, but we also feed the soul with empowering information. Attendees will learn from some of the best naturopaths and healers in Georgia while checking their own health at our Wellness Pavilion. The youth will have fun while learning about recycling and alternative forms of energy at Sprout Land.

Finally, you will experience the "Taste of Greens" where you will feast on everything from collard green lemonade to raw collard greens salad. And don't forget to leave room for the piece de' resistance, Collard Green Ice Cream, the healthiest dessert on the planet!

Be sure to stay for the royal crowning of the King and Queen at our Collard Green Cook-Off. Enjoy our live entertainment, Arts and Crafts booths, Farmer's Market, Food Vendors, Exhibitors, and Sprout Lland for the children. Looking forward to seeing you next year! We give thanks to the planning committee and all the volunteers who made it possible. We hope when you leave our festival you will want to 'Eat Mo Greens!'





CITY OF LITHONIA

DEBORAH A. JACKSON, MAYOR

CITY COUNCIL MEMBERS

WILLIAM "RIC" DODD

DIANE W. HOWARD, MAYOR PRO TEMPORE

AMELIA INMAN

FRED D. REYNOLDS, SR.

SHAMEKA REYNOLDS



September 22, 2018

Welcome to the Fabulous City of Lithonia, Georgia!

We are very excited about hosting the Annual Metro-Atlanta Collard Greens Cultural Festival once again in Lithonia! The City is one of the anchors in DeKalb County for cultural events. We are building upon the tradition that started in the 1950s of hosting artists such as James Brown and Little Richard at the Country Club and Stock Car Race Track; up to more recent times of enjoying the sounds of local artists at the WindDown Wednesday events at the Lithonia Amphitheater.

The Collard Greens Cultural Festival provides a great opportunity for families and the community to come together to have fun and enjoy good food. People will learn about healthy eating habits while supporting local vendors. The program celebration of music, history, family and culture is important for building community and providing an educational experience.

We are looking forward to a great time and participating in the judging for the King and Queen Collard Greens Cook-off and enjoying some collard greens ice cream!

Best wishes,

A handwritten signature in blue ink, appearing to read "Deborah A. Jackson".

Deborah A. Jackson
Mayor



City of Lithonia, Georgia

PROCLAMATION

WHEREAS, The 6th Annual Collard Greens Cultural Festival in Lithonia celebrates the rich traditions, culture, and historic contributions of African Americans; and promotes family unity and the importance of healthy eating and living;

WHEREAS, The Lithonia community will be inspired by the culturally enriched and diverse activities that are planned for the day-long celebration on September 22nd, 2018 at the Lithonia City Park;

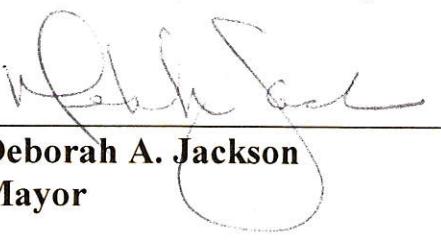
WHEREAS, The Festival includes a variety of activities such as the collard greens cook-off, arts and crafts, vendors, free health screenings, cooking demonstrations; and Sprout Land to educate children about the importance of growing food;

WHEREAS, The Festival is an opportunity to expose the community to the rich components and nutritional value of collard greens to the well-being of the African descendants in America over the decades;

WHEREAS, The Lithonia community will be enriched and nourished by this extremely important celebration.

NOW THEREFORE, BE IT PROCLAIMED, on behalf of the City of Lithonia, Georgia, that the 2018 Collard Greens Festival held on Saturday, September 22nd, 2018 be celebrated as a day of cultural heritage and pride throughout the area.

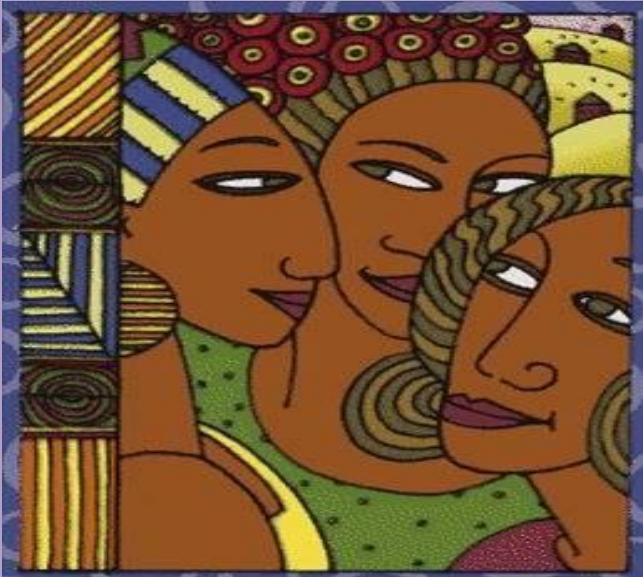
So Resolved, this 18th day of September, 2018.


