



The Empowered

Empowering Communities. Changing Lives.

Vol III, Issue I - *The Conference Issue!*

October 2013

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- ◆ 11/23 - Takin It to the Streets
- ◆ 12/1 - Soul Food Cinema Sunday
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YPN-ULEM
Corporate Sponsor of
the Month



The Young Professionals Network of the Urban League of Eastern MA Presents:
3rd Annual Leadership Development Conference
The State of Young Professionals
 Saturday, November 2, 2013

A NATIONAL DAY OF EMPOWERMENT EVENT

TIME	9am - 5pm Registration opens at 8am	PRICE	Student: \$30 (\$45 after Oct. 10 th) YPN-ULEM Member/ UMass Alumni: \$50 (\$65 after Oct 10 th) (*active member) Professional \$65 (\$80 after Oct 10 th)			
LOCATION	UMass Boston, 100 Morrissey Blvd. Boston, MA 02125	LINK FOR REGISTRATION	http://2013ypnulemleadershipconference.eventbrite.com/			

Did you know??



October is YPN-ULEM's Birthday Month!
 On October 10th, 2000 under the leadership of 1st President Reggie Cummings and ULEM President & CEO Barbara E. Edelin, YPN-ULEM was officially established.

Through the years under the guidance of YPN-ULEM presidents Liveda Clemens, Brandice Burton, Duane Johnson, Immediate Past President Nancy Rachel Rousseau and President Charlene Luma along with the ever-present support of ULEM President & CEO Darnell L. Williams, YPN-ULEM has flourished and has continued to be a leader and progressive organization in Greater Boston & nation wide.

Happy 13th Birthday YPN!
And cheers to many, many more!



Getting the Most Out of Urban League Conferences!



The National Urban League conferences have absolutely been the best experiences in my Leaguer journey! Every time I arrive in the designated city, the feeling that overcomes me never changes. There is overwhelming joy for seeing colleagues within the movement and uncontrollable excitement in anticipation of meeting new people. Beyond that, imagine being in the same room as the President of the United States, Barack Obama. How many young professionals do you know can say that they have been in the same room *and* heard President Obama speak *twice*? Many of my Leaguer colleagues and I can say so.

National Urban League conferences are excellent opportunities for professional development. There are sessions which enlighten you to current affairs...sessions which call us to action towards advocacy....and sessions which affirm your next steps within the movement. There is definitely something for everyone, not to mention the social events.

I have traveled to nine NUL conferences as a leader in the movement. Additionally, I served on the Boston NUL conference lead planning team and the New Orleans NULYP/NUL conference planning team. As you read this, I am hoping that you are thinking about traveling to the next one. When going to NUL conference, you most certainly want to get the most out of the experience. If you decide to attend, be sure to review my top ten tips!

10. **Sightsee.** Over the NUL conferences that I have attended, I have visited five cities and/or states for the first time. I may not have ever visited Pittsburg, Philly, Detroit, Birmingham, or Chicago if it weren't for Conference. In 2009, when I visited Chicago, I went shopping at the (now closed for business) Oprah store. I wouldn't have been able to do *that* anywhere else.
9. **Wear comfortable shoes.** During conference, one typically does a lot of walking. In some of the convention centers I've visited, there is quite a distance from room to room. The floors are mostly concrete (even if there is carpet) and sometimes it's a walk to the hotel. Women, carry flats in your bag.
8. **Support the NUL Store.** When you get to conference, you will notice the NUL store. Once you're at conference for a full day, you are going to want to purchase something with NUL on it.
7. **Attend the social events.** Go to as many of the social functions as possible. All of the conferences that I've attended have afforded me the opportunity to meet lots of celebrities. I've exchanged cards with Omarosa; received contact information for Chuck D. of Public Enemy; chilled with Malik Yoba; and photographed with Dr. Michael Eric Dyson, Jesse Jackson, Sr., and Roland Martin, to name a few.
6. **Agility is your friend.** During conference, be patient and flexible. Sometimes there are long lines and misunderstandings. There will be last minute changes.
5. **Review the workshop listings soon after you collect your registration materials.** May I remind you that things change? It will save you time and you will always be right where you intend to be.
4. **Always be picture ready!** You are guaranteed to be part of at least one picture and it will be an unscheduled shot. Look your best, so when you see the picture later on, you aren't wondering what you were thinking. Also, try to get a picture with Marc Morial.
3. **Have an open mind.** I learned a lot through attending NUL conferences. If I were sharing all I have learned, I'd have to write a book! Conference is truly a professional development opportunity in every way. However, you have to be ready and willing to receive. You may not necessarily agree with everything, but I promise you will go home having learned or experienced something new.
2. **Network.** Bring business cards. Have your cellphone always charged to exchange information if you don't have cards. Networking at the NUL conference in Boston led me to attend a private (and expensive) fundraiser in the Hamptons, NY hosted by Soledad O'Brien. That's not an *everyday* occurrence.
And the #1 thing to that you should do in order to get the most out of conference is....
1. **Meet the family.** Get to know your NULYP family. Get to know the NUL staff. Get to know other affiliate presidents. There is not one state that I can visit and not have a contact there. After all, we are part of a movement that will carry us for life...."Once a Leaguer – always a Leaguer!"

