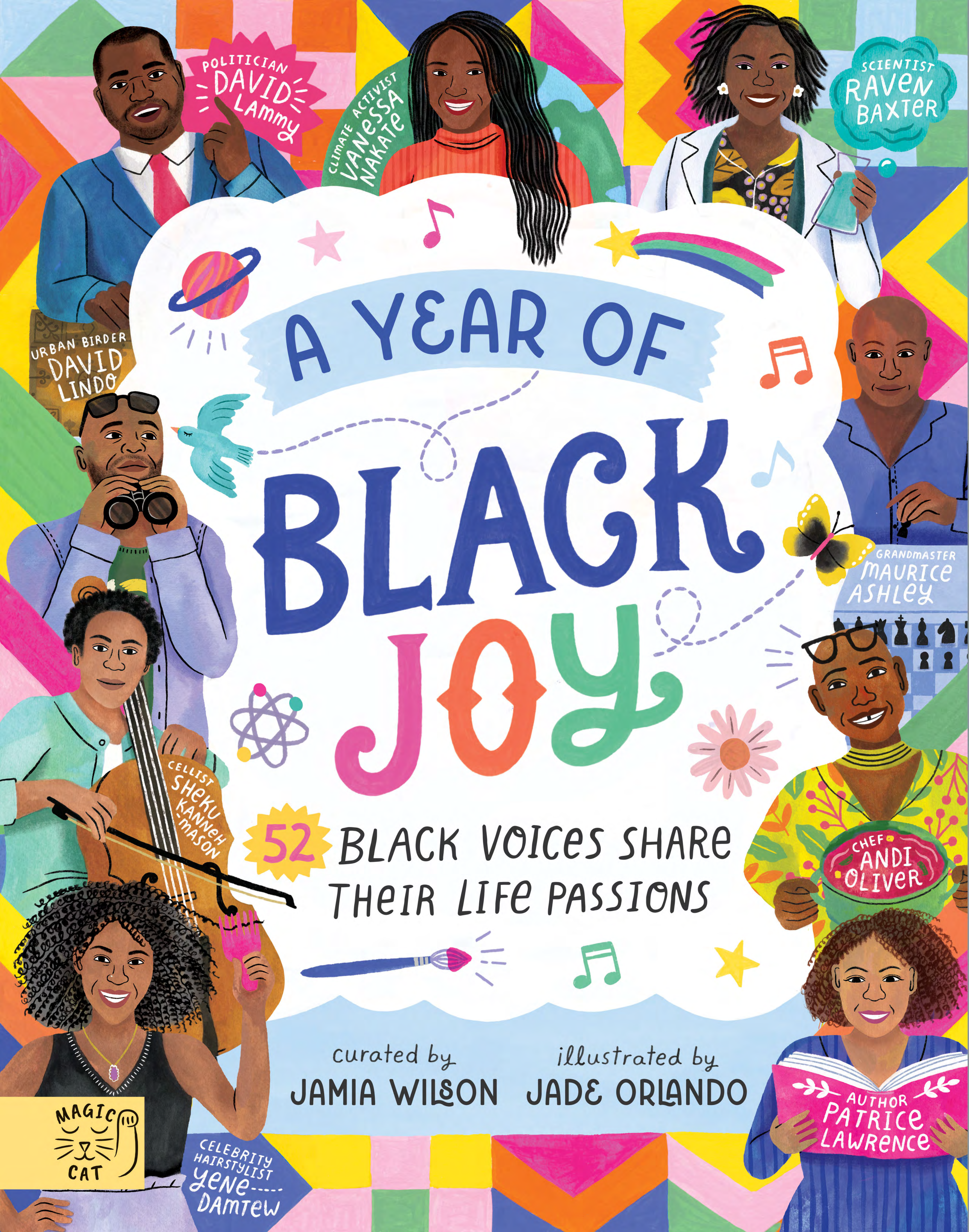

A YEAR OF BLACK JOY

52 BLACK VOICES SHARE THEIR LIFE PASSIONS

curated by JAMIA WILSON

illustrated by JADE ORLANDO

INTERNATIONAL DAY OF EDUCATION

THE JOY OF LEARNING

Musician Nathan Holder

My music education didn't start in school. It started at home and at church, watching and listening to incredible musicians.

I've been fortunate to travel around the world because of music – either through playing my saxophone or teaching others about ways we can make music education a more inclusive and diverse experience.

