OMOLUAB Pontario

"A Child of Character"

The Voice of African Canadian Youth in Southwestern Ontario as a Viloence Prevention Campaign Initiative

Keeping it MH100

By: Natasha Adaeze

It's not often that you see youth so enthused to partake in an extra curricular activity during their summer vacations; especially, without any push from their parents. That is until you see Mehari Hagos, founder of the MH100 Teen Program, interact with Windsor's youth. Known on a first name basis throughout the community, Mehari has effortlessly grasped the fine line between friend and mentor and is able to connect to the youth on a much higher level than simply just a program leader. With over 75 children in the program ranging in ages, there is no shortage of interested youth keenly awaiting



a chance to get involved. Having grown up in the same neighbourhood as many of the participants, his ability to relate to where they are coming from transcends any superficial mentor relationship. Mehari's connection and passion for the kids is displayed in how easily they come through the WaterWorld doors; eager to partake in the

"We create an atmosphere where they know

we are friends, instead of just teachers" - Mehari Hagos

The free MH 100 program centres around empowering youth and teaching them how to live a healthy lifestyle, both physically and mentally. The physical aspect of the program provides a positive outlet for youth and focuses on fitness coaching-things such as proper posture and technique while working out. The program does not stop there however, every attempt is made to foster their mental well being through positive messages and words of encouragement, which is a welcoming juxtaposition to the many adversities that society will no doubt throw at

Axioms that they are good enough, beautiful enough and just as special as everyone else echo through the halls. Mehari makes sure to reiterate continued on page 2

Together We Can! By Natasha Adaeze



Can Mentorship Program focuses on extended family would soon be created. just that. Over the course of two days

When John Elliott first approached tures through the summer youth employ-

It's never too early to start preparing Joi Hurst to join forces and create some- opportunity to showcase what they are for the rest of your life and the Ontario thing that would truly benefit the children good at. The students then have the Black Youth Action Plan Together We in the community, no one expected that an opportunity to put the skills they learn

on August 29th and 30th, 2018, students Action Plan, children in the program learn give the youth a first-hand glance into came together to celebrate the end of valuable life lessons through mentorship the world of employment and a great the successful first year of the program. programs, like how to prepare their fu- chance to prepare them for their futures.

ment workshops.

The program instills confidence in the youth and informs them on what they can achieve. It "provides them the etiquette they need to apply for jobs," said Joy Hurst, Director of the program. "We let them know that we care about them, we give them the skills they need, and even after this, they are coming back for job placements."

The employment workshop had mock interviews, team building, resume building and skill and strength finders to help the students figure out what they enjoy. Many of these students never had the opportunity to dive into their strengths before and the program gave them the in the workshops to the test through Funded under the Ontario Black Youth work placements. These opportunities

continued on page 2



continued from page 1 to his students that just because their hair, clothes or households may look different, they are just as deserving as everyone else and have the right to succeed and triumph.

"Not only are we keeping them fit, we are empowering their minds, telling them that they are strong... they are the first in their family to have a car, first in their family to go to college, just changing the whole outcome, and whatev-

er the older sibling does, the younger siblings start to follow."

Drawing on experiences from his own childhood, Mehari pays extra attention to the details that matter to kids most. Like the often overlooked importance of having fly "kicks." Not knowing the difference between the variety of athletic shoes, his mom purchased him baseball cleats as a child

the clicks of the shoes in his classroom that he realized the difference. A small oversight to most, but to an athletically inclined youth, the wrong shoes could mean missing out on a lot. So, every Christmas he makes a point to have a 'Kicks for Kids' event where he gives away shoes to kids in the community. People from all walks of

and it was not until he heard

life, including professional athletes, doctors, nurses, and correction officers come and talk to the youth and mentor them on how to succeed. Hearing from people in the community who look and sound like them makes a real difference in their lives and plants the seed early that they too can succeed. Providing them with the knowledge on financial literacy, how to keep a healthy diet and make nutritious meals, maintain good grades and even offering homework help are just a few of the many benefits of the MH100 program.

The 'Best of the Best', a

bright and talented group, were awarded throughout the night. Everyone was proud of each other and nothing but good vibes rang throughout the building. When I asked one of the students what they have taken from the program, his response was both impressive and notable for such a young man. He stated that nothing comes easy, so you have to work extra hard in order to achieve your dreams. Students from the program have gone on to University and college, received scholarships and grants, joined the workforce and even started their own businesses.