Deborah A. Jackson
Mayor





Sisters of Tomorrow (SOT)
Atlanta Female Rites Of Passage Community



Sisters of Tomorrow is for girls & women; we are daughters, nieces, cousins, mothers, aunties, grandmothers, godmothers, mentors and friends coming together every month in the name of Sisterhood. Celebrating and supporting each other through all stages/phases of life!

Sisters of Tomorrow, Rites of Passage Community was established as a grassroots movement by the Women of Nairobi, (East Palo Alto) California in 1984. SOT-Atlanta was formed in October 2003. Rites of Passage initiation is one of many activities organized by SOT Families.

EMAIL CONTACT – SotAtlanta@gmail.com



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MAKING A WAY OUT OF NO WAY

Peep This...

An old Black man lived alone out in the country. He wanted to dig his greens garden, but it was always difficult work for him because the ground was hard.

His only son, Junebug Jankins III, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament.

Dear Junebug,

I am feeling pretty bad because it looks like I won't be able to plant my Collard greens garden this year. I'm just getting g too old to be digging up a garden plot. If you were here my troubles would be over. I know you would dig the plot for me.

Love, Dad

A few days later, he received a letter from his son.

Dear Dad,

Whatever you do don't dig up that garden. That's where I buried the bodies.

Love, Junebug

...At 4:00 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left.

That same day, the old man received another letter from his son.

Dear Dad,

You can go ahead and plant the collard greens now. That's the best I could do under the circumstances.

Love, Junebug

(author unknown)



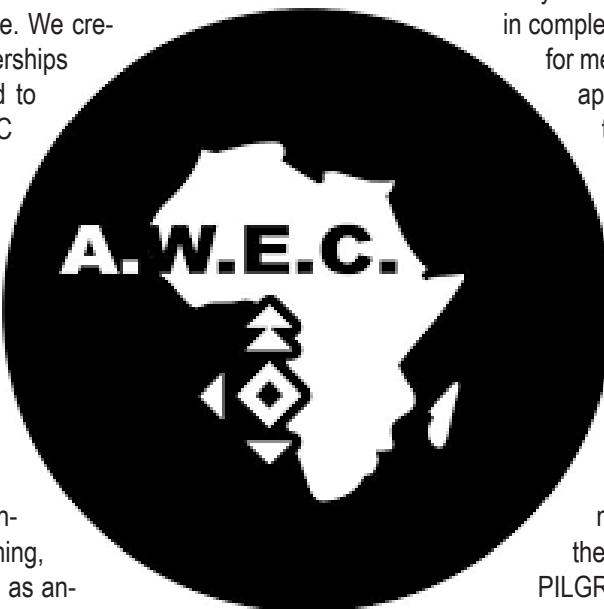
AWEC AFRICAN WOMEN ECONOMIC CONSORTIUM

The African Women Economic Consortium (AWEC) is a Georgia registered non-profit organization with 501(c)(3) status. Our organization believes in the rights of women to promote their right to safety and comfort. AWEC believes in recognizing and rewarding the work of women in the business community. We seek solidarity, partnership, networking, cultural exchange with other women in leadership and in sharing skills and knowledge. Celebrating women's development capacity and encouraging leadership aspirations in feminist leadership is important to the organization. AWEC believes in the unity of African women everywhere. We create businesses and encourage partnerships and alliance with everyone committed to the empowerment of women. AWEC believes in the growth and long-term sustainability of organizations led and managed by women in a democratic, transparent and progressive society.

We understand that serving the needs of African women is a part of the deep commitment of creating change within the African continent and outside of it. We support sustainable communities that promote farming, education, health care education such as annual HIV/ AIDS awareness workshops, cultural exchange that reintroduce Africans in Diaspora to Africans on the continent. AWEC conducted a workshop for 68 members on August 20, 2018 in Umuahia Abia State for the AWEC members who received certificates of training as an effort to deliver proof of training, a precursor for our business funding initiatives. Our Chapter development programs train women in leadership, and in developing entrepreneurial leadership skills by providing workshops that teach the key elements of leadership. The leader is able to create a positive organizational culture within her organization. Public speaking helps members to gain or improve the ability to articulate their mission and the objectives of their programs/projects, so we provide experts in the area of public speaking.