I've always been fascinated with music – not just playing or listening to it, but learning about the people who create it and their stories. People who have overcome great odds, been written out of history, or found unique ways to tell their stories through sound. Every time I make a connection with musicians past or present, I feel a rush of energy that surges through my body that inspires me to write, play and ultimately share. Learning about the wonderful world of music can encourage anyone to dive into creation, expression and joy.

Every time I make a connection with musicians past or present, I feel a rush of energy that surges through my body.

Musicians Who Inspire Nathan

These are just some of the musicians who I've learnt about and have made a big impact in my life.

SISTER ROSETTA THARPE

Often called the **GODMOTHER OF ROCK 'N' ROLL**, Rosetta inspired many well-known Rock 'n' Roll stars of the twentieth century with her powerful vocals and electric guitar playing. She was among the first popular recording artists to use heavy distortion on her electric guitar.

SAMUEL COLERIDGE-TAYLOR

Born in London in 1875, Samuel was an accomplished **VIOLINIST** and **COMPOSER**. He wrote music inspired by his West African heritage and fought against racial prejudice with his incredible compositions. His best-known work was *Hiawatha's Wedding Feast*, which has been performed around the world since its creation.

LORD HERBERT KITCHENER

After singing a song on the steps of the SS Empire Windrush in 1948, Lord Kitchener, affectionally named Kitch, helped introduce **CALYPSO** to Britain. He was a trailblazer of his time, and a central figure who helped the spread of Trinbagonian music around the world.

SHIRLEY J THOMPSON OBE

An award-winning **COMPOSER**, Shirley has written music to commemorate some of the most prominent events in British history over the past twenty years. One of her most well-known pieces was *New Nation Rising, A 21st Century Symphony*, a composition which was commissioned for the Queen's Golden Jubilee.

THE JOY OF ALLYSHIP

Activist and Human Rights Defender Lady Phyll

Little Black girls are the best allies in the world. I know this because I was one – and I'm still an ally today, working to support the rights of LGBTQ+ people across the world.

I was a powerful little Black girl. I defended people on the playground; I asked questions in class when things didn't make sense for me and for other people – and because I questioned how the world worked around me, I learned that allyship means to speak up. Little Black girls are the best allies in the world because we pay attention, we use our voices, and we won't stand for injustice.

When we rise together, we are mighty. I'm proof that when we stand our ground and use our voices, allies can help people all over the world be free, safe and equal. I'm proud to be an ally to those who need a strong friend, a loud voice and big hug. Little Black girls are the best allies in the world, who become the best Black women in the world. I know this because I am one.

When we rise together, we are mighty.

Lady Phyll's LGBTQ+ Trailblazers

Some of the rights LGBTQ+ people have today are thanks to allies of the past. Each of us carries on the legacy, and one day in the future I want someone to say, "I fight for what's right because Phyll helped prepare me and the world for this work", in the same way that I honour our ancestors.

LGBTQ+ stands for lesbian, gay, bi, trans and queer. The + is an inclusive symbol to mean 'and others' to include people of all identities.

MARSHA P. JOHNSON and SYLVIA RIVERA were trans women (assigned male at birth but whose gender identity is female) who dedicated their life to allyship.

The women became prominent figures in the STONEWALL UPRISINGS, a series of demonstrations by members of the LGBTQ+ community in New York in 1969.

Marsha and Sylvia emerged from the events that took place at Stonewall as leaders in the GAY LIBERATION MOVEMENT.

A month after the demonstrations, the FIRST OPENLY GAY MARCH took place in New York, which was a pivotal moment for the LGBTQ+ community in the USA and beyond.

Together they also helped found STAR (STREET TRANSVESTITE ACTION REVOLUTIONARIES), a group that supported transgender youth experiencing homelessness.

INTERNATIONAL WOMEN'S DAY

THE JOY OF BEING A BLACK WOMAN

Activist Tabitha St. Bernard-Jacobs

I am a Black woman. I am an immigrant Black woman. I am a multiracial immigrant Black woman. I am all these things at once.

I moved to the United States as a teenager from Trinidad & Tobago. In T&T, I was in the racial majority. In New York, I went through an American awakening of sorts, discovering what my identity meant in a place where Black womanhood is often silenced and disregarded. As I came into my own, I realised my Blackness is a part of my soul and my joy holds roots in my ancestors' gifts.

My Blackness is a part of my soul.

As one of the organisers of the Women's March movement, I have spent a great deal of time fighting for gender equity – and it is Black joy that replenishes me when the effects of gender injustice and racism become too much. It is in the pride that bounces off my melanin, dances along with the coils of my curls and the round of my nose. It is my joy.