In short, when you attend the National Urban League conference, be ready to network, learn, and have a great time. All of the tips apply to attending the annual Legislative Policy Conference in Washington, DC and the annual Whitney M. Young Leadership Development Conference, as well. Lastly, be ready for conference to capture you. Every person that I have ever attended conference with has caught the "bug." It becomes instantly clear why you are or should be part of the National Urban League movement. Hope to see you as I visit Cincinnati for the first time next July! Stay Blessed!

~Nancy Rachel Rousseau
Immediate Past President, YPN-ULEM



YPN-ULEM Member of the Month!



Teralyn Seabrook
Member, YPN-ULEM

YPN-ULEM would like to recognize Teralyn Seabrook as our Member of the Month!

Teralyn, who recently moved to the Boston area, has demonstrated her outstanding efforts and commitment to YPN-ULEM!


Teralyn serves as a liaison between YPN-ULEM and her company, Sun Life, ensuring that her employer awards free memberships to coworkers who are interested in participating in YPN-ULEM. Although busy with other obligations, she has made it a priority to volunteer whenever she can. This summer, Teralyn partici-

pated in service projects such as Take the Test Boston & YPN-ULEM's 3rd Annual Evening of Elegance & Jazz. Teralyn has also been working on securing sponsorship for YPN-ULEM programming.

Teralyn deserves this recognition simply because in her short tenure, she has shown how invested she is in furthering the mission and values of YPN-ULEM!

Join us in congratulating Teralyn for all her efforts!

~Jenese Brownhill & Chauntia Little
Co-Chairs, Membership Services



HAPPY BIRTHDAY TO OUR MEMBERS!

Hope your day was filled with love & lots of presents!

CHEERS TO ONE MORE!

- ◆ W.E. David Halbert - 10/11
- ◆ Monica Hall-Porter - 10/12
- ◆ Ricaphene Lima - 10/20

**Did we miss you? Contact membership@ypnulem.org to update your file TODAY!*

YPN-ULEM



YPN-ULEM would like to take a moment to thank all our amazing volunteers! Your dedication and hard work is an inspiration to us all!

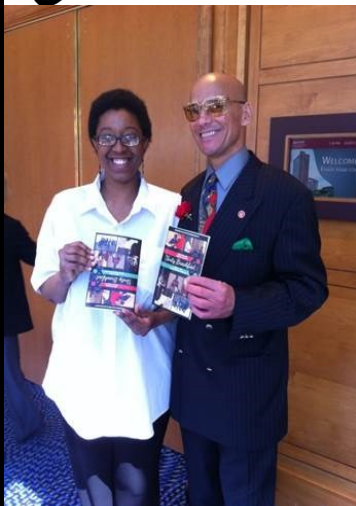
This month we would like to feature Keisha Mercury in our Volunteer Spotlight for her continuous dedication to serving our community!

Keisha is a wonderful role model and inspiration for our organization. She not only volunteers for numerous events she also makes it a point to speak to all those she comes in contact with about YPN-ULEM. She has touched so many lives with her compassionate persona.

Keisha has completed over 45 hours and counting of community service. Above and beyond volunteering, Keisha helps to plan community service initiatives and events.

Keisha, we thank you for all you do. Your hard work is truly recognized and appreciated!