We teach grant writing skills to help our members to learn how to fund their businesses. The goal is to build a number of businesses

that will become financially secure and able to carry out the mandates of their mission. Additionally, AWEC members may volunteer to mentor young people interested in business, leadership, and more. Hosting workshops or supporting young people who need some form of support is encouraged in our members. We believe in social and community giveback by encouraging community engagement that benefit the community, such as community clean up, elderly visits, feed the homeless and more. Community leadership training programs teach members how to be engaged in the community and contribute to collective work. We assist in completing business profiles and assessments for member businesses upon registration. An appointment is held with the new member to assess the objectives and mission of their organization to make sure that the program is fundable.



In August 2018, the President of AWEC, Dr. Uwa Onyioha Osimiri traveled to Nigeria with Dibia Ochuaaja Udee Onyioha; member of AWEC Advisory Board, Chief Dr, Nobantu Ankoanda; AWEC Executive Board Member, and Chief Keleni Osimiri; AWEC Historian, to celebrate their homecoming through the NWALOTA PILGRIMAGE. N.W.A.L.O.T.A is an acronym for Nigeria Welcomes Africans Living Outside The African Continent which also stands for "Children Come Home." On August 22, 2018, the two women were conferred Chieftaincy titles for their achievements and commitment to help the community of Ohuhu in Abia State. The conferment was effectuated by the King of Ohuhu and the 11 traditional rulers who make up his royal court. They were both conferred with the titles of NWANNE DI NA MBA (Our family representing our interest outside the African continent). The event was full of splendor and the whole Ohuhu community celebrated with a welcoming reception.

Our sincerest gratitude goes to the National Patron of AWEC for Nigeria, retired Ambassador to several countries for the Federal Republic of Nigeria, Ambassador Empire Kanu for his amazing hospitality and orchestration of the Ohuhu homecoming celebration.

2018 BLACK SUSTAINABILITY SUMMIT ATLANTA:

October 4 - 6 | ONLINE October 4 - 8

We are back for another fantastic year!

Many of you asked us to host an in-person summit and we listened. This October we will host the 3rd Annual Black Sustainability Summit in Atlanta, GA for three days and online (as always) for five days.

Check out the scheduled presenters (the list keeps growing) and in-person workshops at the bottom of this newsletter and REGISTER TODAY!

Our goal is to assist others in creating communities dedicated to returning to the ways of our Ancestors by living in harmony with nature, growing our own food and using the natural energies of air, fire, water and the earth to thrive.

We invite you to join us on our mission to:

- mobilize committed Afrikan people,
- exchange knowledge,
- implement skills and,
- pool our resources to build sustainable communities throughout the Afrikan diaspora and on the continent.

We are doing things differently than most conferences. Instead of spending money on hotels and banquet rooms and passing that on to you, we are hosting workshops on-site at farms, gardens, healing centers and cooperative spaces to support black-owned businesses and enhance learning via hands-on workshops.

We encourage all members of the African Diaspora to join us in Atlanta (or online) for our 3rd Annual Black Sustainability Summit! Mark your calendars for October 4-6 (Atlanta) and October 4-8 (online).

Each year we have a dynamic group of presenters from around the globe sharing various ways we can sustain ourselves and practice self-sufficiency in our family and community. This year we will connect in the flesh to build and bond. Whether you have

a local challenge in your neighborhood and are looking for a sustainable solution or simply want to change your lifestyle to more closely align with nature—the way our ancestors did—we encourage you to join like minds as we exchange best practices through hands-on workshops.

A preview of some of our 43 workshops:

Sustainable Agriculture 101

Join Brother Charles on a two hour garden tour around metro-Atlanta to view various growing spaces, designs and crops. Learn the basics of sustainable agriculture and the possibilities to create a space to start a personal or community garden.

Transportation will be provided.

Container Home Construction 101

Join Brother John Bradley for an open discussion and Q&A on how to construct a container home. Tour a container home retrofitted with modern, yet sustainable amenities/features in Commerce, GA and gain insight on how you can construct a container to fit your needs. Transportation will be provided.

Herbal Sustainability for Melanated Energies

Join Nana Dr. Siti N. Opio, traditional sho sho and midwife as she shares herbal preparations for extracts; tinctures, liniments and salves. You will walk away with an innerstanding of how and why herbs work; the supplies required; proper preparation of various solutions; herbal usage; and where to locate herbs.