Mehari wants to make sure that all the kids in the program have the strength and confidence to successfully maneuver around in this complex world. After witnessing such a heart warming and positive event this weekend, I have no doubt that the kids from his program will be able to put their best foot forward thanks to the MH100 Teen program.

continued from page 1 Placements included working for the Windsor Express, the STAG and Deans Legal Services.

Part of the program also included fostering a close relationship with the Windsor Police Services. The Windsor Police come in twice a week to teach them about real life They interacted situations. with the youth, playing with them and taking them on field trips. This allowed youth in the area to interact with the what they really do. Counsel- ger to join next year.

or John Elliott could see the difference that the interaction with the police made, "After getting to know the officers [the kids now think] maybe I can become a police officer. It relates more to them."

The bond between the kids and program leaders was almost palpable during their closing celebration, that included dinner and certificates for their achievements. They had around 25 students for both age groups and good news travels fast as youth who were police on another level and not able to participate in this gives them a deeper view into year's program are already ea-





Children's Articles on Goodwill

Helping Others

By: Harim Ngwainbi, age 9

It's good to help others because it's the right thing to do and it makes the world a better place. It can also set the example to help teach others how to help people.

Why is helping others important? It can make people around you want to help others too. Simply, it can make people happy. And it is not just to be respectful because it is the right thing to do. Helping others will make you feel good and the other people will also feel good that you helped them. If you help others they are more likely to help you too.

Helping others can make other people learn different things. It can also make them smarter and can make you a lot of friends, and if you have a positive attitude you will bring joy to others. A lot of times if you are making people happy you are not just making them happy, you're making yourself happy too.

When you help others you benefit yourself and others benefit too.

Thank you for reading, I hope you enjoyed it.



Inu Rere

By Candy, age 7

Good will means being nice to someone. Helping my friend when they ask me. Saying nice things to others. Not doing anything to hurt others. Smiling at everyone so they feel happy.

Get involved: youth are encouraged to write or draw articles for publication in the next issue. The theme is 'Truth'. For more information, call 519 966-2767 or email us at ncceepwindsor@gmail.com

Goodwill **Towards Others**

By Bryan Gamsi, age 12

Goodwill towards others By Brian Gamsi

Good will is having feelings, friendly attitudes, or collaborating with others without distinction.

If you have a good will towards others you will have something in return. Goodwill gives peace because everyone is happy, and everyone is friendly. To have good will you must have love towards others and the wisdom of not arguing to cause problems. Solve a problem with love and kindness.

It's good to help people because it gives you joy and you make new friends. When you act in a good way, it doesn't only do good to the person will. Many people will not you helped, but it feels good help you because you don't

you, you will feel good. Goodwill is a good way to show that you are kind and helpful.

The things you can do to show good will are: Helping your brother/sister when he/she has homework, when you are going to help him/ her it's going to make him/ her happy, because he/she knows he/she has a sister/ brother who can help when he/she needs it. Another way to have goodwill is to be kind to everyone. If you're nice, everyone will love you and will want to be your friend. If you don't show good will towards others, bad things will happen to you. As you showing good will in your can have karma, and nobody will want to be your friend because you don't show good

help others. Also, you're go-If you create harmony around ing to have a lot of enemies and not going to have peace. Treat others as you want to be treated.

> When you don't treat others well, you will not be treated well either. It may be fair to say, but it's the right thing to do. Especially for your family, friends, neighbors and teachers at school. The way your life is revealed depends on how nice you are to people.

> In this article, I explain the benefits of showing goodwill and the inconvenients if you don't show goodwill. In case you don't understand the fundamentals, I will show you them. You will not regret life.

Thank you

Having a Good Mind Towards **Others**

By: Francine Babo, age 11

Good will to me means that you care for others spiritually, physically and mentally. In this text I will talk about what all three mean to me. A good will towards others is also a good mind toward others. Having goodwill is a strong desire to want to help others and be nice to them.

The first one is spiritually having a good mind towards others. It means your spirit cares about others just as it cares about yourself. You spiritually want to help others. Your spirit is connected to your body and makes you want to act and know more.



