

# THE **R**EA<sup>ding</sup> public MAGAZINE

SPECIAL EDITION

JAMAICAN GOSPEL ARTIST  
STEVE WATKINS DISHES OUT HIS  
FAVOURITE RECIPE

30  
Amazing  
Women  
You  
Should  
Know

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BUZZ NOTES WITH  
MERVIN BUDRAM  
GLENROY "DR.BEATS" JAMES



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CHIEF EDITOR | GRAPHIC DESIGNER  
APOSTLE-PROPHET STANSHAW CORNELIUS

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# HOPE NOTES

Life has a way of steering us towards moments where the integrity, character, core substance within, is compelled to emerge, not just peak at the surface but confront the caricatures of dissonant emblems projected upon the prudent strides for advocacy. It's that undeniable force which has been at the root of every meaningful revolution of our time.

I truly hope that voices once silent would choose in this hour to declare the utterances of liberty for a generation in desperate need of a way that is paved with certainty of a greater good. We see the moral fabrics of our society gradually being torn because the divide has become mixed in its perspectives of absolute truth. Each is more and more determined to tug at uncommon threads in an effort to grasp the seemingly unknown. Where does it all lead? Well, through the endurance of time truth will show itself and in that instance of fact none will be void of its existence.

What man attempts to escape is inevitability, and those conformed by the wisdom of existence can only confess the acceptance of a grace that captured their heart and elevated their souls to a place of conscienciousness and heightened abundance. Therefore, regardless of human effort to suppress the evident, the power of its eternal capacity prevails again and again.

So who amongst us will take that step forward and urge, compel a nation, a world, to turn from the practices that destroy rather than build, corrupt rather than rightly nurture and guide? There is no need to wait for a burdening majority, simply believe that what you have on the inside is too important to leave unexpressed or untapped. Know that even for the good of one it's worth it. Therefore, I say to you man, woman, boy, girl, do what you were created to do, choose the path that is praiseworthy and etched in the glory of the Most High God.

*“I truly hope that voices once silent would choose in this hour to declare the utterances of liberty for a generation in desperate need of a way that is paved with certainty of a greater good.”*



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# MAY 2 DOMINION 2020

**ABGMA**<sup>TM</sup>

*The Antigua Barbuda Gospel Music & Media Awards<sup>TM</sup> is an International Award Ceremony held annually on the island of Antigua. It's a Celebration of our Best in Gospel Music and Media. Over 30 + categories and seven (7) Honourary Awards. This prestigious award event, under the theme "Dominion" will feature in 2020, Red Carpet/Pre-Show Awards, Live Performances from International & National Gospel Artists/Psalmists, Exclusive Reception, Award Ceremony and an Official After Party.*

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30

AMAZING  
WOMEN

# YOU SHOULD

In this special edition of The Reading Public, we will be featuring 30 amazing women who are overcomers, pioneers, visionaries, mothers, world changers and so much more...Get a snapshot of their journey thus far and take a leap into a realm of tangible realities that are sure to curate lasting impressions of relentless faith and hope.

# KNOW

Sugar Ridge

#1



# Natalia

# lia

Natalia Bevans has over 21 years of professional experience in the Criminal Justice System in Belize. She is an Attorney-at-law, formally a prosecutor, Magistrate and Director of the Family Court in Belize. She attained a Master of Laws (with Merit) from the University of London, a Certificate of Legal Education from the Norman Manley Law School and a law Degree (with honours) from the University of Guyana. She has been called to the Bar in Belize and Antigua and Barbuda.

A Member of the UN-Women Caribbean-Select Pool of Expert Trainer and Researcher on Prevalence of Domestic Violence. A certified Christian counsellor and Arbitrator, with training in Mediation, Alternative Dispute Resolution, and Restorative Justice. She provides consultancy and conducts training in Belize and in the Caribbean, on issues relating to legislative drafting, Family Law, international treaties for children, gender based Violence and Constitutional law.

She served on the Child Friendly Court, the Criminal Justice Reform and the Mediation Rules Committees. These resulted in the promulgation of the Criminal Procedure Rules, the Mediation Rules and the implementation of the first child friendly court in Belize.

## Attorney-at-Law

#2

# Esther

A Mother of 2 young men, a Grandmother, International Speaker, Bespoke Lifestyle Consultant, International

Magazine Editor and Publisher for Turning Point: Your Lifestyle, Your Well-Being, featuring interviews with every day heroes and some of the most successful and influential entertainers of our time. Turning Point delves into the heart and soul of Artists and others who share never before told stories of failure and redemption; how to pick up and start again.

Hardship has given entrepreneurs the needed determination that fuels their businesses, and the same is true for Esther Austin.

Personal transformation, facilitating healing and empowerment is her passion and remit and has allowed her to practice internationally. Working with clients in pursuit of peace, she focuses on transformation and healing their pain and wounding, resulting in them walking in personal power, freedom and individuality.

A 4 x Award Winner, recipient of Powerhouse Global Mentor 2019 Award. Awarded in February 2016 a Be Mogul Award and nominated as one of the Most Influential Black British Entrepreneurs 2016.

A universal soul, loves exploring all aspects of life and cultures. She is spontaneous, adventurous, loves going to theatres, concerts, travelling, working with horses (Known as The Horse Whisperer), fashion and good healthy food. She has trekked the Amazon, Andes, Peru and other places.

[www.turningpointmag.com](http://www.turningpointmag.com)

Facebook/Instagram: @estheraustinglobal, @turningpointmagazine

## International Speaker



#3



# Melissa

Prophetess Melissa Simon has a passion to see lives, especially the next generation restored and wearing their Crowns of Glory (Isaiah 62:1-4) to fulfil their divine destiny. She is passionate about the advancement of the Kingdom of God and in turn engages in discipleship, mentoring, counselling, intercession and operates in the gift of Administration to coordinate lives.

She is the Vision Pioneer of RYCCC INC. (Restore Your Crown Caribbean Centre) which is a Watchman Prophetic Intercessory Ministry in Antigua and Barbuda, with the vision to win souls, feeding the needy, impacting the Government and uniting the Body of Christ.

Prophetess Melissa is the author of "MY LIFE IS A TESTIMONY-RESTORING MY CROWN". She is an ordained Pastor and in full time ministry for the past 8 years; preaching the Gospel in the Caribbean (Barbados, Antigua, St. Lucia and Montserrat), London, U.S.A, Canada, Nigeria and South Africa.

She is a Psychology graduate and has a Diploma in Business Administration. She is the wife of Minister Vere Simon who releases her to manifest. Prophetess Melissa is the biological mother of two beautiful girls and spiritual mother to many.

Her motto is "always leave an indelible mark wherever your feet goes".

## Prophetess/Pastor

# Chrys-Ann

Antiguan Motivational Speaker, Personal Development Trainer, International Author and Life Coach. A “mompreneur” that wears many hats and runs several successful home-based businesses alongside her husband and two daughters.

As C.E.O of Chrysalis Success Transformation, she has inspired many to accomplish their goals through conferences, local and online master classes, life coaching sessions and speaking engagements, including the USA, UK and Middle East. Also she has guest appeared on Radio Stations in Antigua, the United States and the UK.

Her audience has comprised of men and women, however, her passion is to teach women about valuing themselves. Through identifying and pursuing purpose and engagement in strategic applications to re-think and re-energize their lives, many have been transformed. The bi-annual Women’s Conference, Recharge: Body Mind and Spirit is a forum where women acquire valuable skills for physical, mental and spiritual growth.

Training extends to corporations as well and positions Employers to actively facilitate further development of Employees. The objective is to generate strong individual links and a more effective team.

As author of Operation Game Plan, Chrys-Ann Ambrose was nominated for Author of the Year at the Indie Author Legacy Award in the United States, in the Personal Development Category. She holds certifications in Personal Development and Leadership and Life Coaching from the Achievement Specialist Coaching Academy in the UK.

## Motivational Speaker





# Thalia

Mrs. Thalia Parker-Baptiste, born on Antigua to John and Ruth Parker, is the seventh of eight children and a graduate of the Princess Margaret Secondary School. She worked in the Banking industry for 15 years, inclusive of 10 in Offshore Gaming and 3 in Aviation. Through her consistent dynamic personality she acquired the position of Customer Service Supervisor, Manager and Trainer.

A Certified Competent Communicator in Public Speaking, present VP, Public Relations of the Waladli Toastmaster's Club. Thalia is a Marriage Counselor and Sex Therapist, holds a Certificate in Project Management from the University of the West Indies, and a Wedding Decorator, now eight years.

Manager/Owner of Thalia's School of Craft, Professional and Development Services. An aspiring Motivational Speaker and Author. Currently writing two books, "YOU can heal your body" and "From the Desk of Thalia", Daily Inspirations and Personal Testimonies of God's goodness and favor upon her life.

Founder/Group Administrator of Empowered Women, Empower Women (Antigua Chapter) and will establish Charters in three other Islands soon.

She is a confident mother of two beautiful daughters, a guitar and keyboard player, lover of gardening, floral arranging and reading. Her purpose is to motivate, empower and inspire women to be Ambassadors for God and in every aspect of their lives.

## Speaker/Counselor

# Angel

Angel Sessions- California native with a passion for singing since she was a little girl. Began in church as a worship leader. Over 20 years in the music industry. Harnessed her artistry as an R&B Artist. Signed first deal and released her first Album, "Introducing Angel" with Pittmobile Records and Ichiban Distribution in 1998, following an introduction to Producer/Songwriter Fred Pittman.

First single "She was never her" was widely received on over 80 BDS Stations. Her move to Volt Records occurred in 1999 after the Ichiban company was sold. Having now recorded her second album, "Love Ride", the first single, "Get It Right" as well was released with Volt Records that same year. "Love Ride" received a small write up in Rolling Stone and mention in Billboard Magazine. Toured with S.E.A.P (School Entertainment Activity Program) in Los Angeles California, alongside Artists like Usher, Brandy, Destiny's Child, Spice Girls, Britney Spears, Rome, Tyrese Gibson and more. Sang Backup Vocals and duets with Label mates The Delfonics and The Dramatics, Lenny Williams, Brenda Holiday and Freda Payne.

Connected with Earth Wind & Fire lead singer Maurice White and had two featured singles on the Stylistics 2010 album, entitled "Painted in the Sky". Her single "Inconvenience" written by Tony Camilo, was composed for the movie "Held Up" starring Jamie Foxx and Nia Long.

Met Mary Wilson of Supremes in 1999 and toured with her as a background vocalist in 2004.