Monetizing Gentrification

Join Brother TJ Loftin to learn how to monetize gentrification. After traveling the country for the last 6 months monitoring real estate trends, he has been sharing his research and teaching strategies to acquire land development and real estate ownership. You will walk away with 1. The Do's and Don'ts when it comes to purchasing real estate, 2. How to research the commu-



nity and property before investing and why the urgency to own the buildings that we run our business out of and homes that we lay our heads in, 3. The questions that need to be asked when inquiring about purchasing property, 4. The value of building a home vs. purchasing a pre-existing home and 5. How California's real estate is affecting the rest of the country.

Supply and Demand: Local or Bust

Join Sister Philena Seldon for an interactive discussion with small business owners about growing, sourcing, and building a supply chain for plant-based, organic, sustainable products. You will walk away knowing 1. Why sourcing locally is necessary, 2. How creating a supply chain helps the local economy, and 3. How sourcing locally eliminates health disparities and reduces the environmental footprint.

Race First Economics

Join Rait-Hetepet & Piankhi Kaneset as they discuss Race First Economics. Race First Economics is a presentation that aims to take the Buy Black Movement to the next level. It will give a step by step Blueprint on how Afrikans worldwide can create an independent economic system. Learn all about 1. Building Wealth instead of Spending Money, 2. Turning Hobbies into Income, and 3. Cooperative Investing.

And many more...like BlockChain, CryptoWoke and presentations on Sustainable Communities in Costa Rica and Ghana

This event is organized to link/connect like minds, participate actively in workshops to learn the skills needed, and contribute toward your own self-sufficiency. We cannot be sovereign if we do not understand AND employ self-sufficient practices in our homes and communities. This is an opportunity to learn crucial skills from 42 workshops by brothers and sisters who have experience and results to show and prove.

Registration for in-person workshops is \$75 for 3 days. Donations request, not required for online workshops.

REGISTER TODAY! www.blacksustainabilitysummit.com/register

LEARN MORE at The Collard Greens Festival Sustainability Pavilion – we will have info and a solar demonstration all afternoon!



Keynote Speaker: **Mr. James M. Bailey**
Founder, The Phoenix Leadership Foundation

Mama Njere Functional Unity Lifetime Achievement Honoree: **Sis. Woodie Neal Persons**
Founder, Gate City Heritage School

Unity Council Honoree: **Mr. Bob Johnson,**
Founder, JuneteenthAtlanta Parade & Festival

ACCUSD 12TH ANNUAL UNITY COUNCIL APPRECIATION BANQUET

Group Volunteer Honorees:
ACCUSD COUNCIL OF AFRICAN ELDERS

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OCT 12 2018
7PM

Collard Green Cultural Festival Stage Schedule 2018

Time	Name
11:30 AM	Nzuri Drummers - San Conscious Drummers -Baba Mehib Holmes
12:00 PM	Welcome/ MC Intro DJ Sundjata and Kenneth Zakee Host
12:00 PM	Libation/ Baba Yoga Bey
12:30 PM	DJ Sundjata
	ALL COLLARD GREEN COOK-OFF CONTESTANTS MUST ENTER THEIR DISHES BY 1:00PM
1:00 PM	The 3 Degrees
1:30 PM	Collard Green Story—Nwanne Di Na Mbà Nobantu
2:00 PM	Cardio Tone
2:15 PM	Paul “OCK” Shepard
2:30 PM	The Real Eastico
2:45 PM	Matthew
3:00 PM	Nzuri Drummers
3:15 PM	DJ Sundjata
3:45 PM	Malcolm X Grass Roots Movement Scouts
4:00 PM	Collard Green Contest
4:30 PM	DJ Sundjata
5:00 PM	Sheriese Nicole Begins Hosting
5:00 PM	Kilombo Youth
5:15 PM	CGCF Honors Rashid Nori, Mayor Deborah Jackson & Raina Turner
5:30 PM	Nehzar
5:45 PM	Radiance Major
6:00 PM	MasterPeace
6:15 PM	Marcus Free of Hamilton Park
6:30 PM	Rasta Funk Ft. Sheriese Nicole
7:00 PM	EDI & The Experience
7:40 PM	Closing/ Unity Circle



United Nations Declares 2015-2024 International Decade for People of African Descent

