



mindful eating
for the beloved community

event guide

January 15, 2018



food for social justice



Mindful Eating
for The Beloved Community
Launching a Movement and a Book:
Mindful Eating for The Beloved Community

January 15, 2018

In honor of the birthday of Martin Luther King, Jr.

9 a.m. to 4 p.m. | Atlanta Marriott Marquis

9 a.m. - Registration

9:30 to 11:30 a.m. - Breakout Sessions

Food Justice and Racial Equity

Alex Askew, moderator

Adam Joseph

Michael Esterling

Njathi Kabui

Family Health in the Community:

Why Is Nutrition the Key to Empowerment?

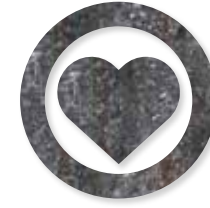
Brealynn Lee, moderator

Karla Coffee-Dunning

Brandon Dukes

Sharron Williams

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Presenters

Introduction to Mindfulness and Meditation

Shana Nunnelly

*Ted-Talk-Style Presentation: Cultural Food Heritage
Is the Truth to Power in Our Community*

Victor Ruiz

Von Nkosi

Ed Nunn

12 to 2 p.m. - Mindful Lunch hosted by
Chef Renato Gerena and BCA Global

Invocation and Blessing

Bishop O.C. Pringle

*Guidance for Conversation, Appreciation and
Suggestions for Consuming the Meal Mindfully*

Adam Joseph

2 to 4 p.m. - General Session

Speakers

Bettie Hudson

Angela Dougé

Dr. Doris Sartor

Bishop O.C. Pringle

Dave Castro

Alex Askew

*Mindful Eating for The Beloved Community Conference
Atlanta, GA ♥ January 15, 2018*

ALEX ASKEW

DAVID CASTRO

ANGELA DOUGÉ

BRANDON K. DUKES

KARLA COFFEE-DUNNING

MICHAEL S. EASTERLING

BETTIE L. HUDSON

ADAM JOSEPH

NJATHI KABUI

BREALYNN LEE

M. VON NKOSI

CLAUDE E. NUNN III

SHANA NUNNELLY

BISHOP O. C. PRINGLE

VICTOR A. RUIZ

DR. DORIS P. SARTOR

SHARRON WILLIAMS



Alex Askew

At age 14, Alex accepted an offer to work as a personal chef. After six years of working in a variety of restaurants in and out of New York City, he enrolled in the Culinary Institute of America and graduated in 1989. With a focus on eating lifestyles and trends in new menu alternatives, he began food research, development and consulting for companies including General Mills, Hilton Hotels, Aramark Corporation, Specialty Restaurants and a host of private clients. He became skilled and knowledgeable in different cooking styles as well as cuisines including Cajun and Creole, holistic, Latin and American fusion. In 1993, Alex co-founded BCA Global (formerly the Black Culinarian Alliance), which dedicates itself to education, awareness and exposure for young minority students seeking careers within the culinary and hospitality industry. He has enjoyed guest appearances on Good Morning America, CBS Early Morning Show and the Food Network. He is a 2001 Doctorate of Food service recipient from the North American Food service Equipment Manufacturers, a Distinguished Visiting Chef (DVC) for Sullivan University and the 2011 Business Leader of the Year from the Marcella Brown Foundation. In May 2012, Alex received the distinguished New York Institute of Technology Global Leadership Award and serves on the board of the American Culinary Federation. He is also a member of the newly formed Certification and Accreditation Commission. With over 25 years in the restaurant and hospitality field, Alex continues to use his knowledge and experience as a foundation for further growth and development in the world's best industry.



David M. Castro

David Castro a graduate of Haverford College (1983) and the University of Pennsylvania Law School (1986). In 1993, following a successful career both in private practice and as a Philadelphia prosecutor, David was awarded a Kellogg Foundation National Leadership Program Fellowship.

In 1995 David founded I-LEAD, Inc., to deliver a community leadership development program that has served several thousand emerging leaders across Pennsylvania. In 2005, I-LEAD partnered with Harcum College in Bryn Mawr, PA to develop a program to provide access to higher education to low income adults in the neighborhoods where they live and work. David is also one of the founders of I-LEAD Charter School, a high school that combines leadership development with academic remediation serving at-risk high school age youth in the economically challenged city of Reading, Pennsylvania.

In 2002, in recognition of David's work on behalf of Pennsylvania communities, he was awarded an Eisenhower Fellowship. In 2009, in recognition of David's work in community leadership and education, he was named an Ashoka Fellow by the Ashoka Global Funds for Social Change. Ashoka is an international community of the world's leading social entrepreneurs.

David is the author of *Genership: Beyond Leadership Toward Liberating the Creative Soul*, now available in print and e-book formats.



