



International Black Writers & Artists Los Angeles

# Black Expressions

VOL V, ISSUE I

SPRING 2008

## SPECIAL POINTS OF IN- TEREST:

- Join or renew your IBWALA membership TODAY!
- Get ready for Spring & Summer with Wholistic Tips from Tricia Cochee
- Moms Rule! Read about Momspirations, a new book for kids, parents
- South Central Serenade, a short story from Earl Wooten
- I Love My People, an essay by L. A. Hughes
- ...and poetry from Karen English



Cover Art By Ronald Jackson  
Cover Design Concept: L A Hughes



DON'T  
SWEAT  
THE  
SMALL  
STUFF,  
BUT DO  
SWEAT

Persian, looked upon the time of the Spring Equinox as the New Year, a time for new beginnings and growth. When we take the time to observe nature we see it re-awakening from its winter hibernation, breaking out of the dark, fertile soil into the light of the sun and budding with possibility. How do we align ourselves with this "Spring Energy"?

Wholistic health practices teach us that every season has an emotion and vital organs attached to that season. For Spring, the emotion is anger/forgiveness and the organs are the liver and the skin. Some of you may have heard of the famous "Master Cleanse Fast," a mixture of fresh squeezed lemon juice, cayenne, maple syrup and spring water (preferably all organic ingredients). Spring is the time to cleanse the liver and the perfect time to begin an internal cleanse or fast. As with any health modality, please advise with your physician/health practitioner regarding fasting, especially if you are

on medications.

We speak of spring cleaning for our homes, cleaning our garages, our closets, throwing out or giving away old clothes. Our body is truly our temple, and health and well-being radiates from the inside out. Detoxify, cleanse your body and mind temple, release negative emotions such as anger through these practices and habits: Prayer, meditation, fasting; they compliment each other  
\* Commune with nature--hiking, walking. Find a sacred natural space. (I'm not giving my hideaways up, but think garden & patio spaces, churches, the beach or mountains; there are some real oases in the heart of this city!)

- Eat and drink more green plant foods; this brings more oxygen into the body
- Bring more plants (oxygen) into your work/home environments
- Try repeating and/or writing affirmations or do journal writing
- Exercise, sweat, and exercise

some more; do your internal exercises too--yoga, tai chi!

- Get massage therapy for relaxation, rejuvenation and detoxification
  - Visit a sweat lodge or a counselor
  - Read inspirational books
  - Create inspiring art, take a class; learn and grow your mind, and finally,
  - Breathe deeply
- Some or all of these measures may allow you to let the rhythm of the city harmonize with the cosmic rhythm of nature which surrounds us.



## Spring Cleaning for the Body & Soul

By Tricia Alkmia Cochee

Yes, we do have the change of seasons here in California, subtle as they may be, and as I look out at the snow-capped San Gabriel Mountains it's apparent that living in this Southern California climate and geography, we could literally go snow skiing in the early morning and end the day at the beach sailing into the sunset. Living our city rhythm of conveniences and rushing, we sometimes forget about the natural cosmic rhythm of the nature around us.

Many ancient cultures including

## A Mother's Affirmations

Mom, author Lorraine Gordon shares parenting inspirations in new book, ...*Momspirations*

**Gaithersburg, MD** - Shelby and Camille Gordon repeat in chorus "I am smart, I am beautiful." They are only 5 and 7. Their empowerment stems from Gaithersburg mother Lorraine D. Gordon who makes it a nightly ritual to cuddle up on the bed to read and speak affirmations to her two daughters. Upon realizing the impact of that time spent, Gordon published a full-color, illustrated children's book based on her family's storytelling experiences, *Dancing with Momspirations: A Children's Story About Growing up with Positive Inspiring Messages* (Kaleidoscope Publishing, 2007).

"I'm one of those people who believe there's energy behind our words. If I speak life into my children, then there's a higher chance for life to come out," said Gordon who resides in a community sandwiched between Saybrook and Flower Hill, MD. "Our mothers have been affirming us since the beginning of time." Mentioned in this month's edition of *Washington*

*Parent Magazine*, reactions to the book have been enthusiastic from moms and children alike. One parent commented, "I truly think the world would be a happier, safer, and better place if every parent had to read this."