The UN General Assembly proclaimed 2015-2024 as the International Decade for People of African Descent (resolution 68/237) citing the need to strengthen national, regional and international cooperation in relation to the full enjoyment of economic, social, cultural, civil and political rights by people of African descent, and their full and equal participation in all aspects of society. As proclaimed by the General Assembly, the theme for the International Decade is "People of African descent: recognition, justice and development." The main objectives of the International Decade are as follows:

- Promote respect, protection and fulfilment of all human rights and fundamental freedoms by people of African Descent, as recognized in the Universal Declaration of Human Rights;
- Promote a greater knowledge of and respect for the diverse heritage, culture and contribution of people of African descent to the development of societies;
- Adopt and strengthen national, regional and international legal frameworks according to the Durban Declaration and Programme of Action and the International Convention on the Elimination of All Forms of Racial Discrimination and to ensure their full and effective implementation.

Programme of Activities implementation

The Programme of Activities for the Implementation of the International Decade for People of African Descent, which was endorsed by the General Assembly, is to be implemented at several levels. At the national level, states should take concrete and practical steps through the adoption and effective implementation of national and international legal frameworks, policies and programmes to combat racism, racial discrimination, xenophobia and related intolerance faced by people of African descent, taking into account the particular situation of women, girls and young males in the following areas:

- Recognition
- Justice
- Development
- Multiple or aggravated discrimination

At the regional and International levels, the international community and international and regional organizations are called, among other things, to raise awareness, disseminate the Durban Declaration and Programme of Action and the International Convention on the Elimination of All Forms of Racial Discrimination, assist states in the full and effective implementation of their com-

mitments under the Durban Declaration and Programme of Action, collect statistical data, incorporate human rights into development programmes and honor and preserve historical memory of people of African descent.

From January 9 – 29, 2016, a delegation of the UN Working Group of Experts on People of African descent visited Washington D.C., Baltimore, Jackson, Mississippi, Chicago, and New York City, to address current concerns, and assess progress made in the fight against racial discrimination, 'Afrophobia,' xenophobia, and protecting and promoting the human rights of African-Americans.

"The legacy of slavery, post-Reconstruction 'Jim Crow' laws and racial subordination in the United States remains a "serious challenge" as there has been no real commitment to recognition and reparations for people of African descent", a United Nations expert panel said in Washington D.C., at the end of its second official visit to the country.

This Working Group of Experts in its Final report specifically recommended that the US Congress pass HR 40 the Commission to Study Reparations Proposals for African Americans Act as well as incorporating the Caribbean Reparations 10 point plan. Recently, in January 2017, HR 40 was updated from a study bill to a Reparations Proposals and Remedies bill.

Additionally, we encourage individuals and organizations to organize events in recognition of the International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade, and the International Day for the Remembrance of the Slave Trade and its Abolition.

International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade

For over 400 years, more than 100 million African men, women and children were the victims of the tragic transatlantic and Arab slave trade, one of the darkest chapters in human history.

In commemoration of the memory of the victims, the General Assembly, in its resolution 62/122 of 17 December 2007, declared 25 March the International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade, to be observed annually.

The resolution also called for the establishment of an outreach programme to mobilize educational institutions, civil society and other organizations to inculcate in future generations the “causes, consequences and lessons of the transatlantic slave trade, and to communicate the dangers of racism and prejudice.”

International Day for the Remembrance of the Slave Trade and its Abolition

In the night of 22 to 23 August 1791, men and women, torn from Africa and sold into slavery, revolted against the slave system in Saint-Domingue (now Haiti) to obtain freedom and independence. The uprising set forth events that eventually led to the abolition of the slave trade.

In 1997, UNESCO established 23 August as International Day for the Remembrance of the Slave Trade and its Abolition to pay tribute to all those who fought for freedom, and to continue teaching about their story and their values. The success of this rebellion, led by the enslaved, is a deep source of inspiration today for the fight against all forms of servitude, racism, prejudice, racial discrimination and social injustice that are a legacy of slavery.

We encourage everyone to support these opportunities to advance justice and freedom by;

1. Learning more about these UN declarations
2. Having conversations about these UN Declarations with your family, friends, organizations, institutions and leaders
3. Organizing events in support of these UN Declarations
4. Supporting and Working with organizations that are working to advance justice, reparations and freedom!