First Gospel Album, "He Loves You" released in 2005 on CD Baby. Opened for Fred Hammond in 2007 at San Diego State Fair. 7th Album and EP released in 2013, "You Send Me Higher" and "If You Love Me" respectively. Has been Nominated and won Multiple Awards, including Best Female Artist at Underground Music Awards 2014.

Now on a new label Atlas Elite Entertainment. Album "Know them by their fruits" released on Nov. 24th 2015. Charted at #7 for Best Urban Gospel Artist. Latest Project "Joy" features 22 Gospel Songs. Recent Single, "Don't Run" released in November 2019. "Best of Angel Sessions R&B" and first single coming in early 2020.

Her music inspires her to continue her journey "...for God's glory until the end."

## Gospel Recording Artist





# Cam Celda

Camelda Michael is a cheerful, hardworking and helpful woman raised by her grandmother in the village of Clare Hall, after having lost her mother at an early age. Graduate of St. John's Catholic Primary School and St. John Girls School. Had an apt for taking care of younger children. Mother of three, grandmother of nine and greatgrandmother of four.

An Elder, Ladies Leader, Sunday School Teacher and Island District Sunday School Superintendent at the Living Hope Christian Union Church. Served in Prison Ministry, Street Pastors, and is a former Chairperson of Big Brothers Big Sisters at the Child and Family Guidance Centre and Child Evangelism Fellowship.

Ministering to the youth is her passion and she desires to reach out to students and parents on a social, emotional and spiritual level. Founded the Christian Union Pre-School in 1981. Junior Academy added in 1990. Has been the Director for 36 years.

Studied Christian and Early Childhood Education at Bethel Bible College, Servol Training & Resource Centre in Jamaica and Trinidad. Attended the Haggai Institute in Singapore and completed Advanced Level Training in Early Childhood Education at the U.W.I School of Continuing Studies. Now retired and teaches religious knowledge from Kindergarten to Grade 6.

Awards to date: First Caribbean International Bank Unsung Hero 2004

Member of Most Precious of Princely Heritage 2005- MH for Community Service Lifetime Service Award - Child Development from Youth & Social Transformation Early Childhood Development Award-Years of Distinguished service to Early Childhood Development in 2011, Humanitarian Award-Antigua Barbuda Gospel Music & Media Awards in 2015, Christian Union District Award-Dedication to Education, Living Hpe Christian Union Church Outstanding Service for Evangelism.

## Educator/Humanitarian

# Valerie

Born in London, England to Antiguan parents Claudius Gonsalves-Barreiro and Cynthia Carr. Graduate of the Princess Margaret Secondary School and excelled in the business department. Acquired a distinction in Typewriting and gained passes in Maths, English A & B, and French. Mother of two children and grandmother of two.

Became a full time employee at LIAT 1974 Ltd after being highly recommended by Mr. Samuel Luke (now deceased) due to her outstanding work performance.

Entered the Public Sector in 2003 as a Registration Officer/Supervisor at the Antigua and Barbuda Electoral Commission. Trained Staff for Elections in 2004, 2009, 2014 and 2018.

A LEO Club of Antigua member who rose to the position of President. Worked on projects that aid the less fortunate and young children. Inducted into the Lions Club of Antigua, January 1996. Awarded "Lion of the Year", the highest club award. Held positions of Chairperson, Director, Vice President, and the first female President in 2008/2009. Hosted many projects to bring awareness to Breast Cancer.

During her Presidency, the Educational Bursary Program was re-introduced in two (2) of the Government Primary schools. EBP assisted students preparing for Common Entrance Exams (now National Assessment Exams) and parents unable to afford after classes. Many students have made the Top 100 List as a result. The EBP is currently managed by Valerie.

Carnival Queen Show Committee-1993, 1999 - 2001 she became the Chairperson, Protocol Chairperson 2004-2011.

2008-State and Official Funeral Committee, Salvation Army Advisory Board and appointed Secretary in 2010 to present.

July 6th 2017-Governor General's Faithful and Meritorious Silver Service Award for faithful service to civil society.

November 1st 2017- National Award to hold the Distinction of a Member of the Most Illustrious Order or Merit MM.

Brand Ambassador for Antiguan Internet Company, INET.

## Public Servant/Humanitarian





# Gabr Giella

Gabriella Chapman, affectionately known as “Gabby”, was born on July 25th 1995, in Bartica, Guyana, a beautiful tranquil town in Region Seven. She has an amiable personality, thrives on learning and experiencing new things, determined and vigorous, yet pleasantly calm.

Graduated with 9 CXC subjects and awarded Best Graduating Student in English. Went on to serve as an English, Agricultural Science and Health & Family Life Education Teacher at Bartica Secondary School. Throughout her teaching career a passion for empowering children to be dream achievers, especially young girls, was discovered.

Gabby later entered the Pageant Industry, and participated in six Pageants. Mr & Ms University of Guyana Student Society Pageant 2015 where she emerged 1st Runner Up, Miss Emancipation 2016 - 2nd runner up, Miss Mash Queen 2017 - 1st Runner Up, Miss Bartica Regatta 2017-Queen, Miss Guyana Jaycees and Miss Earth Guyana - Finalist.

She is an advocate for building confidence and empowering young women to believe that they can become whatever they desire to be. Led to the launching of her own Foundation, “The Girl Build Girl Foundation” in 2017, which aims to cultivate self-confidence and unconditional self-worth in young women across Guyana, and further afield. With ‘Uniting Hearts, Molding Minds and Achieving Dreams’ as its motto, the Foundation now has 133 members, girls ages 14 to 25.

Gabby strongly believes that dreams are achievable once an individual develops confidence and believes in themselves. It is on this premise that Gabriella Chapman is heading to the Miss World Guyana 2020, and using her platform to continue empowering girls in her country.

Foundation Founder  
Miss World Guyana 2020 Candidate

# G is Gisele

Dame D. Gisele Isaac Arrindell grew up in Clare Hall and was educated at Christ the King High School. She graduated from St. John's University, New York, with a BSc. in Journalism and Literature, summa cum laude, and, later, a Master's in Government & Politics, with a concentration in International Affairs.

Isaac is the author of *Considering Venus* (1998), a novel that deals with love and gender; the screenwriter of *The Sweetest Mango*, 2001, and *No Seed*, 2002 (Hama Films); and has worked as a journalist in local media. She has also written extensively about male-female relationships and calypso.

Isaac was Speaker of the House of Representatives between 2004 and 2014 and represented her country in forums across the Commonwealth. She has been Chairperson of the United Progressive Party since 2015. She received a National Honour in 2014 and became a Dame Commander - Order of the Nation.

Between 2001-2014, she was Executive Secretary of the Board of Education, and worked in banking in her earlier years.

Isaac lectured in the Undergraduate Department of the Antigua State College from 2002-2019, teaching Business Communication, and at St. John's University between 1993-1998, when she taught Masterworks of Black Writers.

She is a committed Catholic, a feminist, and a member of POWA and The Movement.

## Educator/Former Speaker of the House



# “Every child born carries a DNA of Heaven”

- Multi-Award Winning Gospel Artist **MERVIN BUDRAM** out of Belize...

Q1: Share one thing that you are grateful for in this season of your life.

Mervin: I am grateful for my family. My wife Ruth and three daughters - Chloe, Grace & Iva. They bring a lot of joy and support to my life.

Q2: Do you consider yourself to be a traditional guy or more on the contemporary edge?

Mervin: Hmm. That's a good question. In some areas I'm very traditional and in other areas I'm on the contemporary edge.

Q3: Two words that describe your work ethic.

Mervin: Committed & Dependable

Q4: What is one of your favorite sayings and why?

Mervin: "Every child that's born carries a DNA of heaven." I believe that we all carry a piece of heaven within us and when we step into our purpose and freely release that to the world, that's part of what makes the Kingdom of God come to earth.

Q5: What are some of the goals you have set for yourself as a minister of music and how far ahead are you on moving towards them?

Mervin: Over the years, I've set many musical goals and I've achieved quite a few as a minister which includes: Making music that inspires, encourages and liberates the listeners, perform on International stages in the Caribbean, USA & other parts of the world, see 1000 new converts through our ministry, provide solutions that

help people come into a place of wholeness. Also help people know God and express him freely, release a music video for every song produced & recorded, release a worship album, release a TV Series, release a podcast series produce books and give away my music to students in schools.

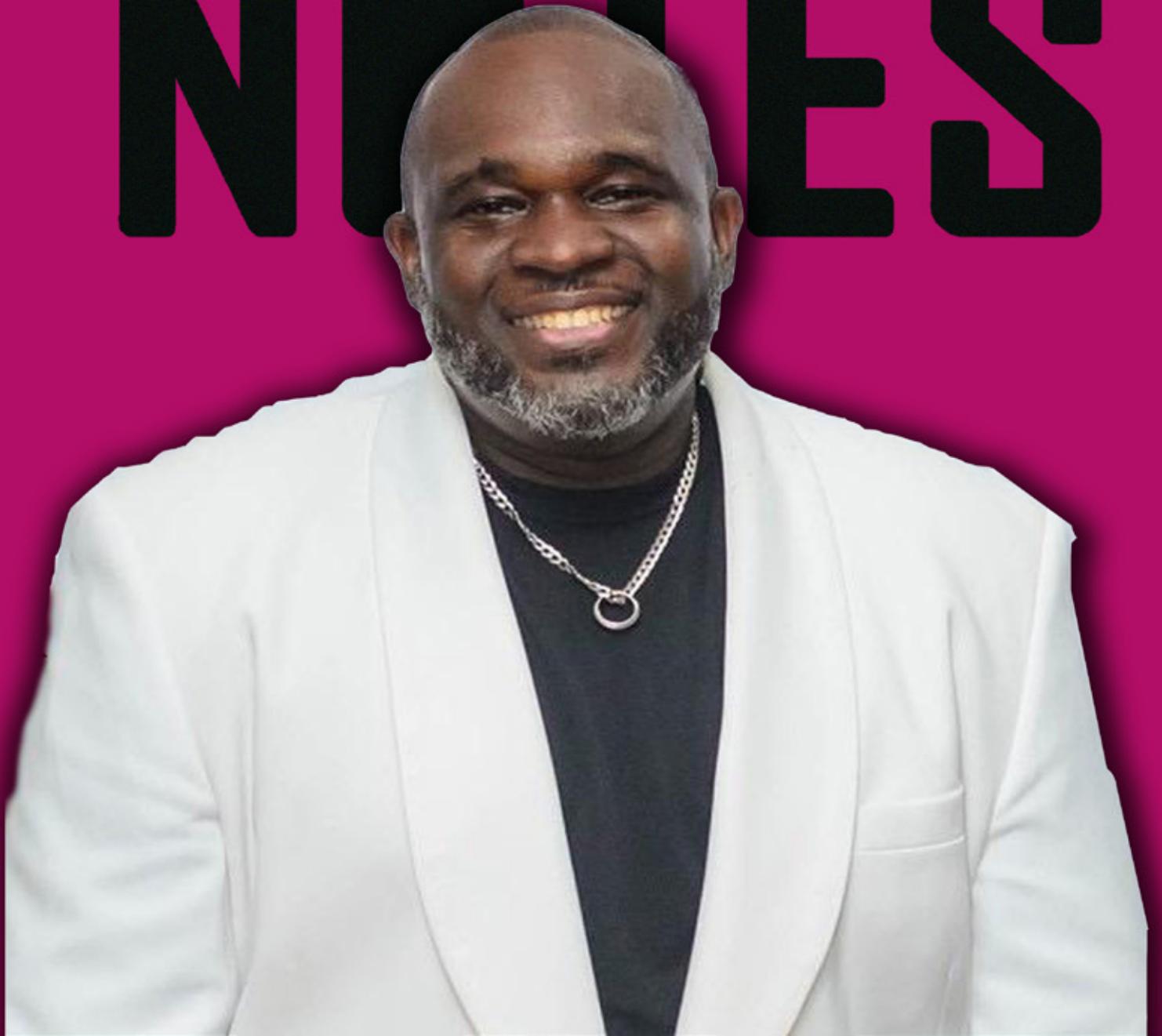
Q6: What are some key areas that can be improved to make the church more effective in this age?