Tabitha's Manifesto for Expansive Soul Care

I centre my love for myself around a practice of expansive soul care, inspired by psychotherapist Sarah Harris. Black women deserve joy like everyone else. Here are just some of the ways I practice expansive soul care.

GETTING INTO NATURE
Mother Earth grounds me while sending sweet reminders that I am in a relationship with all it has to offer. Going out into nature helps me breathe, relax and centre myself.

WEARING NATURAL HAIR
Natural hair gives me freedom. My afro helps me feel empowered and confident in my own skin. It's the natural crown that I've been chosen to carry and I do so with joy.

HARNESSING POWER
The Women's March movement is pivotal to my work. Our mission is to harness the political power of everyday women to create transformative social change. Protests are a direct expression of expansive soul care because I'm fighting for the world my children and I deserve.

JOURNALLING
Putting pen to paper allows me to get my thoughts and feelings out of my head and be present in the moment. Every day I try to write things I am grateful for, centered around my relationship with myself and my body.

CELEBRATING BLACK WOMEN
What joy it is to celebrate life, love and vibrancy through the Black women who impact my life. I imagine that I help nurture their expansive soul care when I reflect the love they give to me.

WORLD IMMUNISATION WEEK

THE JOY OF VACCINES

Doctor Ronx Ikharia

The world before vaccines was a scary place. Danger could be found in the foods people ate, the water they drank, and the people they touched. But through the brilliance of science, we now have vaccines to protect us.

The recent Covid-19 pandemic was the first time that many of us realised how important vaccines are – and creating a vaccine in under a year was no small feat! II had the privilege of learning how to draw up and administer these vaccines in a vaccination centre in my home town of Hackney in London, and I felt immense pride and joy as I saw my community protected.

It's incredible to think that we have the potential to cure every disease and illness. New science is developing constantly; we have the resources around us on this earth, we just haven't discovered all the answers, but the answers *are* there... and the future is infinite!

It's incredible to think that we have the potential to cure every disease and illness.

Doctor Ronx's Vaccine Lesson

In 1796, an English doctor called Edward Jenner injected small amounts of a cowpox virus into a patient to protect him from the smallpox virus. This was how the first-ever vaccine was created! You may be wondering why did worked...

1. Your **IMMUNE SYSTEM** helps fight off infection from harmful bacteria or viruses by creating antibodies. Each **ANTIBODY** is specific to the bacteria or virus that has entered your body and triggers a specific immune response.

2. These antibodies stay in your immune system after the **INFECTION** has gone, so if you have the same disease again, your immune system remembers and destroys the disease.

3. However, sometimes your immune system isn't always strong enough against the harmful bacteria or virus, and you can become **UNWELL**.

4. The disease causing **BACTERIA** or **VIRUS** is broken down into harmless, tiny parts before being used in the vaccine, so that they can trigger an immune response without making you sick.

Enter **VACCINES**! A vaccine contains a harmless form of a specific bacteria or virus that causes the disease you are being protected against.

5. Your immune system **ATTACKS** the harmless bacteria or virus from the vaccine and then produces antibodies against it.

6. Your immune system remembers the disease, so once **VACCINATED**, if you get the disease again, your immune system protects you from getting seriously unwell. How cool!

INTERNATIONAL DOG DAY

THE JOY OF DOGS

House Dogge Founder Angela Medlin

When I was around eight years old, my dad brought home our first family dog in his jacket pocket. She was the tiniest puppy I had ever seen. We named her Penny, and she joined our adopted cat Smokey.

Penny bonded quickly with Smokey. There were no other dogs around, so she must have thought of herself as a cat. She even pooped in the cat's litter box and brushed up against our legs when she wanted attention. Eventually, she discovered her bark. I suspect it was a surprise to her that she was indeed a dog.

Penny became the matriarch to several other rescue dogs that joined our family over the next fifteen years. Our dogs brought so much happiness to our family, so much so that it eventually inspired me to create a pet brand, House Dogge, and today I love to research, design and develop products for the well-being of families, four legged and two-legged family members alike.

Our dogs brought so much happiness to our family.

Angela's Reasons to Adopt a Dog

Finding yourself in the position to look after a furry friend is always an exciting time, but have you ever considered asking your caregivers to adopt a dog, instead of buying one new? There are so many advantages!

IT'S A GOOD DEED

Some dogs have had a sad start in life and are looking for a second chance. By adopting, you are giving a dog a safe and loving home.

YOU MIGHT FIND YOUR DREAM PET

By spending time with lots of different dogs, there's a good chance you'll find the one that fits into your family perfectly.