Compiled by: Most info excerpted from UN website

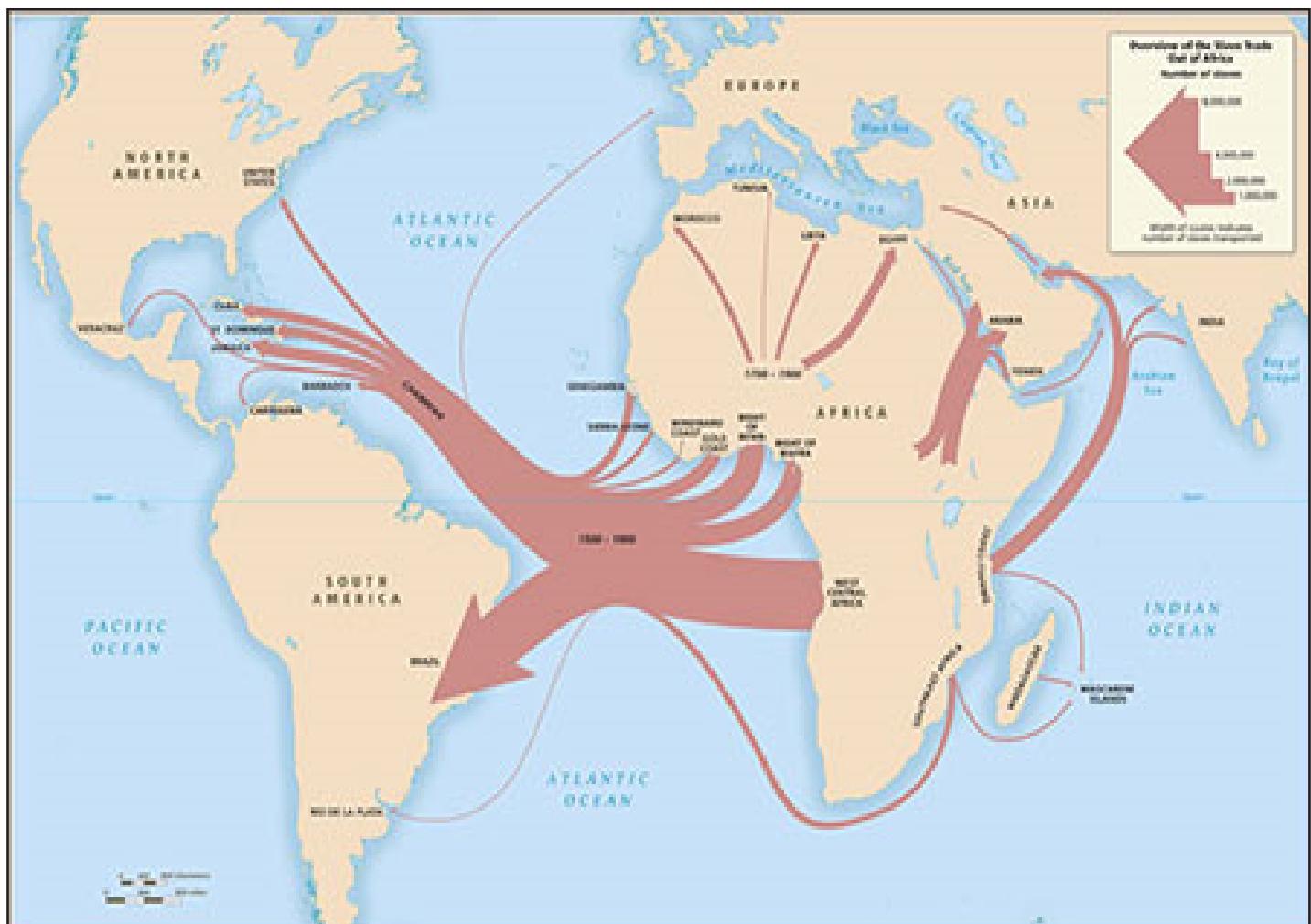
His Excellency Nana Kwesi Jumoke Ifetayo reparations@gmail.com 678 437-7882

SE Regional Representative NCOBRA(National Coalition of Blacks for Reparations in America)

Male Co-Chair Atlanta Chapter NCOBRA

ASHE Committee

Vice-President – Provisional Government the Republic of New Afrika





Introductory Statement- RIC-North America, PAFM

My name is Mwalimu K-Q Amsata and I have the honor and privilege of being the Coordinator of Regional Initiating Committee (RIC) -North America and the author of the recently published book: "The New Pan Africanism 2020" https://www.amazon.com/Edward-H.-Brown-Jr.-MPA/e/B008UD5W0W/ref=ntt_dp_epwbk_0 My Deputy Coordinator is Amadou Seck, Honorary Consul of Senegal in Boston. We bring you warm brotherly greetings on behalf of the African population in North America.