Mervin: Firstly, I would say that despite popular opinion, the church is being effective. If you think about it, the world is changing fast with the advance of technology but yet the church has managed to adjust its method over the years while maintaining our core values and beliefs. Despite persecution the church has not faded. Yes there's always a tension between those who do things the old way versus those who embrace the new methods; but I also think it's that tension that keeps us relevant and accurate over time. If we can better find a way to respectfully honor each other while we work out the tensions of methods, we would be more effective in our mission of discipling nations.

Q7: Top Five Gospel songs that you have on repeat right now.

Mervin: Honestly I don't have 5 gospel songs on repeat. I love a wide range of music and we have such a large pool of options that I try to listen to something new every day. I want to give as much artist a try. Yes I have my favorites but there's so many of them that the chances I'll listen to a particular song twice in a given week is far and between.

# BURR NOTES



A photograph of Mervin Budram performing on stage. He is wearing a white blazer over a black turtleneck and dark pants. He is holding a microphone to his mouth and appears to be singing or speaking. In the background, there is a large screen displaying a graphic of a Christmas tree, and a woman in a black top is visible in the lower right corner. The scene is lit with stage lights, and there are decorative white branches with lights in the background.

**MERVIN  
BUDRAM**



**GLENROY  
“DR BEATS”  
JAMES**

# “The lyrical content of the song must have substance”

-Award Winning Record Producer **GLENROY JAMES** -Antigua

Q1: How did you get started in music and how many instruments do you play?

Glenroy: From an early age, I've been active in the church system, and just like many other musicians I started in church. I started off playing drums at my local assembly and slowly ventured off to bass guitar. I was soon approaching the end of my High School years, which means I had to play an instrument for music exams. It was not long after that I started playing piano solely for the purpose of the exams.

Q2: First steps for you in the production process and who are some Artists that you've worked with?

Glenroy: Most times if not all, it starts off with a simple musical idea. It could be a melody line or a chord progression and it builds from there. There are times when I'm not quite satisfied, but I usually would just lay ideas down and revisit them at another time. I've worked with Micah Balasu, Naycha K.I.D, Jaron Nurse, Neesha Woodz, Young Phenom and JohnMark Wiggan.

Q3: Key ingredients that make a really good song.

Glenroy: There are many different things that are involved in making a song, and I believe what makes a song really beautiful is a balance of all these things. The lyrical content of the song must have substance so that the listener can relate, and the singer(s) must perform with energy and feeling needed to convey the message of the song and capture the interest of the listener. The music on the other hand

must accompany and compliment the voices in a creative way but still not distracting the listener from the main instrument which is the voice. There are exceptions at certain points but this my general reminder. All of the above is basically useless if they cannot be heard, that's where the mixing and mastering comes into play, to ensure that every sound is blended sweetly; in a manner that relates to the genre as well.

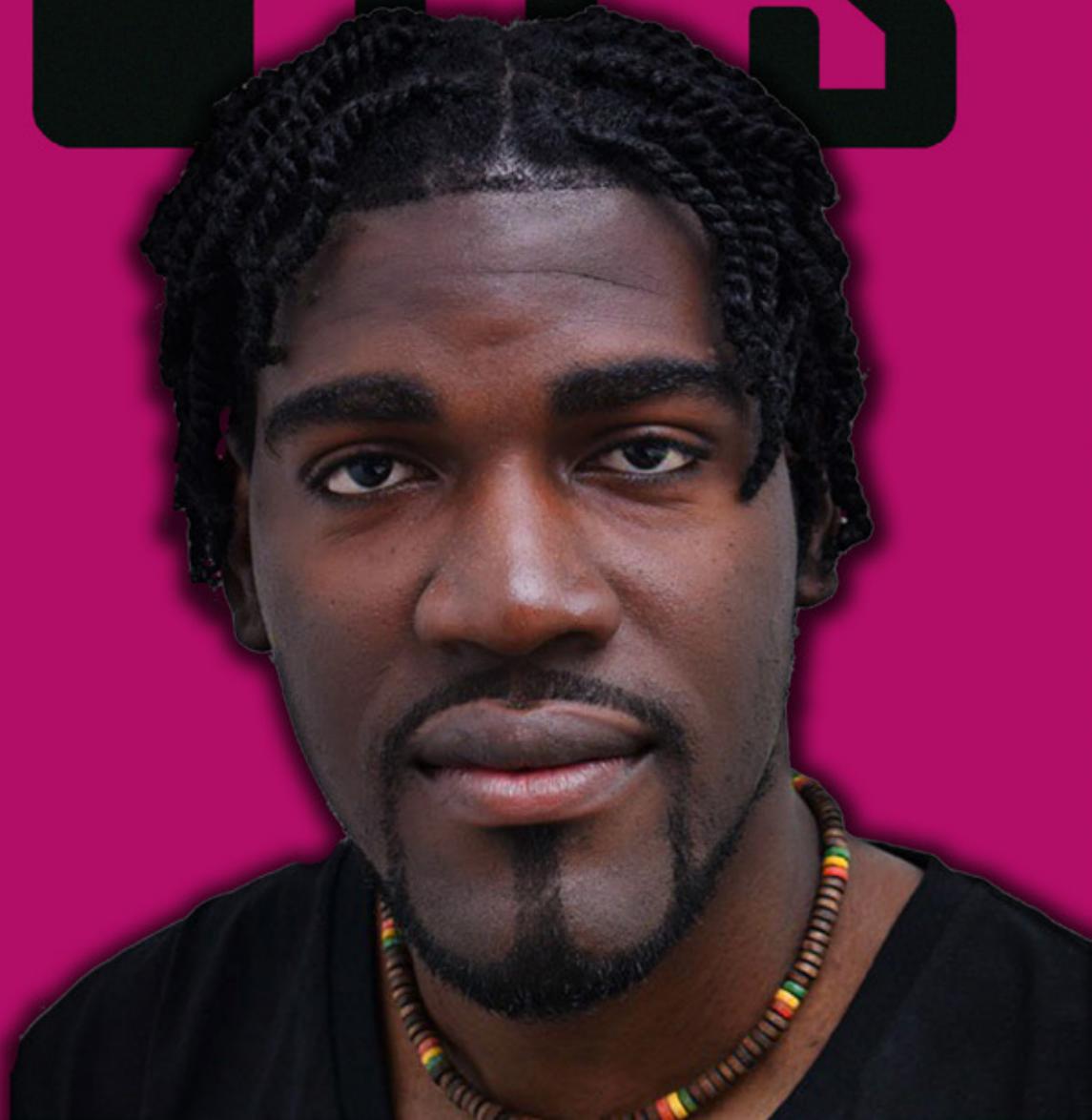
Q4: Tell us two defining moments that helped shaped the person you are now.

Glenroy: There are so many different experiences which shaped who I am today that it is slightly difficult for me to choose which two were the most important, but I would say one of those moments was seeing my cousin produce a song. It intrigued me that one guy could do all that with just a computer and few equipment and that immediately sparked my interest to become a producer. The other moment was walking into the Pelican Lodge Studios own by Steve Jackson. It was the first time I walked into a building that was designed from the ground up to be a recording facility and the sound was awesome. It still tickles my ears even to this day.

Q5: Advice you would give to persons who would like to be a Producer and Composer.

Glenroy: Don't be afraid to go out of the box, don't stifle creativity, but also don't rely on natural talent alone. Study, educate yourself musically, intellectually and learn the DAW program. The knowledge will allow you to work faster and more effectively.

# BUZZ NOTES





# Marlyn

Dr. Marlyn Morris is a strategic, innovative and visionary leader, with strong organization and strategic relationship building skills; transformational change-agent with political acuity and robust record of success within the Strategic Policy, Planning and Stakeholder Relationship Management in The Public, Private and Not-For-Profit Sectors. Collaborative, systems-thinker and development planner with strong determination to lead the growth and development of an organization into success by facilitating change focused on strategic priorities and stakeholder dialogue. Dynamic Transformation Coach and Trainer of Coaches, with focus on Corporate Leadership and Management Coaching, Parent, Women and Youth Coaching with special focus on parent coaching for raising conscious, resilient and successful children.

Institutional Strengthening, Capacity Building and Leadership Development Training Expert. A Legislative Reviewer and Legislative Drafter; Tertiary Level Curriculum Developer and Educator. She is a Developer and Trainer of Black Youth Identity and Leadership Training Programs.

Works as International Consultant in Development Policy & Planning Consultancies for Developing Countries in the Caribbean and Guyana in South America in programs supported by UNDP, EUROPEAN UNION, Organization of American State (OAS), Inter-American Development Bank , to name a few. She has also

2011 to present-Chairman Emeritus of the NGO, Caribbean Council for Economic Development (CCFED). A USA registered Not for Profit Organization dedicated to the advancement of private sector entrepreneurial development, regionally, nationally and among the Diaspora communities of peoples of Caribbean origin.