~Ene Idoko
Chair, Community Service



Keisha Mercury
Member, YPN-ULEM

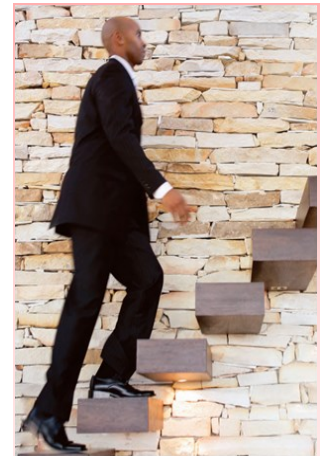
NUL EMERGING LEADERS

In 2006 the National Urban League began an initiative called Project Lead. The goal of Project Lead is to develop key Urban League talent.

The initial focus of work was on the development of Urban League CEOs. The focus has now turned to creating a pipeline of the next generation of executives through the National Urban League Emerging Leaders Program. Graduates of the Emerging Leaders Program have gone on to hold key leadership programs within the National Urban League and their professional lives.

Participants in the program will attend four (4) face-to-face Emerging Leaders Program Sessions over a 12-month period. These sessions will expose participants to the competencies in the League's Leadership Model and link classroom learning with real-time activities. These program sessions will be conducted by:

- ◆ Duke Corporate Education



- ◆ Urban League affiliate CEOs
- ◆ Senior Staff from the National Urban League

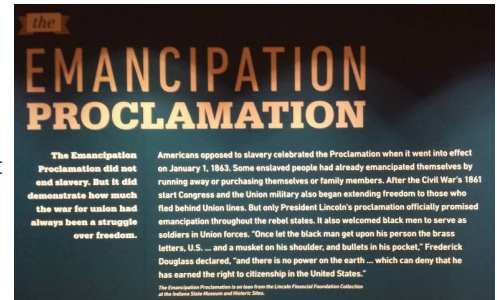
Deadline for the application packet (2 copies) to be received is November 15, 2013. If you would like more information or want to apply please contact: ypnulem@ypnulem.org.

Application:
<http://ow.ly/qgLOh>

NUL Conference 2013 - #RedeemtheDream

Stepping off the plane Wednesday evening in the City of Brotherly Love & Sisterly Affection the first thing I see walking down to the baggage claim are red and black signs and screenshots proclaiming “Welcome!” and my heart smiles. This is not my first go at a NUL Conference in a city unknown. But every time, without fail, I am greeted with the warmth and familiarity of the red and black colors of the National Urban League. And I know, once I see those signs, I am in for a whirlwind of a weekend!

During the Welcome Reception at the National Constitution Center I had the pleasure and humbling honor to view the original Emancipation Proclamation, which was there for a special limited time engagement. Fully realizing the weight that single piece of paper had on the course of this country, I walk through the hall of United States history. Reading the chronicles of the good...and the bad....times this country has faced I am reminded how lucky we are to be able to now stand and fight for liberty and justice without persecution or threat. How lucky we are to be able to vote freely without having to pass an education test or pay a poll tax. How lucky we are to attend whatever establishment or institution we wish through the *front door*, receiving equality in its services. And I am also quickly reminded of how short of a time has passed when all these things were not a reality. That walk had set my pace and mindset for the rest of the conference.



Bright and early the next morning at the Philadelphia Convention Center we are greeted by the ever energetic National Urban League President and CEO Marc H. Morial with keynote address by United States Attorney General Eric H. Holder. During his remarks Attorney Holder chose this time to nationally unveil his plan to directly sue Texas and several other states for the protection of voter rights, requiring them to still adhere to the federal pre-clearance set in the Voting Rights Act of 1965, or the “bail-in” option.



Once the opening session concluded, the group broke up to divide and conquer the numerous workshops being offered. Following the sessions, we head to the NULYP Welcome Luncheon at the Philadelphia Lowes Hotel where we hear our own President & CEO, also the Executive of Affiliate CEOs, Darnell L. Williams discuss the importance of the YP movement in relation to the world and NUL. He especially stresses that we as YPs need to chase humility and guard against becoming entitled. Following President Williams, keynote speaker Omarosa Manigault (former reality star and current business-woman) impressed on us the importance of staying true to yourself and your mission. Later that night we partied away at a NULYP Welcome Reception sponsored by Anheuser-Busch, where our chapter won \$8000 for our programming!