The second one is physically having a good mind towards others. To me having a good mind towards others physically means you help people in anyway you can. When you do this, you are having a good mind towards others physically.

The last and final one is having a good mind towards others mentally. To me having a good mind towards others mentally means you do not have bad thoughts about others. To do that you

have to think good thoughts about people. Having good thoughts about others means trying to compliment them instead of making fun of them. All of this is important if you want to have a good mind towards others mentally.

That is what it means to have goodwill towards others spiritually, physically and mentally. Thank you for reading this article.

Goodwill

By: Joel Hill, age 9

To me goodwill means being friendly, helpful and having a positive attitude. I demonstrate goodwill by helping people when need

ed. One day at school my helpful. friend was crying on the which demonstrates being to be treated.

In conclusion, good will ground. I went over and means to be kind and think said, "are you okay?" This of others. I think everydemonstrates being friend- body should be treat others ly, I also helped him get up the way they would want

Inu Rere (Good Will)

By: Teajai Travis

I close my eye's Before Sun rise And speak my truth Beneath the moon I sing a prayer I thank Creator for all my gifts And I ask that peace come onto you

For I know goodwill is not just view thoughts

But in the actions that we do If in the end when judgement comes

our deeds are short and frail The Kingdoms gates to heavy to move

Enclosed a haunting jail With time to think and space to see

We watch our path undone

Sideways our world spun But with a prayer, a thoughtful Walk a path of faithfulness word

Our heart re-birthed anew Once again goodwill is not true just thoughts

But in the actions that we do Honor the teachers, love the Forever and a day children

And invest meaningful time to be treated with the youth

With selfish heart and tunnel Our future will grow broad

and flush

barring the fruits of truth And forgive the steps that stray For we are not perfect, this is

This is why we pray Good onto you and onto me

Treat other's the way you wish

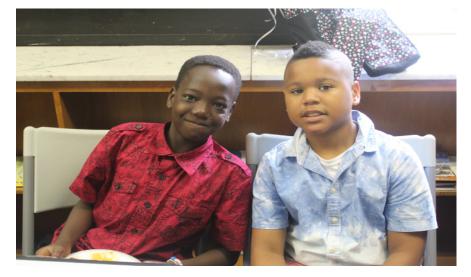
And your peace seldom sway.



Community Snapshots



















Black History: Inu Rere: Demonstrating Good Will Towards Others

By: Irene Moore Davis

"Life's most persistent and urgent question is, 'What are you doing for others?" – Dr. Martin Luther King, Jr.

"Service is the rent we pay for the privilege of living on this earth." – Shirley Chisholm

"There can be no greater gift than that of giving ones time and energy to help others without expecting anything in return." - Nelson Mandela

In Yoruba culture, the practice of demonstrating good will towards others, not merely thinking it or describing it but actually demonstrating it, is valued highly. Therefore, Inu Rere, or goodwill, is considered a key component of one's character. Nowadays, we often hear people refer to themselves as "allies..." whether supporting the efforts of Indigenous people, visible minorities, women, persons with disabilities, people with low income, members of LGBTQ communities, or those experiencing discrimination on the basis of their religion. "Ally" is a term that is frequently misunderstood. Being an ally requires more than liking or sharing the odd social media post. Being an ally really involves: • Supporting an oppressed person or group • Being willing to listen and to be educated about others' experiences • Remaining in solidarity, without retreating into your own privilege when the going gets tough • Educating people within your own group about what's happening to others, and how they can help in our efforts to be better.

Local history offers us many examples of effective alliances and partnerships between people of African descent and others. The Underground Railroad was a clandestine network made up of people of African, European, and sometimes Indigenous descent. They were committed to helping freedom seekers find their way north. With the help of these allies, thousands crossed the Detroit River to emancipate themselves and build new lives in what is now Ontario. Highly successful initiatives such as the Refugee Home Society (Essex County) along with the Elgin Settlement (Buxton) and the Dawn Settlement (Dresden) in Chatham-Kent were co-facilitated by people of African and European descent. These groups worked together to help formerly enslaved people own property, become successful farmers or tradespeople, and profit from their own skills for the first

In the 1940s and 50s, the Windsor Interracial Council, (also known as the Windsor Council on Group Relation) which included men and women of both African and European descent, collaborated to end racial segregation in local housing, restaurants, and hotels. Not only were they a multiracial group, but they were made up of people with diverse philosophical backgroundslabour activists, educators, clergy and laypeople from local churches, and others—who shared a common goal and had the good will to see past their differences and work together.