## Visionary/Educator/Trainer

# Nuggets from the word

**FORGETTING  
THOSE THINGS  
WHICH ARE  
BEHIND...**

**-PHILIPPIANS 3:14**



*“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”*

2019 moved swiftly along, with 2020 following swiftly on its heels. January 1st is a time when many make New Year’s resolutions. Some of these are eventually accomplished, some are cast aside under the pressures of life and fatigue, while some are simply forgotten.

As we begin a New Year, I would like to leave Philippians 3:13-14 with you. 2019 is over. You may have experienced failure, discouragement, pain and grief. It may have been what you would call a “bad year”. However, a new year is beginning. Forgetting those things which are behind does not mean you completely forget, and don’t learn from the past. It means you should not let them hold you hostage. Do not let them keep you so bound that you cannot move forward in 2020. Do not become immersed in self-pity and discouragement.

Paul tells us, *“forgetting those things which are behind”* reach *“forth unto those things which are before”*. There are new opportunities in store for 2020 and you won’t experience them by dwelling in the past. You must reach past your failure, past your hurt, past the deception, past the setbacks, past the betrayal and press forward! You must take action! Paul tells us to reach forth!

Move from failure to success. Move on from the hurt, deception and betrayal to healing and to your new season of joy. Push past the setbacks

and do not be deterred. Dr. Cindy Trimm says it well: *“No matter how far behind you feel, God has already arranged a comeback for every setback! Keep pushing.”* Keep your eyes on Him. Rest in His promises and His ability to do *“exceeding abundantly above all that we ask or think, according to the power that worketh in us.”*

I would like to leave this poem by Annie Johnson Flint with you, as we begin a new year and trust that the Word remains with you through the hills and valleys of 2020:

## WHAT GOD HATH PROMISED

God hath not promised  
Skies always blue,  
Flower- strewn pathways  
All our lives through;

God hath not promised  
Sun without rain,  
Joy without sorrow,  
Peace without pain.

God hath not promised  
We shall not know  
Toil and temptation,  
Trouble and woe;

He hath not told us  
We shall not bear  
Many a burden,  
Many a care.

But God hath promised  
Strength for the day,  
Rest for the laborer,  
Light for the way,  
Grace for the trials,  
Help from above,  
Unfailing sympathy,  
Undying love.

***“PUSH PAST THE SETBACKS AND DO  
NOT BE DETERRED...”***

**CAROLYN G. PHILIP**  
AUTHOR/TRPM CONTRIBUTOR



#12

# Patricia

Dr Patricia Benjamin is an inspiring Speaker and her signature message, “Highly Fabulous Women”, is empowering women from London to New York, from Port of Spain to Dubai.

She was the No.1 Life Coach for Fitness First, the UK’s largest health club operator where she conducted her Personal Success workshops. Her workshops whether focused on Confidence, Destiny, Wealth Empowerment or Relationships received excellent attendee reviews.

As a Leadership Coach with experience in ministry, media, entrepreneurship, marriage and motherhood; she loves working with women who need objective and genuine support as they reach for their highest purpose and calling.

Through her awarded “Ask Patricia Show”, her songs, and her books, her desire to bring transformation one woman at a time, is slowly taking shape. Her work has caught the eye of many and even given rise to an opportunity to speak on the same platform as former presidents.

Dr Patricia has been listed in the Top 100 Most Influential Black People in Digital Media, the prestigious Sound Women 200 List (honouring top 200 women doing amazing work in radio), Inducted in the Hall of Fame for Women Appreciating Women and much more. She is married with four children.

[www.patriciabbenjamin.com](http://www.patriciabbenjamin.com)

## Speaker/Life Coach



#13



# Patricia

Patricia Louisa Tully CHE is a true Daughter of the soil and a dedicated Patriot who has been blessed with many talents which include Acting, and great organizational skills. In addition to that, she was a super Executive Housekeeper that has trained hundreds and produced at least six great Executive Housekeepers some of whom are overseas and employed by big chain hotels. Moreover, she has created and developed many housekeeping techniques to clean the guest room and for the efficient and effective running of the operation.

Ms Tully is also a Certified Hospitality Educator and a Certified Executive Housekeeper who still trains employees in the hotel industry through *Tully's Hospitality Consultation and Training* and also volunteers her time to train young people during summer camps in Etiquette and other disciplines.

As an Actor which is her passion she has performed on stage numerous times and have done local movies including Hama production cameo in their movies and featured in their soap "Paradise View" and she has performed with the late great George Rick James and Earl Goodwin, Edson Bunting, Meredith Mathurin and Vaughn Walter whom she if featured in a movie with "Once in an island" and have done a few Public service announcements. She is also a cofounder of "Corn Alley Performing Arts Group Workshop & Production".

## Hospitality Trainer

# E di th

As a young woman she felt a calling to know and record our history for Antiguan slave descendants. This led to the founding of African Slavery Memorial Society Inc. in 2009 to focus on the Research, Documentation and Preservation of African Slavery History and its museum.

Found the Antigua Cameroon Love Mission 2006, a Christian Missionary organization in 2005 as Visionary, Coordinator and Facilitator.

Established the Antigua Limbe Sister-Sister City Agreement 2005

First Secretary General 2006 - 2008 Memoire d'Afrique, founded by His Majesty, TANEFO Jean-Marie, of Bamenjinda, for reconciliation and repatriation.

Honorary Mafo, or Queen to His Majesty TAWEMBE Jean, Kingdom of the Returned Slaves, 2007 to encourage the repatriation of all slave descendants to Cameroon.

This period in Cameroon enabled her to see the strong link between the Africans and the African slave descendants and how these broken links needed to be repaired. There she became friends and colleagues with the many chiefs who were descendants of Cameroonian slave traders and academics who were engaged in tracing the slave routes to the Americas.

The result is the ASMS Museum project telling our story in our own way.

## Historian/Founder



#15



# Kay

Rev. Dr. Kay Morris is a multi-award winning Gospel Hall of Famer; she is a Grammy Considered singer/songwriter, Global Humanitarian, Ordained Reverend/Bishop, Youth Mentor, and Evangelist. Born in Jamaica, she started singing at the tender age of 4.

She has performed at Stellar, Dove, Grammy Awards sanctioned events. Her ministries has allowed her to cross cultural and religious barriers around the world. The Electrifying Kay Morris takes over the stage captivating audiences under the Power of The Anointing.

2006 she was enstooled Queen Nana Oye Sika I, in Ghana after brokering \$1.5 million anti retro virals for AIDS in Africa. 2012 she was invited Delegate to the World Bank Annual Civil Society Policy Forum Tokyo, Japan. 2016 Dr. Kay Morris was invited to the White House in Washington, DC as Delegate of 3rd Caribbean & African International Leadership Conference.

October 2019 Dr. Kay Morris was one of first 7 women Ordained to the Office of Bishop in Pentecostal Church Of God. She holds Doctor of Divinity Degree and Doctor of Humanities Degree. November 2019, Dr. Morris ministered in Asia (South Korea and China). She is the President of the Kay Morris Foundation being the Voice Of The Voiceless.

## Pastor/Gospel Artist

# May

Pastor May Telemaque loves God with a passion and loves people with great compassion. For the last 20 years she has reached out to single mothers with little or no income, to orphans or children with abusive or absent fathers.

One of her favourite Bible verses is from James Chapter 1 verse 27, "Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world."

To help children develop, she runs sessions in her community, Greys Farm, using Art and Crafts, Dancing, Singing, Miming and Bible reading.

Three years ago, May received a Humanitarian Award by So Arise Music International which recognised the work she does providing counsel, distributing food and clothing packages.

She has spent the last four years doing devotionals every week at three government schools. For the past three years she has presented a Radio Programme called Kids Club on God First Radio 102.9 FM every Saturday morning, providing inspiration to a younger generation.

In 2019 the programme was voted by the public for Best Radio Programme, Best Radio Inspiration and Best Radio Social Documentary at the Antigua Barbuda Gospel Music & Media Awards hosted by So Arise Music International.

Because of her concern for hurting people she has a new radio programme called Breakthrough Prayer Warriors where listeners can ask for prayer. Pastor May believes God still answers prayer and nothing is too hard for Him!

## Pastor/Radio Host



#17



[THEREADINGPUBLICMAGAZINE.COM](http://THEREADINGPUBLICMAGAZINE.COM)

# Jess urah

Makayla Sabrina Jessurah Lee, known professionally as Jessurah, is a 4 x Antigua Barbuda Gospel Music & Media Award Wining, Antiguan Gospel Singer/Songwriter. She began writing her own songs at nine years old and grew to love Soca music.

In 2014, Jessurah entered the Soca Monarch competition at the age of seventeen. She made it to the Semi-Finals and was given the opportunity to showcase her talent at the Power Rumble.

Despite all the opportunities presented within the secular Soca arena, Jessurah felt that she needed to surrender to the Lord; and began ministering through gospel music.

In 2015, Jessurah released her first Gospel Soca single, "CYAH FAIL." After surviving abuse and overcoming suicidal thoughts she penned her recent hit singles, "Covered" & "Fathom", expressing her relentless pursuit of God's plan and purpose for her life.

Jessurah has graced the Prayer Jam stage in 2018 and 2019. Her musical transitions and electrifying performance sets her apart from other artists; and her powerful message of hope has connected her with the audience. Her fearless delivery and songwriting skills are setting her up for the next phase in her career. She is determined to impact many lives around the world-one melody at a time.

## Gospel Recording Artist

# Beverley

Beverley Danvers is a Singing Evangelist, Weightloss Coach, Digital Marketer and a Motivator from the island of Antigua, with a mission is to spread the Gospel through song and to push you into your divine purpose and destiny.

She has embarked upon writing her first book entitled, "*Broken...but not Destroyed*". Her story will encourage persons who have been broken to believe again and to have faith because it will turn around.

Being a Digital Marketer has opened the doors for her to reach people from all over the world sharing daily inspirational and motivational quotes, counseling and motivating hurting women. In addition to that, she shares with people how a simple business opportunity has transformed her body and her bank account.

She is a wife of one husband and a mother of two handsome sons. Her personal life experiences, have equipped her with stories of survival, hope, and inspiration that continue to bless the lives of people who connect with her on a daily basis. Her motto is, "*Everyone attached me to WINS*".

Beverley Danvers believes that truly no condition or situation in your life is permanent, and nothing is too difficult for God to handle.

## Singer/Entrepreneur



#19



# Alicia

Dr. Alicia Collins is a mother, pastor, psalmist and just recently became a published Author releasing her first literary work, "He Squeezed the Survivor Out of Me!"

In the September 2008, Dr. Collins, was diagnosed with Leiomyosarcoma. She underwent surgery in January 2009 to remove a massive tumor that was measured at 17 cm by 24 cm. While in the fight of her life, she believed God would heal and restore her and He did it!