There are 46.8 million African people in the United States (of America) which make up 13.2% of the US population. The overwhelming majority are descendants of Africans who were forced-migrated to, and enslaved on, the land of the continental United States for 244 years (1619-1863). There are also many Africans who more recently migrated to the United States, from the African continent itself or the Caribbean, voluntarily. To the north, Canada currently has an African population of 1 million that make-up 2.9% of that country's total 35 million population. If African people in the whole of North America constituted a sovereign nation/state, it would be the 7th most populous African country in the world, ahead of Kenya, whose population is 45.5 million and right behind Tanzania whose population is 51 million.

RIC- North America, PAFM is fully committed to the vision of bringing the Global African Nation into political existence as a universal pan African federation i.e., the United African States, "in much less than a generation". We see the Pan African Federalist Movement's (PAFM) Congress, that may take place as early as August-2020, as the strategic vehicle to make this happen. We look forward to the re-emergence of Africa as a benevolent world power. In preparation for the Congress, our primary mission is to reach out to the population centers in North America that have a large and significant African presence and establish LICs (Local Initiating Committees), therein.

Towards this end, we have identified 67 cities in the United States that have a large presence of Black/African people, eight (8) of which have African populations above 1 million, another six (6) with African populations between 500,000 and 1 million and no less than fifty (50) cities with an African population between 100,000 and 500,000. In many of these cities Black people constitute 40% or

more of the city's total population. The 46 African American members of the United States Congress have received letters from RIC-North America notifying them of our efforts and plans to establish LICs in the Black communities they serve. A comprehensive Pan African Federalist Mobilization Plan for North America has been developed and formally adopted by RIC-North America, to guide and strengthen these efforts. On May 25-26, 2018 we convened a North American PAFM Conference in Washington D.C. to further these ends

We look forward to meeting in Africa with our Sister and Brother-RIC Coordinators, from the Caribbean, Latin America and across the African Continent itself (West, East, South and Central, etc.), at the Pre-Congress in Ghana, December 8-13, 2018, as we officially launch the International campaign for the birth of the United African States, and working with them thereafter on the "International Preparatory Committee" (IPC) for the achievement of this mission.

Until that time, I shall remain,

Your Faithful Pan African Federalist Servant,
Mwalimu K-Q Amsata, MPA(aka Edward H. Brown, Jr.)
Coordinator, RIC- North America, Pan African Federalist Movement (PAFM)
E-Mail: unitedafrica2020@aol.com or ric-na@etats-africainsunis.org
Voice/Text: (518) 649-7798



Collard Recipes

SAUTEED COLLARDS AND KALE

Simply Stews- Susan Wyler

1 Large bunch collards, 1 1/4 lbs
1 Large bunch kale, 1 1/4 lbs
3 tablespoon olive oil
6 cloves garlic, finely chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
4 teaspoons fresh lemon juice

Rinse collards and kale well in a large bowl of cold water. Drain and cut off the tough stems there will be about $\frac{3}{4}$ pound of green. Cut leaves into $\frac{1}{4}$ inch strips. There will be 6 to 8 tightly packed cups. In a well seasoned wok, heat the olive oil over moderately high heat. Add the garlic and cook, stirring, 30 seconds. Add half of the greens and cook stirring for about 1 minute, until they begin to wilt. Add the remaining greens and cook stirring, constantly for 8 to 10 minutes, until the greens darken slightly and are fairly tender. Season with salt, pepper, and lemon juice. Serves 4.

COLLARD GREENS WITH DUMPLINGS

Submitted by: Dorothy Sanders (Alabama)

1 part fresh pod red pepper or powdered pepper
3 large bunches of collard greens
 $\frac{1}{4}$ cup olive oil
4 cups of boiling water
1 teaspoon of brown sugar
1 1/2 cup of corn meal
1 egg

2 teaspoons of salt

(Optional) Cured turkey in small pieces

Wash greens, remove stems and cut into shreds or pieces. Put oil in a large Dutch oven or any pot with a tight lid. Let greens simmer for about a one- half hour in the oil with a little water. Add boiling water to the greens enough to cover three inches above the greens. Cook until they're nice and tender. Add salt and pepper and sugar at the half hour point.



TO MAKE THE DUMPLINGS

Place the cornmeal in a mixing bowl and add the eggs, 1 teaspoon of salt and boiling water, enough so you can roll, cut or drop by spoon into the pot. Let the combined greens and dumplings cook for about twenty more minutes or until the cornmeal is cooked all the way through.