Angela Dougé

As a registered dietitian and educator, Angela Dougé works with individual clients to support a daily commitment to wellness. Using healthy food choices to improve both mood and mental alertness she teaches people how to take the steps that lead to a higher quality of life. She also incorporates a spiritual connection to pull it all together. A graduate of Benedictine University with a dual MPH and RD, Angela has developed ways for people to reach their optimum health and wellness that result in a more fulfilled life. She believes that everyone can all build on their strengths to achieve their desired goals.

Angela's company, Effortless Wellness Now LLC, is committed to helping individuals achieve wellness and health by coordinating excellent health, physical fitness, and healthy relationships.



Brandon K. Dukes

Brandon Kristopher Dukes started his food & beverage career as a teenager at a franchise steakhouse in Atlanta. After graduating high school, Brandon pursued his love for food and travel by joining the U.S. Navy (submariner) as a cook where he won plethora of awards for being the best submarine cook in the Atlantic Fleet. Upon his honorable discharge, he pursued his culinary passions by enrolling at the Culinary Institute of America.

In college, Brandon became president of the Bringing Culinary Awareness Club, which was deeply involved in the community. After training with Four Seasons Hotels and Resorts, he established Dukes Hospitality Services in Costa Rica.

Brandon has managed prime restaurants in Atlanta and is now an chef professor at Le Cordon Bleu College of Culinary Arts and the owner of Foodie Apparel. Foodie Apparel provides a platform for community involvement, including a partnership with the Atlanta Community Food Bank that gives them a percentage from merchandise sold.

Brandon has finished his first screenplay, writes food blogs on urbanspoon.com and has a YouTube channel ([Chef Brandon K. Dukes](#)).



Karla Coffee-Dunning

Karla Coffee-Dunning, a registered and licensed dietitian with over 10 years of experience, is known for establishing and maintaining excellent patient relationships in various healthcare settings. Her career experiences with nutrition are diverse; she has served a patient population ranging from a nursing home to inmates to current military veterans. She has worked in a county jail, behavioral health hospital, dialysis center and one of the largest trauma centers in the metro Atlanta area.

Karla's skill sets include nutritional counseling, medical nutrition therapy and community-health outreach. She has a BS in Nutrition and Dietetics and a master's degree in Gerontology from Georgia State University, is a board-certified renal dietitian and personal group-exercise trainer for older adults. Karla is also a member of the American Dietetic Association, chairperson of the Mentoring Committee for the National Black Dietitian Association, volunteer for the Kidney Foundation Walk and presenter at the annual Congestive Heart Failure Conference at Morehouse School of Medicine. She is an exercise enthusiast and ran the Peachtree Road Race for the past seven years.



Michael S. Easterling

Michael is a social entrepreneur with nearly 20 years of experience in nonprofit capacity building. His core services include strategic planning, program development and project management for new initiatives and early-stage ventures. Michael's work in urban agriculture and local food-systems development started when he began cultivating an organic garden in 2006. In the process of growing it from 400 square feet to more than 4,000 over the course of three seasons, he began to network with the well-established local food movement in Cleveland, OH. Michael currently chairs the academics committee of Farm School NYC, a two-year certificate program in urban agriculture funded by the USDA New Farmer/New Rancher grant. He is also the conference-committee chair of Black Urban Growers (BUGs), a community-based group in NYC that annually produces the national Black Farmers & Urban Gardeners conference. In addition to organizing and convening, he also teaches a course in sustainable food-system development with Garden State Urban Farms, a network of commercial greenhouses that sells directly to restaurants in the Tri-State Area, and partners with Essex County College to implement a workforce-development program in urban agriculture.



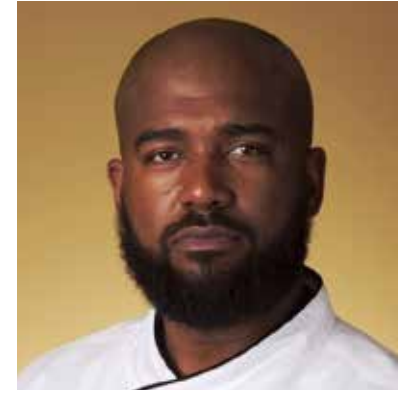
Bettie L. Hudson

Bettie L. Hudson is currently a federal retiree from the National Center for Health Statistics, DHHS/CDC. She is national chair of the Blacks in Government (BIG) Health & Wellness Committee.

Bettie's 26 years of federal service was as a health statistician responsible for analyzing health data and writing reports on the health status of the United States.

Bettie has been a Blacks in Government member since 1978 and is currently a life member, serving as 2nd vice president of the Prince George's Center Chapter in Hyattsville, Maryland. She is committed to educating the membership on current and new healthcare research and treatment.

Bettie resides in Florida, where she is a member of the local James Weldon Johnson branch of the Association for the Study of African American Life and History (ASALH) and the National Active and Retired Federal Employees Association (NARFE). For exercise she participates with the Mary Singleton Senior Center Joe & Rockettes line dance group. Bettie is a graduate of Florida A&M University and a Golden Life member of Alpha Kappa Alpha Sorority, Inc.