A year and 1 month later after the cancer bout, she was faced with another medical trauma, a bowel obstruction that burst, made her septic and left her with a less than 20% survival rate, leaving her lingering in between life and death. But God did it again! God miraculously restored her life and ministry. It was at that moment, she gave God a complete yes!

She is the founder and visionary of LEMONADE, a charitable non-profit organization that celebrates survivors, offers scholarships to family of cancer victims and supports local domestic violence shelters among other cause. She is determined to empower, encourage and enlighten everyone she meets to live their best life!

## Overseer/Pastor

# Jack lynn

Jacklyn Cornelius Payne is a Design & Project Management Specialist. She is also a Distinguished Toastmaster and currently serves as District Director for Toastmasters D86 which encompasses western, central and northern Ontario, Canada.

Jacklyn has been involved in community & people development as a member of Antigua Jaycees where she served as ROS and Caribbean Queen show chairman. She was instrumental in introducing several initiatives including the Master program for MC and Stage management team.

Jacklyn is the first African Canadian in District 86 to achieve the position of District Director. She is also the first in the last 5 years to serve in every leadership level. In 2012 she won the Area Governor of the year award for her outstanding leadership. In 2014 she won the award for Division Director of the year and as recent as August 2019 In Denver, Colorado, was awarded Excellence in Program Quality for her district.

Jacklyn is a firm believer that in order to achieve one must remain focus amidst the noise around them. She also stresses the importance of goal setting, mentorship, discipline and attitude. When she is not in Toastmasters mode she enjoys spending time with her grandson designing buildings from Lego and helping him with his Toastmaster speech.

## Project Manager/Speaker



# GOAL SETTING

**PUT  
IN THE  
WORK**

*ja*

HERO

Welcome to this season's empowerment session on Life- Changing Essentials For Living life and really loving it. We will examine the concept of achievement through goal setting as a part of the process of living life accurately and effectively during 2020 and beyond.

Earl Nightingale, the God-Father, so-called, of personal development and powerful influence in the motivational field during the twentieth century, and whose programmes and speeches continue to have favorable impact upon many today, defined success as "*the progressive realization of a worthy ideal.*" A worthy ideal is synonymous with a goal that one sets out to accomplish in specific areas of one's life. So it is difficult to measure success without clear goals or targets that we set for ourselves.

Here are some points for consideration as we set some SMART goals for 2020 and beyond, in the categories identified below.

Before examining the nature of SMART goals, let's examine the following three categories of goals.

\*\* One way experts classify goals is in relation to the time in which they may be achieved; so goals may be categorized as A) Short-term goals, B) Intermediate, Medium or Interim goals and C) Long-term goals.

\*\* Short-term goals are those targets we set out to achieve between now and one year later. They are often referred to as one year goals.

Most people have long-term goals. They may be large scale, like setting up a business. They may be small scale, like booking an overseas holiday.

The problem with long-term goals, though, is that they are often so far away that it is challenging to know where to start, and the goal's pay-off seems distant and unreachable. For this reason, they may often remain dreams, with nothing ever coming to manifestation.

Short-term goals on the other hand, provide a solution to this problem. When properly

formulated, they offer a series of milestones – a step-by-step system that paves a path towards our long-term goal. They give us a clear plan to grasp what may otherwise seem impossible.

The delicious benefits of short-term goals lie in their achievability. This is where short-term and long-term goals differ. Saying to yourself: 'I'd like to lose 50 pounds,' is far different from saying: 'I'm going to go for a 15 minute run after work today'.

Behavioural psychology tells us that we respond positively to achievement, no matter how small. It spurs us on. It motivates us. If we set short-term goals that are regularly attainable, we will be far more likely to stay motivated over time.

Another favorable benefit of Short-term goals is the power to minimize procrastination. They lay down a clear and defined path to success, allowing us to focus on one thing at a time. This focus will not only help us stay motivated, but it will also help our productivity, and have us achieving our long-term goal more quickly. Our actions will have a sense of purpose, and we will be less likely to get daunted or discouraged in the process. Short-term goals provide the foundation for something greater.

\*\* Intermediate, Medium-term or Interim goals are those targets we set out to accomplish between one and five years. These are often referred to as five year goals. When we think about goal setting, we often break our goals into Short and Long term goals; but what about those goals that fall somewhere in the middle?

A one, five or ten-year plan is usually somewhat grand. Without breaking it into smaller segments, we are likely to have trouble maintaining momentum and achieving it. However, it's tough to divide a long-term plan into short-term tasks without intermediate goals. That is why we shall provide some thoughts on Intermediate goals and how we may set them up as stepping stones to reach our greatest dreams.

Intermediate goals prevent us from falling so far. They provide the steps to give us the boost that we need as we gain the confidence and skills that are necessary to reach our bigger dreams. They also give us a plateau to land on if we fall while reaching for the more long term goal.

The beauty of setting intermediate goals is that we can take the reins. We can make choices. We determine the decisions as we examine and engage the process.

Intermediate goals can help us take steps that might otherwise seem like just leaps of faith. They create plateaus as was mentioned, where we can land, assess the situation and evaluate our plans for future take off.

We can set up our intermediate goals from the beginning to generate a path that will lead us to our big dreams or long term goals. Paying attention to intermediate goals removes much of the unknown that comes from looking into the future.

It is important to understand here, that our intermediate goals can change if needs be. That's the beauty of setting them. They bring us closer to our final objective, and they ensure that we are on the right path.

Every time we achieve an intermediate goal, we can and should celebrate our success. We can look back and view the route that we took to get there. We can evaluate our mistakes so that we can move forward more efficiently.

Then we can gauge whether the next intermediate goal in our plan is still reasonable. If it is, we may continue plodding forward. If it is not, we may tweak it so that we can make changes now, before we find ourselves too far off of the path.

Setting Intermediate goals remedies the problem of waiting too long to enjoy the outcome of our goals. Once we are clear about what we want, we may start to see the path to achieving it. In other words, we may begin to see how our

actions can help us achieve our goals going forward.

\*\* Our final category, Long term goals, are those targets we make an effort to achieve in a time frame beyond five years according to some experts.

Long term goals may be more important to our sense of happiness and well-being than many people come to believe. They direct our actions. They provide us with a sense of purpose. They even shape our attitude towards objects, people and circumstances that surround us.

Psychological studies indicate that once we set a long term goal, our subconscious mind will never forget it. No matter where we live, what we do and how old we are, our subconscious will continue actively searching for ways to achieve our long term goals.

Once set in motion this mechanism cannot be stopped. Not by multiple failures. Not by negative social conditioning. Not even by our conscious decision to stop trying.

The good news is that you have been programmed for success. The not-so-good news – we will still have to somewhat personally engage the process [do the work ]to achieve it; but this is no reason to get discouraged.

Having (and achieving) long term goals actually holds a number of life-long rewards.

Here are some advantages of setting Long Term Goals

1. Long Term Goals give us Direction. Having clear and specific long term goals keeps us headed in the right direction to that somewhere we really want to end up. Not just somewhere the circumstances might take us.

2. Long Term Goals give us a sense of greater purpose. These objectives give meaning to most, otherwise, mundane tasks. We don't wake up in the morning to go to work, spend 8 hours in the office to return home and relax in front of

television for the rest of the evening. We have something great to look forward to. We have something that fires us up; something that has the potential to nourish our life in general.

3. Long Term Goals give us a better understanding of possible roadblocks or barriers. Having a clear direction in life allows us to prepare much better for the trip, to anticipate and avoid possible setbacks, to build skills that are necessary for success and to gain support of people who can make our journey easier and more enjoyable.

4. Long Term Goals create a positive impact in a sense. While short term goals help us create momentum. The effect of accomplishing a short term goal is short-lived. They are only stepping-stones to the greater success. Long term goals on the other hand, may be harder to achieve, but their impact is more noticeable and lasts over time.

5. Long Term Goals help us keep the big picture in focus. Having long term goals allows us to see beyond today's work, and keep our motivation high; especially when we are faced with seemingly tedious, but necessary everyday tasks.

While life-long goals may vary greatly from person to person, there are still similar characteristics that we have to keep in mind before applying a massive amount of action to achieve them:

Long term goals cannot be achieved overnight. We cannot build a successful business, home-based or otherwise, instill healthy habits in our children or obtain a college degree, in just a few months. Goals like these, take time.

Long term goals are more concrete than dreams or wishes. There is a big difference between saying "Someday I will be an accomplished Pediatrician" and "By 2025 I will get my Doctoral Degree in Pediatrics at the University Of the West Indies at Mona Campus in Jamaica." The first statement is a dream that has nothing to do with reality. The second

statement is a long term goal that combines a dream to become an accomplished Pediatrician, and a plan on how to get there.

Whether we are setting Short term, Medium term or Long term goals, it is important we make sure that they are S.M.A.R.T. Research shows that the acronym or mnemonic was introduced in 1991 by George T. Doran in an article in Management Review, and stated that goals should be "*Specific, Measurable, Attainable, Realistic and Timely or Time-bound.*"

SMART goals that are *Specific* are well defined, clear, and unambiguous. These goals have a significantly greater chance of being accomplished. To make a goal specific, the five "W" questions may be considered:

*Who: Who is involved in this goal?*

*What: What do I want to accomplish?*

*Where: Where is this goal to be achieved?*

*When: When do I want to achieve this goal?*

*Why: Why do I want to achieve this goal?*

For example, a general goal would be "I want to get in shape." A more specific goal would be "I will obtain a gym membership at my local community center and work out five days a week to drop fifty pounds."

SMART goals that are *Measurable* must have specific criteria that measure our progress towards the accomplishment of the goal. If there is no criteria, we will not be able to determine our progress and to determine if we are on track to reach our goal. To make a goal measurable, we ask yourself:

*How many/much?*

*How do I know if I have reached my goal?*

*What is my indicator of progress?*

For example, building on the specific goal above: "I will obtain a gym membership at my local community center and work out five days a week in an effort to drop fifty pounds." Every week, I will aim to lose one pound of body fat.