GREEN GUMBO SOUTH CAROLINA

Submitted by: Kiesha Azibo E-

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Chopped greens, tomato sauce, okra, shrimp, olive oil, salt and red pepper

Use a large stainless steel pot. Sauté onions and garlic in olive oil. Chop greens and add to pot stirring all the time. Then add half cup of water and boil the pot stirring all the time. Then add half cup of water and boil the pot for 10-15 minutes. Add tomato sauce and one tablespoon of olive oil. Boil greens until tender. Add shrimp and then add okra. Boil slowly and add red pepper, salt and a bay leaf.

COLLARD GREENS WITH TOMATOES

2 pounds collard greens, washed and cut or torn in bite size pieces, 2 tablespoons Italian seasoning, or a combination of basil, oregano, and rosemary, 1 can (14 to 16 oz) tomatoes, chopped and drained, reserve liquid, rinse torn leaves well; do not dry them. Put in a large pan and let wilt over medium-low heat. Add Italian seasoning, chopped tomatoes and continue to heat for about 5 minutes. Add as much of the liquid from the tomatoes as you want. Heat for about 4 minutes, or until hot. Serves 4.

Collard Greens Quiche

4 eggs
 1 cup half & half
 1/2 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. oregano
 1/2 tsp. onion
 1/4 cup green onions, chopped
 1/4 cup green pepper, chopped
 1/4 cup mushrooms, chopped (fresh or canned)
 3 cups collard greens, cooked, chopped (fresh or frozen)
 1 cup cheddar cheese, grated
 1 9-inch pie crust, frozen or homemade

Preheat to 350 degrees. Cook pie crust for about 10 minutes. Beat eggs and half & half in a bowl. Add salt and pepper, oregano, onion powder, green onions, yellow onions, mushroom and collard greens; set aside. Mix cheese mixture on top of cheese together in the bowl. Sprinkle half of cheese mixture on top. Bake for 1 hour.



KENYAN-STYLE COLLARD GREENS WITH LEMON

SERVING SIZE: 6 PEOPLE

2 pounds collard greens
 1 tablespoons canola oil
 1/2 cup finely chopped onion
 1 jalapeno pepper (seeded), minced

2 medium plum tomatoes, peeled, seeded and chopped
 1/4 teaspoon salt
 1/4 freshly ground black pepper
 1 tablespoons lemon juice

Wash the collard greens in several changes of water. Remove the stems. Stack the greens a few at time and cut cross wise into 1/2 inch wide strips. Bring a large pot of water to boil, add the collard greens and cook 10 minutes. Drain and rinse with cold water. Squeeze out the excess moisture. Heat the oil in a large skillet. Add the onion and jalapeno; sauté 5 minutes. Add the tomatoes and cook 1 minute. Stir in the greens. Salt and serve

Data per serving (for 6 servings):

Calories...115
 Carbohydrates...15g
 Monounsaturated fat...3g
 Protein...6g
 Sodium...176g
 Polyunsaturated fat....2g
 Fat...5g
 Saturated Fat...0g Cholesterol...0mg





CIBI: FORWARD IS THE MOTION

The Council of Independent Black Institutions (CIBI) is in its 46th year of providing African Centered Education (Theory and Practice) for African children and families. CIBI has continued to be vanguard in the movement of African-centered pedagogy. Since 1972, Africans from all over the country, and now the world, have convened in cities throughout the US with the expressed interest to provide a sovereign, autonomous liberated space from Black children to be educated by us. Today, that mission is still being carried, however the approach has expanded. Home-schooling is now the fastest growing form of education in the US. Small schools are more prevalent today in our communities rather than the 150-200 student schools that existed 20-30 years ago. Of course the roller coaster of American education has forced families to ride the wave,

i.e. moving their children from public to private schools, then later to public-charters, only to be dismayed to which they end up educating their own children. CIBI schools have consistently been a safe haven for the philosophy and practice of African people, its traditions, culture, mores, values, and history.

On November 9-10, 2018, join CIBI for its annual Conference on African-Centered Education in Atlanta. This year we plan to reinstitute our Hannibal Tirus Afrik Teacher Training Institute. Also, on April 27-28, 2019, CIBI will host its 31st annual CIBI Science Expo in Washington, DC. For more information about attending our events or becoming a member institution or individual member, contact Baye Kemit, National Facilitator at cibi72@gmail.com.







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