YOU'LL BE SUPPORTED

Rehoming centres carefully match dogs with the best new owners, offering advice, training and support throughout the adoption process.

YOU'LL ENCOURAGE OTHERS

When friends and family meet your adopted dog and hear about the dog of your dreams, they may think about adopting their next dog, too. Spread the doggy love!

THE JOY OF AUTUMN FOOD

Chef Andi Oliver

There is a touch of magic about the autumnal larder. It's like nature has had its glad rags on for summer and has reached that point in the party where its head is thrown back in celebratory laughter!

Rich with the promise of comfort, Autumn is a dreamy time in the kitchen: dark cobblers, bubbling pots of aromatic stews, bowls filled with tumbling black beans loaded with fried plantains, squashes rolled in spices and turned through oats and stock to make heartwarming skirlie, aromatic poached beetroots, fresh curds, zesty sorrel, roast garlic, gold rapeseed oil.

Autumn is a dreamy time in the kitchen.

As the sunlight changes and the breeze starts to dance in the trees, I love to stand in my kitchen cooking from autumn's rich bounty – pickling cucumbers, making jams, caramelising onions. These are what my daydreams are made of!

Andi's Autumn Comfort: Spiced Squash and Caramelised Red Onion Skirlie

This is my favourite autumnal recipe. It was born from an old Scottish dish called skirlie, which is a savoury porridge. Think of it as oat risotto – both comforting and joyful!

INGREDIENTS

- 100g red onion, finely sliced
- 2 cloves garlic, grated
- 40ml olive oil
- 10g unsalted butter
- 2 tsp Caribbean curry powder
- 1/2 tsp chili flakes
- 200g butternut squash, peeled and diced
- 100g oats
- 350ml chicken stock
- Knob of butter
- Pinch salt, to season

METHOD

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Place a heavy-based frying pan over very low heat. Gently sauté the onions and garlic in butter and half of the oil for 20 minutes, until soft, sticky and golden.
3. Tip the remaining oil, curry powder and chili flakes into a bowl and mix to make a paste. Add in the diced butternut squash and stir well, ensuring it's thoroughly coated.
4. Slip the coated squash into an ovenproof dish and bake in the oven for 35 minutes, until the squash is tender but not mushy. Remove from the oven and add the squash to your frying pan, stirring it in with the onions and garlic.
5. Next stir in the oats, add the chicken stock, and cook it over medium heat for around 5 minutes. Throw in a knob of butter and a pinch of salt, and serve straight away to savour the joys of autumn!

THE JOY OF LOOKING UP

Space Scientist Dr. Maggie Aderin-Pocock

A clear night sky filled with stars is a wonderful sight. Looking up makes a difference to how I think about the world around me.

When I look up to the night sky, I remind myself that I'm following in the footsteps of our ancestors. Every culture has tried to understand what they are looking at. Some have written poems, others have built huge structures. (The world's first astronomical site, Nabta Playa, sits on African soil!) What they all had in common was that they were aware of the vastness of the universe.

Looking up makes a difference to how I think about the world around me.

It is remarkable to think about how small we truly are. After all, Earth only makes up about 0.0003% of the total mass of our solar system! We may be small, but we're part of something cosmic – and we get to see a part of the awe-inspiring spectacle just by looking up.

Dr. Maggie's Stargazing Tips

Take advantage of it getting darker earlier this month with some stargazing! Here are my five top stargazing tips:

CHECK THE DATE
The best time to go stargazing is the **DAYS AROUND THE NEW MOON**, when the sky is at its darkest. During these times, there is no bright moon to wash out the light from fainter stars, so you'll be able to see thousands more.

LOCATION, LOCATION, LOCATION
Find a spot where you can see as much of the night sky as possible. Make sure you're away from the streetlights, as their dazzle will stop you from seeing the stars. Your **BACK GARDEN** could work nicely, or perhaps walk with a trusted adult to your **LOCAL PARK**.

ADJUST YOUR EYES
To see the stars clearly, let your eyes get **'DARK ADAPTED'** by keeping them in the dark for around thirty minutes. You need to do this because the pupils of your eyes get bigger or smaller depending on the light levels.

LEARN AS YOU GO
There are many **STARGAZING APPS** that will help you instantly locate stars and planets. Just point your smartphone at the object you want to observe and the screen with tell you what you are looking at.

HAVE FUN!
I love to stargaze with my daughter, Lauren, who introduced me to a chocolate and marshmallow dessert called **S'MORES**. We eat those under the stars and have a relaxing evening with the cosmos together.