SMART goals are Achievable when we conclude them to be attainable and not impossible to achieve. A SMART goal must be achievable and attainable. This will help us figure out ways we can realize that goal and work towards it. The achievability of the goal should be stretched to make us feel challenged, but defined well enough that we can actually achieve it. We may therefore Ask ourselves:

*Do I have the resources and capabilities to achieve the goal? If not, what am I missing? Have others done it successfully before?*

SMART goals are Realistic when in our estimation they are within reach, and relevant to our life purpose. A SMART goal must be realistic in that the goal can be realistically achieved given the available resources and time. A SMART goal is likely realistic if we believe that it can be accomplished. We may therefore ask ourselves:

*Is the goal realistic and within reach? Is the goal reachable given the time and resources? Am I able to commit to achieving the goal?*

SMART goals are Timely or Time-bound when there is a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency. A SMART goal must be time-bound in that it has a start and finish date. If the goal is not time constrained, there may be no sense of urgency and motivation to achieve the goal. We may ask ourselves to this end:

*Does my goal have a deadline? By when do I want to achieve my goal?*

For example, building on the goal above: On February 01 I will obtain a gym membership at my local community center. In order to drop fifty pounds, I will work out five days a week. Every week, I will aim to lose one pound of body fat. By the middle of January, 2021, I would have realized my goal of dropping fifty pounds of body fat. I lose at least four pounds of fat over the course of a month for the next 50 months.

Often, individuals or businesses will set them-

selves up for failure by setting general and unrealistic goals such as, "I want to be the best at such and such a thing ." This goal is vague with no sense of direction.

SMART goals set you up for success by making them specific, measurable, achievable, realistic/ relevant, and timely/time-bound. The SMART method helps push us further, gives us a sense of direction, and helps us organize and reach our goals in a precise manner.

Let me take this opportunity to challenge and encourage us to set just three goals- one Short-term, one Medium-term and one Long-term as a result of reading this article. It's time to take a few simple action steps for our own life's enjoyment and expansion.

Let's grab a pen or pencil, or open up our note app on our cell phone or whatever device we choose for these exercises. We may record a goal in relation to what we would like to be, do or have in any of the categories pointed out. For example, for a short term goal, we may want to drop 12 pounds of body fat in total over the next 12 months. For a Medium-term goal, we may intend to become a Certified Fitness Trainer in the area of physical fitness within the next two to five years; and for a long term goal, we may desire to build a business, generating seven digits (over a million dollars annually in profit) in income dollars consistently in the next five to ten years. Let's be sure that each goal is SMART in nature [each is specific, measurable, achievable, relevant/realistic and time-bound] as we engage the process now.

ACTION STEP # 1: My Short-term goal which I intend to realize on or before January 2021 is to

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ACTION STEP #2: My Intermediate/Interim goal which I want to realize within the next two to five years is to

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*“The good news is that you have been programmed for success.*

*The not-so-good news: we will still have to somewhat personally engage the process [do the work ] to achieve it; but this is no reason to get discouraged.”*

ACTION STEP # 3: My Long term goal which I desire to accomplish within the next five to ten years is to

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In the next issue of the Reading Public Magazine, we will continue the goal setting process by examining other categories around which we may set some SMART goals for spiritual, physical, emotional, psychological, social [relationships] and financial well-being.

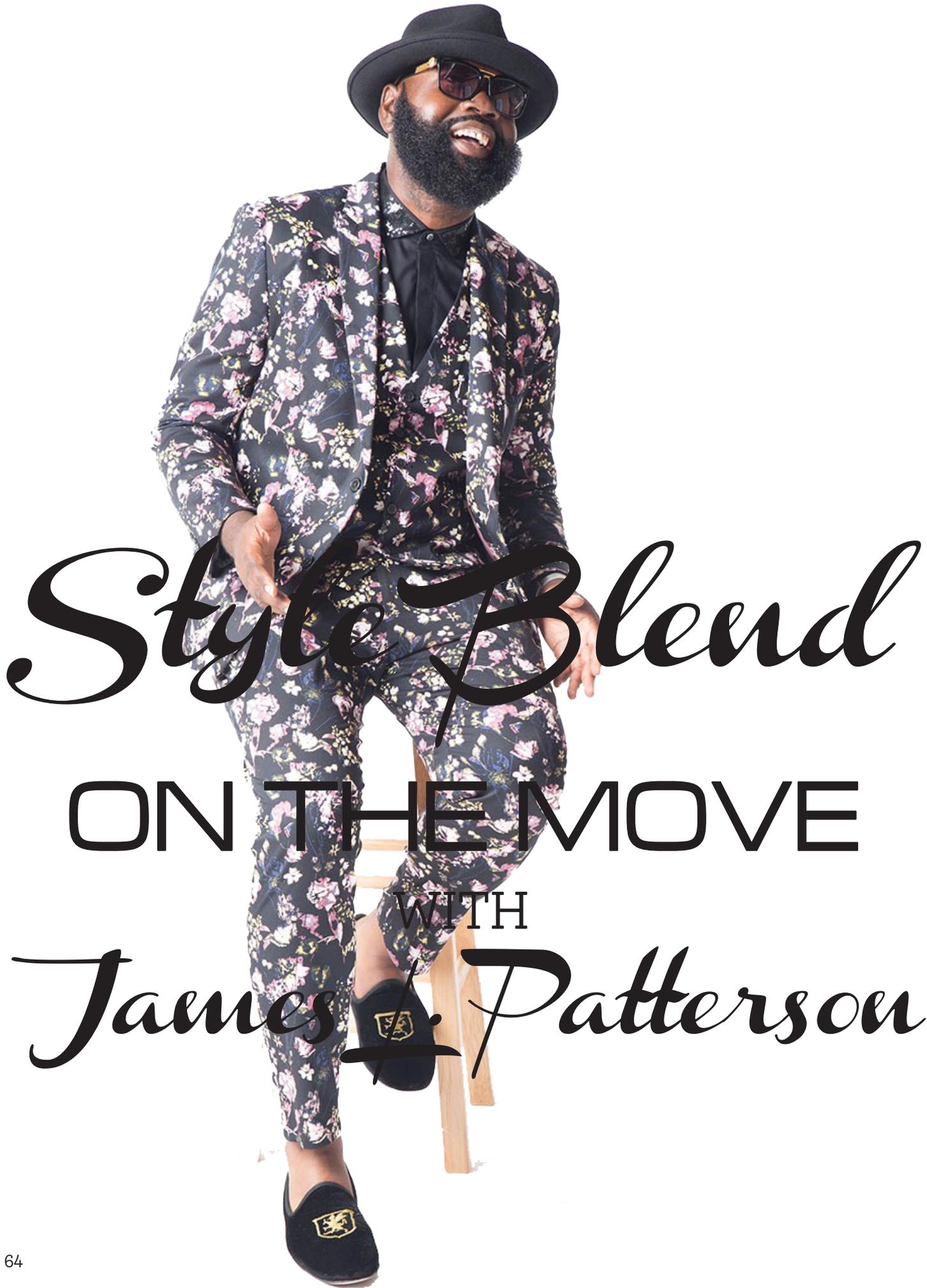
LIFE-CHANGING ESSENTIAL FOR LIVING LIFE AND REALLY LOVING IT

By Clephane W "Terrific" Roberts

Inspirational Facilitator

Founding Director: Success Concepts International, Antigua.





TRPM: What can't you leave home without?

James: My cell phone and my Fedora.

TRPM: Skinny jeans or a nice suit?

James: A nice suit of course! Even though, skinny jeans are in too!

TRPM: How has your personal style evolved over the years?

James: I've become more comfortable being me. If I like it, I wear it. Even if no one else is.

TRPM: Describe the last time you really had some fun.

James: When I traveled to Europe on tour for 3 ½ weeks and sung for the Pope! It was absolutely amazing!

TRPM: Who are some persons you have drawn inspiration from? Name two things you gleaned that you still apply up to this day.

James: My family. Mom, Lorrene Patterson, Dad, James Patterson and two sisters, April Patterson-Davis and Audrey Patterson. They are some hardworking folks and I've learned from them, you must put in work to get great results.

TRPM: You know you are at your best when...

James: When I'm doing what I love, music and helping others be the best they can be!

TRPM: Favourite dance moves...

James: OMG! Any dance move that Mary J. Blige does! I go all the way in! She's my absolute fav!

TRPM: If you were to put a snapshot of your story in a verse what would you say?

James: I never had the perfect life, what a book that I could write. There would be a tear on every page. Every day there's something new, pain is permanent tattoo, I can't believe

I made it to this age. If I flip a coin I'd lose the toss, searching for answers I got lost. Life is a complicated phase. You would think I've lost my faith, After all I've had to face. But with every book, you can always turn the page. (Jessica Reedy - Always)

TRPM: Who is behind your signature fashion?

James: OMG! Me, me and me! Lol well, I love patterns and fashion whether it be clothes, set design, home décor etc. I just love seeing things be put together well! So that includes me too! Lol Oh, but I love J. Bolin's style too! Definitely an inspiration of mine!

TRPM: What's the best advice you have been given in developing your personal style as a Minister of Music?

James: Be the best "ORIGINAL YOU" that you can possible be and love it!



# More on James

James L. Patterson has music ministry running through his veins.

The Orangeburg, SC native is devoted to applying his God-given gift into every facet of his life, including his career.

His accolades to date are a Bachelor's Degree in Music Education from South Carolina State University. He is currently a Music Teacher and Band/Chorus Director at Cross Elementary and Cross High School.

It's undeniably certain, that this is only the beginning for James Patterson. James released his debut single, "*Better (Is on the Way)*" in December 2014.

Shortly after, in January 2015 God blessed James with a syndicated Radio Show., *The James Patterson Morning Show* which now airs on over six stations throughout the world.

In 2016, Patterson became an official business owner of JLP Music Group, LLC and JLP Social Media Promotions. In September 2016, James released a new single "*This Joy*" digitally along with a music video.

In December 2017 he released his 3rd single "*I*

*Speak Victory*" & on August 23, 2019, Patterson released his newest single, "*Move*" worldwide.

Patterson has won several Rhythm of Gospel Awards, CEMG Awards, Jay Williams Living Legend Award, NEBS & LIFE Radio Show Award, New Artist Profile Award, S&M Indie Award, SC Black Pages Honoree Award.

James travelled to Europe on a European Music Tour for 3 1/2 Weeks in December 2019, singing in various cities throughout Spain, Italy & Croatia. Patterson has also done some commercials & radio with WJNI 106.3FM, WOCS 93.7FM & is the COO of Charging Station Radio East. In addition to that, he is the Event Coordinator of one of the largest outdoor gospel concerts in South Carolina, Project LOVE Gospel Fest, held Annually on Easter Sunday.

He has also appeared on BET, TV One, Fox, ABC, TCT, Bounce and The CW.

James made a guest appearance on the Dorinda Television Show in the Summer of 2019.

Through it all, Patterson remains humble and committed to all that lies ahead of him with God as his strength and guide.