It is easy enough to care about and support people whose issues are exactly like our own, but a true sign of good character is the ability to support those who are different from ourselves. Consider how effective you are as an ally to others, and what you can do to serve others more successfully in the future. After all, as Maya Angelou wrote, "If you find it in your heart to care for somebody else, you will have succeeded."







Inu Rere - Goodwill

By Steve Fotso, age 16

Inu Rere is a Yoruba phrase which, translated into English, means goodwill. Goodwill is the quality of wanting to help others without expecting a reward. This term is generally used to express a person of good intentions who is always willing to serve voluntarily and with pleasure.

Goodwill is an essential quality because to be able to progress as a society and individuals, you must know how to help others, no matter if it is a loved one or a stranger in need. By helping others, we are getting closer to them and this gives them the opportunity to de-



velop new relationships or strengthen those that are already present. This then helps to eliminate prejudices that may exist on other groups and to live in communion with them.

To illustrate this, we can't find a better example than Canada, which is one of the most diverse and welcoming countries in the world... It is this same good will that together and ensuring the

drives a group of people al assistance are essential. of it. Likewise, it is by working

well-being of each member that our African communities have emerged and flourished in Windsor.

The reason why the Yorubas and so many people of other ethnicities and cultures attach so much importance to this quality is obvious, this is one of the most revered and widespread qualities in the world.

We can recognize the preswho don't know each oth- ence of goodwill in humans er to come together to form from their very beginning. communities. A community Since the start of time, we is essentially a collectivity humans have worked toof people who share com- gether and helped each othmon interests and goals. er to build and develop all To achieve these goals and that exists today. Goodwill promote these interests, is present in everyone and collaboration and mutu- we should be more proud

Having a Good Mind

By: Bernice Babo age 13

It applies to having a good community for everyone. mind toward others to make "Goodwill"!

Having a good mind they will also do so to oth- a social media page on sites can imagine. If someone is doesn't just apply to you. ers, and that creates a better like Instagram and create trying to quit smoking, give

One main way to spread the world a better place to goodwill is to be active and write stories on how people give them courage so that live and to be able to spread volunteer more and donate to charities that give people inspiring for others to carry Now that I have given you The first rule to spread hope. Do extra community Goodwill is to be the light service like write articles to someone else who needs to inform people so others goodwill is to give hope you change someone's life that support or to teach a can help out as well. Get to those who have lost it. younger sibling how to be outside of your bubble or a role model for others, comfort zone to get othjust as you are (hopeful- ers to join you and interact they don't belong. This can ly). It is contagious if you with others. One way to often lighten someone's show someone goodwill, spread goodwill is to create day in more ways than you

a hashtag like, "#GOOD-WILL". Then people can pen. If someone is scared, affected them, and it can be they may succeed. on these good deeds!

Give them a sense of be-

them hope that it will hap-

a better view on spread-One more way to spread ing goodwill, I hope that or impact it in a smaller way that can really make longing when they feel like a difference in their mindset! Have a good mind and spread #GOODWILL!

Inu Rere

By: Christopher Hill, age 17

In life there are plenty of opportunities to be nice to other people. We must take advantage of them. When you are nice to others, then they will be nice to the next person that they see. It only takes a minute to be nice and make someone's day better. A kind word, a smile, a friendly jester and a helping hand is all you need to make someone happy. It's having a good mind to others.

Take that mind set with you when you go on your way. Throughout your day treat others the way you would like them to treat you.

If you would like to help distribute The Omoluabi Newspaper, please contact us at 519 966 2767

Omoluabi Word Search GOODWILL BHLYUDXQXUXAQG FRIENDS EMPATHY U TOLERANCE KINDNESS LOVE ALTRUISM T Ţ BGOLCPPDMYFLC

Tips on Why you should Show Goodwill

By Nsom Ngwainbi, age 11

An attitude of kindness or friendliness:

If you do good things to other people you will not only make that person feel good, but you will feel good too. People are good to other people because it's not only the nice thing to do, but the respectful thing to do.

