

Living Heritage Video Journal: Give Your Family and Loved Ones a Gift of a Lifetime

There are few things in life more precious than the memories and stories we share with our loved ones. Whether they are about family accomplishments and triumphs; relationships and the family tree; important events, celebrations and traditions; or your grandmother's prize-winning coconut cake recipe -- these reminiscences are the ties that bind us to both past and future generations.

But memories fade and these treasured links to the past can be lost all together.

The *Living Heritage Video Journal* offers you a way to capture your family's history in an engaging format that can be shared and viewed by your children and grandchildren for years to come.

In the oral tradition of the African Griot, the Living Heritage Video Journal lets you preserve your priceless legacy of family stories and photographs on video to be passed down from generation to generation.

Packages start at \$350, with options for adding narration and film footage.

With the Christmas holidays right around the corner, consider giving your family a gift of a lifetime. Call Harambee today to order your Living Heritage Video Journal.



HELP WANTED: COMMISSIONED SALES REPS

Harambee is interviewing individuals interested in marketing and selling Living Heritage Video Journal packages. Previous sales experience helpful. For more information, call Harambee at 973-675-5000.

Focused Actions



HARAMBEE COMMUNITY DEVELOPMENT INITIATIVE

A Ministry of Elmwood United Presbyterian Church • Rev. Robert N. Burkins, Sr., Senior Pastor • Rev. Dr. Curtis A. Jones, Associate Pastor

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New Energy and New Efforts

We are pleased to introduce you to version 2.0 of the Harambee Community Development Initiative's monthly newsletter, which features a new name, a new look and a fresh, new format for keeping you informed about all things Harambee.

The new title — *Focused Actions* — is intended to convey Harambee's commitment to deliver targeted programs and services that empower people, transform lives and foster lasting, positive change within our communities.

Indeed, in the coming months, we will use the pages of this consolidated publication to share with you news and happenings from Harambee Family Academy, Music and Video Production Academy, and Women's Empowerment Initiative, along with other HCDI initiatives.

This issue is chocked full of information about new Harambee events and efforts — from workshops and conferences, to financial counseling services and a fatherhood series, to the opening of the Harambee Wellness Center.

We hope you enjoy the new publication, and we look forward to your participation in the Harambee programs.



The new school year is in full swing at Harambee Family Academy and our young students are hard at work eagerly mastering their lessons.

Don't Miss These Upcoming Programs!

Registration for Fall 2008 Program is Now Open!

FaithFit
10 Saturdays
September 27-December 6
9:00 to 11:30 a.m.
60 Glenwood Avenue
East Orange, NJ
\$80.00 (for all 10 sessions)

Program offers:

- Physical Fitness (aerobics, yoga and Faith Fit boot camp)
- Nutrition Education
- Hands-on Healthy Cooking
- Personal Nutrition Coach
- Support and Coaching
- Lab Screenings (blood sugar, cholesterol and blood pressure)
- Meditation

To Register for the Fall Program:
Contact Pauline Phipps at:
• Elmwood East: 973-675-5000, x. #9
• Harambee: 973-675-5000
• Email: ppphipps@harambee.org

Visit the Faith Fit table following Sunday services at:
• Elmwood Central: 377 Clinton Ave., Newark
• Elmwood East: 135 Elmwood Ave., East Orange
• Elmwood West: 20 Old Indian Rd., West Orange

Limited Childcare provided for a nominal fee

Harambee is accepting applications for the
**FALL 2008/WINTER 2009
AFTERSCHOOL
MUSIC, TV AND VIDEO
PRODUCTION PROGRAM**
FOR STUDENTS BETWEEN THE AGES OF 10-15

Program begins soon • Space limited • Call today!

**CLASSES ARE HELD ON
MONDAYS THRU THURSDAYS
FROM 3:00 PM TO 6:30 PM**

FULL SCHOLARSHIPS ARE AVAILABLE

To register or for more information, contact Harambee at 973-675-5000
Harambee Community Development Initiative • 60 Glenwood Avenue • East Orange, NJ
www.focusedaction.org

United Way Awards Harambee an Innovators Grant for Afterschool Multimedia Program

The United Way of Essex and West Hudson has selected Harambee as one of eight local recipients of a special grant to deliver innovative afterschool programs to youth and teenagers. Harambee was awarded \$50,000 for its music and video production program.

Funded by PSE&G, this first-of-its-kind initiative is contributing a significant

level of support to a limited number of community organizations that offer creative alternatives to more traditional classroom-based afterschool programming.

In choosing Harambee for this honor, United Way cited HCDI's track record with connecting young people with the best aspects of new technologies and new media.

Harambee will utilize the grant to provide students ages 10-15 with full scholarships for the Fall 2008/Winter 2009 Afterschool Music, TV and Video Production Program.

Fall classes begin soon, interested parents should contact Harambee as soon as possible.

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60 Glenwood Avenue • East Orange, NJ 07017
Phone: 973-675-5000 • Fax: 973-675-0286

E-mail: harambee-cdi.org • Web: www.focusedaction.org

All proceeds will benefit Harambee Community Development Initiative, a non-profit 501(c)3 organization, and the Women's Empowerment Initiative.