*"It's undeniably certain, that this is only the beginning for James Patterson..."*



  
**JUST**  
**JAMES**<sup>TM</sup>

# Stacey

Ms. Stacey Harris is a proud single-mother of two beautiful children with a desire to see all single-mothers arise to leave an inheritance and blessings to physically and spiritually secure our children for a brighter future.

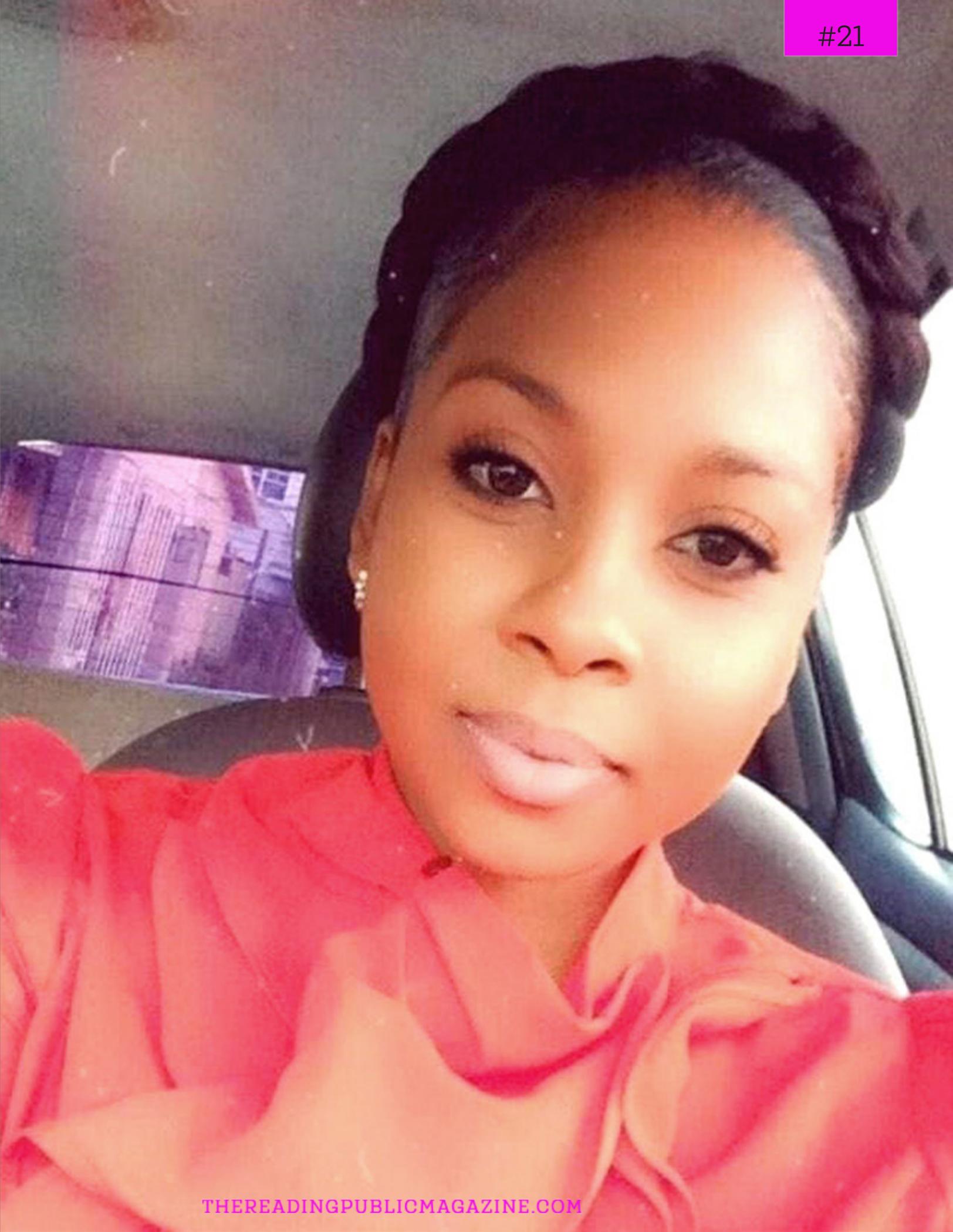
She is convinced that we must deny our circumstance and upbringing from dictating our future by walking contrary to what society expects or wants to hold us hostage to. We are not our mistakes, we are not our past, or defined by abuse, but we are “Mothers” being molded into the image of our God, who has purpose through the shed blood of our Lord Jesus Christ.

Stacey is a Certified Microsoft Office Specialist with a diplomat in P.C Technician from the Antigua and Barbuda International Institute of Technology. In addition, she has also acquired a Certificate in Psychology. At present Ms. Harris is the Acting Client Service Supervisor in the Ministry of Information, Broadcasting, Telecommunications and Information Technology.

Through the mentorship and teaching of Pastor/Prophetess Melissa Simon, her spiritual mother and to whom she is a Personal Assistant, Stacey has experienced, learned and understood, the true meaning of God’s love, mercy, grace and forgiveness.

Ms. Harris attributes all glory to God, her I Am. Philippians 4: 6-7 declares, “Above all guard your minds and hearts against the wilds of and fiery arrows of the enemy,” therefore, PUT NO LIMITS ON GOD AND SET NO BOUNDARIES.

## Personal Assistant/Technician



#22



# Niki Nikki

Malika Namcoba Bamvini (The Queen with a pretty smile), aka Nikki Phoenix, is a Certified “Communications Specialist” who embraces her freedom to create & implement unique avenues for personal development. She challenges herself daily to live by faith & patience in the work & will of the Most High God as she journey's through life.

She is the CEO of Nikki Phoenix Enterprise, a mass media communication entity and Founder of the Women of Esteem Foundation, a non-profit organization, advocating for the empowerment & enlightenment of women & teen girls within Antigua & Barbuda. Had her start in Media as Producer & Host of the “Xpress Yourself” Radio Show where she educated audiences on ways to enhance their lives. Also she Co-Hosted/Produced the Voice Of The People Show on Observer Radio.

Nikki she has used her voice to positively impact the “mindset” of young women & girls, to awaken them to the consciousness that “Greatness is within them”. As Founder of Camp Go Girl-Control Your Destiny, a pilot initiative of Women Of Esteem, she has witnessed first hand the positive outcomes in the lives of every girl who has participated over the years.

She credits her focus to her experiences as a Single Parent, Entrepreneur, Social Activist & Entertainer. Her motto is “Prayer Changes Things”.

Now hosts The Nikki Phoenix Show on ZDK Radio every Tuesday and Wednesday evening.

## Activist/Media Personality

# Rose

Rose Wright was born in Kingston, Jamaica to a half maroon mother and father whose grandmother was an indentured slave from India, and given at birth to her Hispanic paternal Christian grandmother. Rose Blossom Wright truly believes that this colorful ancestry has uniquely shaped her into being the overcomer she has matured to be and constantly views the glass as half full always. Without faith it is impossible to please God.

Her mantra stems from Romans 8:28, which states that “All things work together for good for those who are the called according to his purpose in Christ Jesus.”

Now serves in capacity as Elder Rose Wright-Elliott at Empowered People in Christ. She is the Chaplain for the New York State Task Force, a Religious Volunteer at Valhalla Correctional Facility Women Division, Volunteer Chaplain at Rikers Island Prison, Founder of the For Your Glory Radio Program and Organizer of Pressing the Olives Foundation Encouragement and Inspiration for Women.

Rose Wright-Elliott has been battling lung cancer for thirteen years and has been in stage IV for the past five years. She has survived several rounds of radiation, chemo and is currently undergoing treatment while serving in the roles aforementioned.

She has one daughter, Jheanelle Lennon-Culbard, a son, Antoine Nembhard a Grandson Thaddeuz Lennon and Granddaughter J'Anae Culbard.

## Personal Assistant/Technician



#24



# Arikana

Dr. Arikana Chihombori-Quao grew up in the village of Chivhu in Zimbabwe and lived there many years before emigrating to the USA in 1977. She is a medical doctor, activist, public speaker, educator, diplomat, founder of medical clinics, and an entrepreneur. She is the CEO and founder of Bell Family Medical Centers in the United States, and owner of the Durban Manor Hotel Cultural House in Durban, South Africa.

She holds a Bachelor's degree in General Chemistry, a Master's degree in Organic Chemistry, and a Doctor of Medicine degree. Chihombori is a family medicine specialist and practiced medicine for 29 years in Murfreesboro, Tennessee. From 1996 to 2012 Chihombori-Quao was the Medical Director for Mid Tenn Medical Associates, and the Smyrna Ambulance Service and is the second African Union Permanent Representative to hold that position.

Chair of the African Union-African Diaspora Health Initiative (AU-ADHI) from 2012-2016. Objective is to mobilize African health professionals in the Diaspora to assist with the healthcare crisis across the continent. International Chair of the African Union-Diaspora African Forum Americas (AU-DAF) since 2010. Advocates for Africans and friends of Africa to participate in the development of Africa. Appointed in 2017 as the African Union Representative to the US.

Launched the "Wakanda One Village Project" in January 2019. This project seeks to engage Africans in the Diaspora and will begin in Zambia and Zimbabwe. Would consist of five African Centers of excellence in the five regions on the continent of Africa. They will become centers of development for state-of-the-art healthcare facilities, hotels, industrial homes, shopping centers, etc.

"We are the original people and we have every reason to stand up in the tallest mountains to proclaim who we are." - Dr. Arikana Chihombori-Quao

## Doctor/Activist/Liberator

# Natasha

Born on the 3rd of May, 2001, Natasha Wang Chibesa Mwansa, also known as Africa's Jewel is a powerful and influential Zambian 18 year old girl who speaks out on issues affecting the health and well-being of young people. She is the youngest recipient of the Global Health Leaders award worldwide awarded by the World Health Organisation in recognition of her work towards adolescent health for over six years and after her awe striking speech on what young people want during the opening of the 72nd World Health Assembly.

She is recognised by the 50th World Economic Forum as one of the top ten Teenagers and young people below the age of 20 worldwide creating impact and changing the world. She is a Junior Reporter and Journalist. Natasha has also been recently recognised by her president, H.E Edgar Chagwa Lungu, as one of the young people in her country creating phenomenal impact and change worldwide. Additionally she is a health, women and young people's rights activist and advocate. She is also a Women Deliver 2018 Young Leader and the founder and the Executive Director of the Natasha Mwansa Foundation, a foundation that aims to see a world in which Young People are heard, valued, healthy and given the opportunity to share power with stakeholders and influence decisions made over them.