The next morning we rushed back to the convention center to get good seats for the panel on “Redeem the Dream: 50 Years and Marching On”, featuring activists Jesse Jackson, Al Sharpton, President Morial, DeVon Franklin, and Barbara Arnwine. Following an emotional and rousing speech by Trayvon Martin family attorney Benjamin Crump the audience was not disappointed by the “Redeem the Dream” panel. How could we be?!? The panel was impressive, parting with knowledge that kept the audience yearning for the session not to end. Following the opening session, we once again divide and conquer the workshops offered.

Attending the session regarding women and healthcare I was the lucky winner of a Kindle Fire HD 8.9” Tablet, sponsored by Nationwide Insurance (which I also happen to be writing this article on)! Because this year was an election year for NULYP, the YP nation attended a Meet the Candidates Forum. Here chapter presidents had an opportunity to listen to each candidate and ask questions before making their vote for the 2013-2015 Executive Board the next morning. After the forum we once again celebrated the night away starting with a Speed Networking event, sponsored by Chrysler. Another Superman speed change and we party the night away at the Lowes Hotel, sponsored by Marriott, Sodexo and T-Mobile.



The next morning, despite the late night, we are up bright and early for the NULYP Business Meeting and Elections. In a historic election, the NULYP nation faced a tie in the race for President. After an unprecedented six and a half hour meeting the Election was finalized and we emerged with a new (#RedeemtheDream continued on page 5)

Keep Calm & March On: 50th Anniversary of March on Washington

There has been so much written on the March on Washington and what it meant for marginalized people who took a stance against inequality. Our only connections to this day growing up were black & white images seen on the TV screen and passages in school history books. August 28th, 2013 marked 50 years since Dr. Martin Luther King, Jr. led a group of over 200,000 to Washington D.C. to put civil rights on an unprecedented platform. He uttered the unforgettable "I Have A Dream" speech and instantly moved millions from different demographics to reflect on the vision of an America void of color. Dr. King was not alone in this movement as we as a community stood proudly by his side.

The 1st thing noticed was the size of the crowd and at first glance there seems to be a lot of young people and different sororities, fraternities, and special interest groups. But, walking through the crowd, we began to notice how diverse the crowd was. Young, old, black, and white all in unison to commemorate a historic day.

There are three particular moments that stand out that day. The first occurred when an older woman in conversation with younger people shared that she was there for the first walk and was glad to see another one. Her words spreading like wildfire, many in her vicinity flocked to ask to take pictures and share on social media. But many more spent their time listening to her experience and got inspired to "be the change [they] want to see in the world".

The second moment came from one of the speakers who shared that she was hoping to attend the first march but never made it. She declared: "But there was NO way I was going to miss this one!" She went on to share that missing that walk not only changed her life but her career path and that making it to the anniversary has tied her life together.

The final and most powerful moment occurred when the youngest speaker, 9 years old Asean Johnson encouraged



the masses to mobilize and to continue the work that King and so many others have started. Standing in front of a crowd of hundreds of thousands of people he spoke about the needed funds for urban schools. This moment struck a chord that had a profound effect on everyone. It was rather symbolic for a 9 year old child to ask the nation to join with him to address the important issues of his time....which are eerily and sadly similar to the issues that spurred the original walk. This young boy knows that he has experienced some form of injustice in his short life. It was clear at that moment that the change Dr. King and so many other spoke about 50 years ago has yet to be made and we have a social responsibility to continue and push the movement.

Even though Dr. King has passed, his legacy remains untouched. As various groups, organizations, and 21st century civil rights leaders spoke that day, the seeds of King's doctrines emulated. Violence begets more violence but our words, our voices, are truly the strangest weapons. This weekend capitalized that our community greatly appreciates his work and continues to stand by Dr. King's side, vision and Dream.