How to show good will:

You can show goodwill by doing simple things like helping a friend with his math homework or helping to find a neighbor's cat. When you show goodwill, you can make friends and will you won't have any meet new people.

Benefits of showing good will:

showing good will and it's also a good way to resolve for it too. People will not ly don't treat others nicely conflict. You don't have want to hang out with you and end up with a really to like the person to show goodwill it's just the friendly thing to do. When you show goodwill to others they might show it to you. Doing good things is a good way to show that you are a nice, kind and helpful person. Even when people aren't looking, you should still show goodwill.

If you don't show good will:

If you don't show good friends to help you with stuff like your homework or help you find your lost cat.

and they will also think you bad life. are not a good person. You won't live a happy life and you won't get a good job because you didn't show goodwill to others.

Treat others the way you want to be treated:

When you don't treat others nicely chances are you won't be treated nicely. This may just be a saying, but it's the right thing to do, especially to your family, friends, neighbors, and teachers at school. The way your life turns out depends on how nice you are to

You can get rewards for It's not a good thing to do people. Many people who and you could get in trouble haven't been treated nice-

> In conclusion, this article explains the benefits of showing goodwill and the disadvantages of not doing good things. Basically, if you don't show goodwill, you will end up with a really sad life. It's important to show goodwill to others. Thank you



Doing Good to Others Willingly

By: Chuo Ngwainbi, age 11

Goodwill is a word of many meanings, but to me goodwill means being good to others. In this article you will learn what goodwill is and why people practice goodwill.

One reason people practice goodwill towards others is because you feel good about yourself when you see the person who you help happy. Why do people help each other? When you do something good it makes you feel better than doing something bad and when you do something bad, you feel bad. Most people help others every day.

A second reason why people practise goodwill is so the person who you are helping can change and feel thankful. Their feelings change because you went out of your way to help someone who needed it. Sometimes people help others just to make their own day better. Reason number three is that you can make friendships when you do goodwill towards others. Goodwill is something that's part of a good friendship Another reason why people do helpful things is that when you help someone, that person will be more willing to help you. Some people do this be-

cause they are grateful. If you help someone bring in groceries, when the time comes, and you need help with something, they will want to repay you. Also, when you show goodwill, it shows that you are a good person and friend. When you show goodwill, it makes you a good person because you are doing something good for others willingly. Goodwill is a trait that most people have, it is a word that means doing something good willingly. I hope you learned about goodwill and I hope that you enjoyed the article.

Goodwill and Mental Health

By Joseph Sabageh

Good will or having a good mind toward others can be defined as an inclination to do good, to be kind and friendly or have a helpful attitude towards others. For example, giving up your bus seat to an elderly person or a pregnant woman is an act of good will, which shows you are having a good mind towards others. Goodwill can only be done by a person with good mental health. Anyone who does not have good or stable mental health cannot be expected to have a good mind towards others.

Having a good mind towards others means that we put other people's need before our own, like making a cup of tea for a co-worker. Even more, having goodwill and helping others can even have a positive effect on your own mental health and well being. For example, it can reduce stress as well as improve mood, self-esteem and happiness. There

are many different ways that you can help others as part of your everyday life. Carrying out good deeds doesn't need to take much of your time or even cost money.

Small changes can make a difference when you help others as it promotes positive physiological changes in the brain associated with happiness. Helping others improves social support and encourages us to lead a more physically, active lifestyle. It distracts us from our own problem and allows us to engage in a meaningful activity that improves our self-esteem and competence.

Helping others brings a sense of belonging and reduces isolation. When we help others in need, especially those who are less fortunate than us, we can provide a real sense of perspective and make us realize how fortunate we are. Helping others makes them think of a life worth living. Acts of kindness have the potential to make others happy. An act of kindness can improve confidence, happiness and optimism. It can also encourage

others to repeat the good deed that they have experienced themselves. Overall, it contributes to a more positive community and this is the aim of Omoluabi.