Additionally, her work has led her to sit on the African Union Commission's Youth Advisory Board, she was picked as the United Nation's Population Fund's Youth Ambassador and she is a Social Accountability Monitor and a first year student at the University of Zambia.

Her goal is to improve the health and well-being of communities while being a voice, light and solution and to help people, especially young people by equipping them to realise that they too have a voice and ought to be heard.

## Activist/Founder/Youth Leader





# Priscilla

Priscilla Federick received her college education at St. John's University in Queens, NY, Majoring in Communications with a focus on Television and Film. She received a full athletic scholarship to St. John's University. She became the indoor and outdoor MVP, Big East Champion, and school record holder, and she went on to compete at the US Olympic Trials in 2012. She loved competing in front of thousands of people and realized that this is where God led her, to perform in front of and entertain crowds through track and field. Ended her 2007 high school senior year career at the #1 high jumper in NJ and the #4 high school high jumper in the USA.

Became a professional athlete in 2014, competing for the country of Antigua and Barbuda. (Dual citizenship because her father was born in that country). Accomplishments include World Championship competitor; 2x Pan American Games silver medalist; North American, Central American and Caribbean Games silver medalist; National Indoor and Outdoor High Jump record holder for Antigua and Barbuda; and 2016 Olympic Games competitor. She is currently training for the 2020 Olympic Games.

Most valuable lesson learned is to believe and trust in God's plan, no matter how difficult the path seems. With guidance, she was able to see that her unique personality and tenacity would take her far, she was able to stand firm in her Christian faith and allow God to lead her to new experiences. The loss of her grandmother and most recently her Aunt, impacted her life tremendously and dedicates all accomplishments to them.

Priscilla's main inspiration has always been her mother Eve who taught her to work hard, believe in herself, chase her dreams, and believe that God will lead her to the right path.

Owns her own Home Organization/Cleaning Business, FLAWLESS Cleaning Service, Trains with new Coaches Lauren Biscardi and Kyle O'Toole in Northern Virginia with her team consisting of trainer Brian Wright and Dr. Rick Rosa, Recently married to Kenneth Loomis, High School history teacher and head football coach at Wildwood High School, Wildwood NJ where the couple reside, Main focus this season is to enjoy the journey, learn & grow through different experiences, inspire the next generation of athletes that follow her, never lose focus and make her family and the people of Antigua and Barbuda proud. She hopes that people see hard work, passion and God through her life.

For the future: Priscilla is not blocking her blessings and is open to a future Where she can pursue acting/ stunt work and helping out Antiguan Athletes by being a primary source of assistance with their careers.

## Pro Athlete

# Simone

# Biles

Simone Biles is an American Artistic Gymnast born on March 4th 1997 in Columbus, Ohio, the third of four siblings. She has won over 30 World and Olympic Gold Medals. Ranked third as the most decorated gymnast in the world.

She was adopted by her maternal Grandfather Ron Biles and his second wife after having been in foster care. Her Belizean roots are through her mother and she considers Belize her second home.

Simone was homeschooled throughout those early years and had her first try out in gymnastics at the age of six.

Since then Simone Biles has won twenty-five World Medals and nineteen World Gold Medals. In addition to that, she is the first female gymnast with the most World All Around Titles, five. Biles is the sixth woman to win an individual all-around title at both the World Championships and the Olympics, and the first gymnast since Lilia Podkopyeva in 1996 to hold both titles simultaneously. She is the tenth gymnast and first American gymnast to win a World medal on every event, and the first gymnast since Daniela Silivaş in 1988 to win a medal on every event at a single Olympic Games or World Championships, having accomplished this feat at the 2018 World Championships.

In January 2018 she enrolled University of the People, an online college with a focus on Business Administration. She later became the Brand Ambassador for the University.

## Pro Gymnast



#28



# Louise

Dame Louise Agnetha Lake-Tack was born on July 26th 1944 in St. Phillip's Parish, Antigua. She was educated at Freetown Government School before attending the Antigua Girls High School in St. John's. After graduating she emigrated to the United Kingdom where she studied nursing at Charing Cross Hospital. Following the completion of her studies, she worked first at the National Heart Hospital and later at the Harley Street Clinic.

Lake-Tack later studied and graduated in law and subsequently served as a magistrate at both Marylebone and Horseferry Magistrate Courts. She also sat at Pocock Street Crown Court and Middlesex Crown Court to hear appeal cases from the lower courts. She served as a member of the Antigua and Barbuda National Association (London) for the 24 years preceding her appointment as Governor-General.

Dame Louise Lake-Tack was the first woman to be appointed Governor General in Antigua and Barbuda on the 17th of July 2007.

On 16 October Lake-Tack was invested as Dame of the Venerable Order of St. John (DStJ), and on 13 November 2007 appointed as Dame Grand Cross of the Order of St. Michael and St. George (GCMG).

## Former Gov. General

# Ava

Winner of the Emmy, BAFTA and Peabody Awards, Academy award nominee Ava DuVernay is a writer, director, producer and film distributor. Her directorial work includes the historical drama SELMA, the criminal justice documentary 13TH and Disney's A WRINKLE IN TIME, which made her the highest grossing black woman director in American box office history. Based on the infamous case of The Central Park Five, her next project is entitled WHEN THEY SEE US and will be released worldwide on Netflix in May 2019.

Currently, she is overseeing production on her critically-acclaimed TV series QUEEN SUGAR, her new CBS limited series THE RED LINE and her upcoming OWN series CHERISH THE DAY. Winner of the 2012 Sundance Film Festival's Best Director Prize for her micro-budget film MIDDLE OF NOWHERE, DuVernay amplifies the work of people of color and women of all kinds through her non-profit film collective ARRAY, named one of Fast Company's Most Innovative Companies.

DuVernay sits on the advisory board of the Academy of Television Arts and Sciences, and chairs the Prada Diversity Council. She is based in Los Angeles, California.

## Writer/Director/Producer





# Mia

Mia Amor Mottley, QC, MP (born 1 October 1965) is a Barbadian politician and attorney who is the current Prime Minister of Barbados and leader of the Barbados Labour Party (BLP). Mottley is the eighth person to hold the position of Prime Minister in Barbados and first woman to hold either position.

Mottley has been the Member of Parliament for the constituency of Saint Michael North East since 1994. From 1994 to 2008, she held a succession of ministerial portfolios including the post of Attorney-General of Barbados becoming the first woman to be appointed as such. She is also a member of the Inter-American Dialogue.

Twice the Leader of the Opposition in House of Assembly of Barbados first from 2008 to 2010 then from 2013 to 2018. In 2018, the Mottley-led BLP won an historic landslide victory in the 24 May general election, securing all 30 seats in the House—making them the first party to accomplish this feat—in addition to winning 72.8% of the popular vote, which is the highest share ever achieved by a party in a general election.

First entered Barbadian politics in 1991, when she lost an election race in St. Michael North East against Leroy Brathwaite (a defeat of less than 200 votes). Between 1991 and 1994 she was one of two Opposition Senators in the Upper House, Senate of Barbados where she was Shadow Minister of Culture and Community Development. During that time, she also served on numerous Parliamentary Joint Select Committees on areas ranging from Praedial Larceny and Domestic Violence.

She is the granddaughter of Ernest Deighton Mottley (1907–1973), a real estate broker and successful politician particularly at the parish level. He was the first Mayor of Bridgetown (1959), representing Bridgetown in the House of Assembly from 1946, who belonged to the conservative party and helped the poor.

## Prime Minister

*Dish it Out*



*Ackee &  
Saltfish  
Switchblade  
Style*

Gospel Reggae Artist  
Steve "Switchblade" Watkins



## *Ackee and saltfish with fry breadfruit.*

Clean the ackee, put some water

In a pot to boil, add the ackee when the water is warm, add scallion, garlic and a whole hot pepper to season the ackee while it is being cooked.

When the ackee is cooked, throw away the water. While the ackee is on the fire, put the saltfish in another pot to cook. When saltfish is cooked, remove scales and bones.

Put on a pot on the fire with some cooking oil. When the oil is hot add onion, tomato, hot pepper and sweet pepper. Then add saltfish.. When everything is fried together add ackee and sprinkle a little black pepper. Take your time mix everything so that all the stuff is mixed together. After that ackee and saltfish is ready.

For the breadfruit I roast it, allow it to cool. I then slice the breadfruit and add a little salt to each slice while the cooking oil is getting hot. I add the slice and fry each slice on both sides.

I then place my fried breadfruit on a plate along with my ackee and saltfish and a tall glass of lemonade.

Born on December 11, 1981 and raised in the community of Catadupa, St. James, Jamaica, is a talented, versatile and creative Christian Warrior; Steve Watkins. He is married and is the father of two sons. Music is always his passion as the minute he got time or even having social conversations, you would hear him trying to convert the conversation, or a part thereof into a chorus/song. At the age of 8, he sang, "I Believe the Children" at a graduation. However, for some reason, he never took his passion for music seriously until the age of 25.

He continues to sing professionally at weddings, concerts, funerals and almost everywhere else that he is invited. He now resides in the community of Askenish, Hanover. He attends the Askenish Christian Fellowship Church where he currently serves as Deacon and Youth President. He has a passion to see souls saved for the kingdom of God, not just through his ministry, but also through the life he lives on a daily basis.

In 2013 he won the "Talents of Palladium Competition similar to TVJs, Digital Rising Stars which is hosted at the Grand Palladium Hotel where he works. He was also given a trophy for Most Disciplined contestant.

In 2014 he won the Big Stage Competition that is hosted by the Jamaica Cultural Development Company, JCDC. He was given a trophy for best singing talent.

Steve entered the Taste Talent Competition, and made it to the top 10 finalists. He did not win. However, that didn't stop him from pursuing his dreams.

He has shared stages with gospel artists locally such as Kevin Downswell, DJ Nicholas, Jabez, Joan Flemming, Ryan Mark, Jason Mighty, Darren Grant and so on.

International gospel artistes such as Second Chance, Bridget Blucher, Evangelist Gobourne, Sharon Wiles just to name a few.

To date, he has performed in concerts in Florida, USA, in 2014, 2015-2018 and concerts all over Jamaica. To date he has released two albums titled, "It's all about Jesus" and "Keep me Lord." He also released an official music video. His music is playing on radio stations in Jamaica, in the UK, Canada, Trinidad, Cayman, Netherlands, Belgium and all over the US.

He goes by the philosophy, "With Christ in the vessel you can stand on the wind that propels the storm." Steve Watkins is looked up to in his community and its wider environs as a role model for young and old alike. Wherever he goes it is evident that he lives for Jesus because that's what matters. He is regarded as an encourager, exhorter and a motivator.



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