Workshop brochures are available online, at the Elmwood Bookstore, or from Harambee.



New Workshop Series Kicks Off with Program on “Becoming Street Smart”

Do you wish you could salsa like the “Dancing with the Stars” celebrities? Could you use some new home decorating ideas for the upcoming holiday season? Or, are you interested in learning more about self discovery, positive affirmation and problem resolution?

If you answered yes to any of the above questions, check out the **Fall 2008/Winter 2009 Workshops and Seminars to Enrich Your Life** sponsored by WEI. The series includes a comprehensive calendar of one-day workshops and seminars on topics of interest to men and women of all ages.

According to WEI President Desiree Barber, “Our goal with this new series is to provide a variety of programs that deliver not only useful information and resources, but also provide participants with opportunities to learn

something new as well as have fun.”

The first program in the series, **Becoming Street Smart**, will take place on Saturday, September 27 at 10:00 a.m. This two-hour workshop presented by Essex County Assistant Prosecutor Shelton McCall, will cover tips on how to avoid becoming a victim to violent crime, road rage, and identity theft just to name a few.

An October 11 conference will address the challenging issue of domestic abuse, with Annette McDonald, Director of Community Relations for Domestic Abuse and Sexual Assault Intervention Service. This session will provide invaluable information for helping loved ones affected by relationship violence.

One of the highly anticipated workshops is **What Black Men Think**, which is being co-sponsored by the Men’s Ministry of Elmwood

on Saturday, December 13. The program will feature an interactive dialogue on the myths, stereotypes and misperceptions that often plague relationships between black men and women.

The series also includes the popular 13-week debt reduction program, **Financial Peace University**, which will run from January 22 through April 16, 2009. The registration fee for Financial Peace is \$99 per family, including workbook and other materials.

The registration fee for the one-day courses is just \$15. In addition, WEI is offering a 15% volume discount to participants who register for 3 or more courses (the discount does not apply to Financial Peace University.)

Workshops will be held at Harambee. See the workshop brochure for full course descriptions and registration information.

WEI Fiscal Literacy Program Now Includes Personal Financial Counseling

Building on the success of Financial Peace University and its prior fiscal literacy programs, the Women’s Empowerment Initiative is introducing one-on-one **Financial and Credit Counseling** to assist individuals with their personal needs, such as creating a budget, debt reduction and financial planning, just to name a few.

The counseling services, which are available by appointment, will be provided in partnership with Brand New Day, a non-profit organization affiliated with the Elizabeth Presbytery that specializes in affordable housing for low and moderate income families.



Harambee Family Academy “24/7” Fatherhood Workshop Focuses on Important

One of the most important lessons new fathers learn is that children need their love, nurturance and support “around the clock.”

In a practical sense, that means fathers are needed to nurture and guide their children 24 hours a day, 7 days a week. Truly, the rewarding work of being a dad is never done — it’s a “24/7” commitment that challenges every dad to be the best dad that he can be every hour of the day.

As part of the Parent Education Program, Harambee Family Academy is sponsoring a six-part workshop, **“24/7” Fatherhood**, that focuses on a dad’s unique ability to contribute to the health

and wellbeing of his children and explores characteristics every father needs to possess, regardless of age, race, culture or religion.

The workshop helps men hone their fathering skills, and learn about the important role they have with their children and in their family. Fathers learn ways to strengthen relationships with their wife or with the mother of their children.

In addition, men are given the opportunity to develop effective strategies to manage their own physical and mental health, and to help balance their work and family commitments.



This multiple-part series continues over the coming weeks at Harambee, with the next session scheduled for September 27 from 10:00 a.m. to 12:00 noon.

Registration is free. Anyone interested in participating, should contact Harambee.

Harambee Wellness Center Slated to Open in October

The doors to Harambee’s new Wellness Center will open in October for individuals interested in improving their level of fitness and achieving healthy lifestyle goals.

The Wellness Center, which is being operated in partnership with Faith Fit, will offer personal training, massage therapy, and nutrition counseling — all in a supportive, friendly environment.

“The Wellness Center is an

ideal compliment to the Faith Fit program”, says Faith Fit coordinator Pauline Phipps. “Individuals who may need or want personalized attention with their fitness program could benefit tremendously from working out with a personal trainer.”

The personal training program offers private sessions for one-on-one work or semi-private sessions with up to three clients.

Individuals also can take advantage of massage therapy to enhance their physical and mental wellbeing as well as nutrition counseling to help make sound and healthy changes to their diet.

Harambee is hosting an open house on Sunday, October 5 from 2:00 to 4:00 p.m. to introduce the Wellness Center staff. Light refreshments will be served and the first 15 guests will receive a free chair massage.



COME MEET THE HARAMBEE WELLNESS CENTER STAFF AT AN OPEN HOUSE SUNDAY, OCTOBER 5 2:00-4:00 P.M. LIGHT REFRESHMENTS FREE CHAIR MASSAGE FOR FIRST 15 GUESTS HARAMBEE CDI 60 GLENWOOD AVE EAST ORANGE, NJ

Contact Harambee at (973) 675-5000 for more information or to schedule an appointment for personal training, massage therapy and nutrition counseling at the Wellness Center.