~Jenese Brownhill & Ene Idoko

Chair Membership Services & Community Service, YPN-ULEM

NUL Conference 2013 - #RedeemtheDream

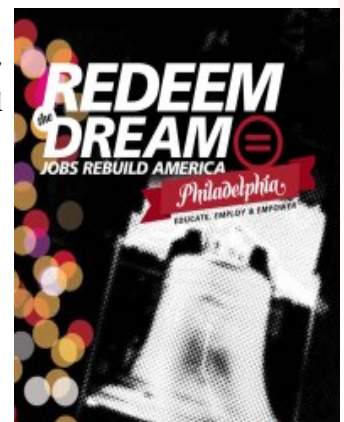
(#RedeemtheDream continued from page 4) Executive Board for the 2013-2015 Administration. Following an exhaustive day, I and some other YP friends from different chapters across the nation decide to close out the night and the conference in a low-key fashion....drinks, food, laughs, and reminiscing.

Sunday morning brings an end to the trip. Packing my suitcase, I reflect on the past three and a half days. Lessons learned, memories formed, friendships strengthened, and bonds forged. The National Urban League Conference of 2013 "Redeem the Dream: Jobs Rebuild America" in Philadelphia, PA was a late July summer weekend I will never forget. Boarding my plane back to home with my new Kindle Fire in tow I bid a fond but tired adieu to a new favorite city. I leave with a renewed purpose. I leave with a mission. *I leave Empowered.* And I leave looking forward to making more irreplaceable memories in Cincinnati next year! And hopefully with you right next to me ;)

~Rachelle N. Villarson

Vice President, YPN-ULEM

**To see Vice-President Villarson's journey in pictures please visit the YPN-ULEM Facebook page!*



**YPN-ULEM
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Rachelle N. Villarson
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**POSITIONS
AVAILABLE!**

Contact Us Today!

*Volunteering
is Sexy™*

YPN-ULEM is a
Proud Auxiliary of the



Urban League of
Eastern Massachusetts

YPN-ULEM - Setting the Pace for Tomorrow's Professionals

Young Professionals Network is an auxiliary of the Urban League of Eastern Massachusetts and a chapter of the National Urban League Young Professionals. Our chapter is one of over 60 throughout the nation. **Celebrating 13 years of service**, YPN-ULEM supports the Urban League Movement through volunteerism, philanthropy, and membership development.

Not a member yet? Than you are "out of your League!" Email us at ypnulem@ypnulem.org for info!

Professional Fashion Tips From "Miss Model" Adeyemi....



Why? This is a question that has often crossed my mind as I observed people throughout the years. Why are his pants so high? Why are there white fuzzy things at the root of her braids? Why is he wearing jeans at this interview?

I was (and still am) perplexed by how some people appear in public. My years of study in psychology and social work have supported my theory that "no one means to embarrass themselves." People just don't know how to consistently look their best. But I am here to help!

Let's step back for a minute and discover the baseline to looking good. The foundation to looking your best is not based on what you wear. For example, at Christmas time, a heavily decorated leafless group of twigs held together by tape *still* looks pitiful next to a full evergreen cedar tree with simple white Christmas lights. What is your baseline? Are you taking care of yourself? Do you know who you are and why you are here? Do you know that you are loved? Well, do you? (I'll wait...)

When the decorations are removed, what's left? Is there a full, healthy, beauty or a frail, empty, frame? Once you address these questions, then you will CONFIDENTLY display your truth and this is your baseline. So, now that you understand your baseline, let's enhance it!

Here are *5 Basic MissModel Tips* for displaying the strong, healthy, beauty that you truly are.

- ◆ **Take care of your skin:** Wash, moisturize, manage the appearance or your pores (this is one area where smaller is better), and balance your natural oils. Find a good face/skin regimen. As you get older your skin will change so be flexible.
- ◆ **Brush your teeth:** Better yet, go to the dentist! It has been stated that bad looking teeth decreases our looks by 30%...which means that good looking teeth increase our looks by 30%. Invest in your smile!
- ◆ **Be neat:** Make sure your items are neat, clean, & coordinated. After all, it's not about the clothes, it's about the presentation.
- ◆ **Make sure it fits:** Wearing items that are too big or too small just makes you look like you don't know what you are doing. If it's too big, accessorize until it looks like it fits or tailor it. If it's too small, donate it.
- ◆ **Tighten your shoe game:** Shoes tell your story. They display your style, your personality and even the level of your maturity. I always say that if you want insight on who a person is, look at their shoes.

Display your truth, believe that you are simply *AMAZING* and others will too!

~Dawn "MissModel" Adeyemi, LICSW
Member, YPN-ULEM

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