With advanced copies having recently sold out and receiving interest from as far as Canada and Australia, Gordon and illustrator Mavis J Turner will unveil 'Momspirations' flash cards later this based on true snapshots and funny anecdotes from the author's life of teaching her children. The book and flashcards will allow parents to use the storyline as a template to teach early-learning skills to their children while affirming worthiness and value.



According to Gordon, 'Momspirations' are practical, empowering, inspirational phrases that parents, caregivers and teachers can consistently repeat to children, such as 'you're beautiful,' 'you're amazing,' and 'you're a winner.'

The book is recommended for parents, guardians, and pre-kindergarten to third-grade children and can be read aloud to children to

increase vocabulary, identify primary colors and numbers and build auditory skills.

"Early on, children want to know their worth in the world and whether their parents love them and are proud of them, said Gordon. "I wanted to give my two girls a solid foundation for living a full, successful, and prosperous life of balance, harmony, health, courage and joy. To me, that foundation starts with parents paying attention to our words, because words are distinct markers that truly indicate what we think about ourselves."

Gordon is a writer, life coach, and workshop leader who loves using her talents to make the world a better place starting at home. Her life's work is helping people to become self aware and live meaningful, congruent lives. She believes in the power of words, thoughts, imagination, faith, and love and their influence on human behavior.

Gordon will read and sign books at the Pajama Squid Book Store in Takoma Park on May 9 at 1pm and at the Every Girl Can Conference and Expo on May 10 from 9 am to 3 pm in Silver Spring.

The book (ISBN #: 978-0-9791456-0-5) is available at [www.dancingwithmomspirations.com](http://www.dancingwithmomspirations.com). [Momspiration@aol.com](mailto:Momspiration@aol.com) or call 301.807.7217.

# IBWALA CALENDAR

## Regularly Scheduled IBWALA Events

PLEASE VISIT OUR WEBSITE FOR ADDITIONS AND UPDATES

[www.ibwala@ibwala.com](http://www.ibwala@ibwala.com)

Or call

(323) 964-3721

Unless otherwise stated, IBWALA events take place at St. Elmo Village, 4830 St. Elmo Drive, Los Angeles

LA Workshops are at St. Elmo Village, 1pm-3pm every first Sat. from 2 pm-4 pm

Pasadena Workshops are at the San Raphael Library, 1240 Nithsdale Rd. at Ave 64, Pasadena, every third Saturday from 1pm-4pm

Sunday Salons meet at various locations throughout the city, including private residences on the third Sunday of alternate months from 2 pm to 4 pm.

Board Meetings are held quarterly from 11am-2pm at St. Elmo Village



Apr



May



Jun



Jul

3- LA Writers Workshop  
17- Pasadena Workshop

7 - LA Writers Workshop  
12 - LA Black Book Expo info:  
[www.labbx.com](http://www.labbx.com)

Next salon to be announced

Aug

Sep

5 - LA Writers Workshop  
12 - Board of Directors Mtg  
19 - Pasadena Workshop

2 - LA Writers Workshop  
16 - Pasadena Workshop

9 - LA Writers Workshop  
20 - Pasadena Workshop  
28 - Writers' Faire / UCLA Ext

### New Members

Mary Franklin  
Melba Sonia Moore  
Kathy Payton  
Donald Willis

## Join Us Today!

NETWORK / EVENT

MEMBERSHIP

SPECIAL

Join us

at any in-person event and get

**20% off membership!!**

That's \$36 (a savings of \$9) for regular membership, \$24 (save \$6) for seniors and students!

**Membership Dues  
& Contributions**

**Now Payable**

**ONLINE with PAYPAL**

**On our New Website**

IBWALA is a 501(c)3 nonprofit

Charitable contributions may be tax deductible.

Professional / trade memberships may be deductible if you earn all or part of your living as a writer or artist.

## IBWALA Membership & Renewal Application

Please Clip or Copy & Mail

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

I'm a(n)  Author/Writer

Literary or Arts Enthusiast

Student at \_\_\_\_\_

Other \_\_\_\_\_

Visual or Performance Artist

Date \_\_\_\_\_

Amount Enclosed:

\$45 Regular Member (annually)

\$30 Senior/Student/Youth (annually)

Donation \$ \_\_\_\_\_

Interested in becoming an *active* member? Other interests or comments? You may use this space to tell us a little about yourself.

Check here if you prefer only an electronic version of the newsletter.

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