The more you do for others, the more you do for yourself. Evidence shows that the benefits of helping others can last long after the act itself by providing a "kindness bank" of memories that can be drawn upon in the future. Although carrying out good deeds for other people can make you feel good, don't forget to keep in mind why you are doing it, to put others needs before your own. Getting involved with a cause that is close to your heart can be beneficial for both the cause you are supporting and your own sense of good will and personal achievements.

We must remember that the more you do for other people, the more they will do for you and as a result you will feel even better. With this in mind, we are asking you to try and help others as much as you can, it will truly make a difference.

Goodwill

By: Abel Powo, age 13

Many people decide who they will love and who they will hate, but the books of Mark 12:13, Matthew 22:39 and Leviticus 19:18, tell us to love one's neighbor as himself. Before continuing further, I would like to ask, Who hates himself? The answer is: NOBODY. Some people say they hate each other, but they don't really think about that. So, if no one hates himself, why decide to hate some people? If you still don't understand what I'm trying to say, then maybe just a simple definition of goodwill will be helpful- "Have good intentions towards others." To summarize, when

you decide to love someone, you would like both of you to do great things. On the other hand, if you decide or hate a person, you would like to see that person impoverished and for you prosper. In case when you are wondering yourself, "what is the difference between, loving your neighbour and having good will," there is no difference, they are all the same. If you love your neighbor (it means anyone) you will not have negative intentions towards this person. Especially those that you consider as your enemies. If we all want to succeed and want better future, we must have a good intention for each other. This world is what it is today because we didn't have better intentions for all, we all thought of our own interests, and because of

that, we developed hatred which has brought us to the result we see today. There are wars everywhere and even nature reacts to our selfishness. Well, use this way to help all around you, as you will obey the Bible and you will learn the meaning of having good will. Find your free Omoluabi Newspaper at any of

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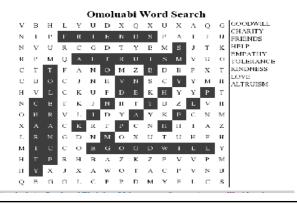
Ask the Elders

- 1. What are some of the most important lessons you feel you have learned over the course of your life?
- -The most important one is to get an education. In Africa, I was a primary school teacher and learned early how important it is to be educated.
- 2. What would you say you know now about living a happy and

successful life that you didn't know when you were twenty? -Coming together, going to church, always learning new things. These are the things that are important to me, always learning and growing closer to God has made me more happy over the years.

*Questions by Tatyana Roberts and answers from Mrs. Elizabeth Achirimbi

African Proverb from Algeria: A bad neighbour glosses over your qualities and reveals your faults By: Pastor O. Afolabi



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Goodwill and the Law

By: Lakin Afolabi



In Yoruba "inu rere" is an Omoluabi concept that roughly translates to goodwill. It further encompasses the idea of acting from a pure heart with good intentions. A person displaying "inu rere" acts with integrity

and good faith in all their dealings.

Actions espousing the idea of "inu rere" will always ultimately be better for all the parties involved. In the practice of law, lawyers are both expected and required to act and display this. This principle is most frequently displayed by the requirement that lawyers act in good faith to the courts and to each other. Without this, there will be a breakdown of trust between the parties involved and the system will not be able to function as it was intended to.

The idea of goodwill is often perfectly modelled by judges. They have the difficult job of passing sen-

tence on a convicted person before the courts. They have a duty to balance the public interest in keeping a dangerous offender isolated with the need to rehabilitate and re-integrate that same person. Despite the evil that may bring an accused person before the courts, judges are often poised and kind to the individual. They are respectful and not spiteful in their dealing with them.

Many sentences end with a judge wishing the condemned party good luck. This is a perfect display of the virtue of goodwill even to a person that may be despised by society.

Community Event

Throne of Grace Church proudly present it's

"IN HIS PRESENCE CONCERT" Featuring American Gospel Artist, songwritter & Worship leader, Pastor William McDowell. Don't miss this inspirational show at Throne of Grace Church. 405 Victoria ave Windsor On. N9A 4N1

Earn My Vote Its important to Vote, know who you are voting for and why? September 2, 2018 from 8 am-8pm 900 Howard Ave, Windsor ON N9A1S5

Introductory Relationship Coaching Clinic September 15, 2018 from 10am-12pm WaterWorld, 400 Wyandotte St. East

Throwback : Volume 1, Issue 5 Spring/Summer 2005