Adam Joseph

Born in Groton, CT, Adam was raised in Champaign, IL, where he attended private schools, participated in numerous athletics and was the only child of a single mother. Her dedication as a parent and perseverance as a mentor helped Adam earn the Eagle Scout and Order of the Arrow, receive a congressional appointment to West Point, and develop a passion for good food. He began his professional career in youth development, working in the Champaign-Urbana public school system as an inclusion aide, and directing Y.M.C.A. summer camps. He transitioned to the food and hospitality industry as a head chef during the Jacob's Pillow Dance Festival in the Berkshires, MA, and a three-month international co-op in Newport, South Wales, at the Celtic Manor Hotel and Resort. Adam received his bachelor's degree in Foodservice Management from Johnson & Wales University and an MBA in Hospitality with a concentration in Event Leadership, and is currently a culinary instructor at Kennesaw State University in Kennesaw, GA. He is an enthusiastic addition to the Michael Leven School of Culinary Sustainability and Hospitality College, and a single father of three children.



Njathi Kabui

Njathi is an organic chef based in Durham, NC, whose personal history, education and experience have given him a unique perspective on food. Born in Kenya, his most direct connection to food is through his father, who owned a restaurant in the city of Nairobi. His mother was a coffee farmer and also grew some of the family's food. It is from her that Njathi learned the true cost of good food as well as the valuable skill of growing it. He is committed to continuing this rich legacy by sharing his experience and recipes as he travels across the country and beyond. After high school, Njathi attended LeMoyne-Owen College in Memphis, TN, where he studied Political Science and Philosophy. He then proceeded to the University of Memphis, earning a dual master's degree in Medical Anthropology and Urban Anthropology. He worked in the field of food activism for several years before enrolling in culinary school at the Center of Green Studies in Pittsboro, NC. He then formed the group *Organics & Sounds* (www.organicsandsounds.com) that works to empower people with the skills necessary to improve the food system, health and the environment. He speaks and hosts dinners across the country to raise funds for his work in both the U.S. and Kenya, preparing his famous and eclectic dinners for a diverse array of guests and venues. He was also recently invited to be a guest chef at the Kenyan Embassy in Washington, DC, and at some of the best wineries east of Mississippi. He is an avid gardener and grows a variety of organic food.



Brealynn Lee

Brealynn has been in the culinary business for 15 years. An artist her own right, she studied graphic design at the Art Institute of Dallas on a scholarship and graduated in 2002, yet putting her degree to use doing freelance work left her unfulfilled. She returned to the school for their new culinary program after a close friend there inspired her to explore another form of art: "I fell in love with art all over again when I started culinary." And why not? She has been cooking since age 4, using a chair to climb onto the countertop in her grandmother's kitchen in Mississippi. With hard work and determination, Brealynn obtained three degrees in culinary and pastry from Le Cordon Bleu. She is an executive culinary chef and executive pastry chef specializing in chocolate. In 2010, she became the second student of the Texas chapter of BCA Global (formally Black Culinarian Alliance) and, upon graduation in 2012 from Le Cordon Bleu, became the first alumni president. She has continued to educate and mentor young minority chefs in the industry's ways and protocol, and believes that we can change the world one meal at a time.



M. von Nkosi

M. von Nkosi is the principal of Liquid Studios® (LS), an outgrowth of his parent company, The MXD Collaborative, Inc., founded in 1992. LS is a collective of like-minded, independent practitioners and intellectuals (practellectuals) operating from a shared vision to help communities optimize their potential. LS focuses on finding and implementing locally driven solutions (www.liquidstudios360.com).

In June 2012, Von incorporated the Institute for Local Innovations (ILI) based in New Orleans. ILI which provides organizational stability and capacity-building technical assistance, knowledge capture and transfer across generations, while seeking out and lifting up innovations (www.ili360.org).

Von is an architect and led the design team that created the implementation plan for the Martin Luther King, Jr., Historic District in Atlanta. In 2009 he was a New Orleans delegate visiting Tokyo to share experiences on disaster recovery.

Von is a Duke University & University of Cape Town, South Africa, ELP Fellow (2006) and a dedicated, accomplished leader and entrepreneur. He has optimized smart growth strategies for municipalities through expertise in housing, land-use policy, public/private development, strategic planning, equity issues and civil society. He also designed, raised capital for and brought forth the Mi Rialiti (my reality) smartphone app platform as a part of his commitment to social justice and civil society (www.mirialiti.com).



Claude E. Nunn III

Claude is the president of Nunn Better Nutrition and has been a certified executive/working chef for 45 years throughout the United States and internationally, with extensive experience in diners, dinner houses, high-end restaurants, four- and five-star resorts, hotels and private clubs. Within those venues, guests have included heads of state, celebrities, corporate executives and U.S. presidents from Reagan to Obama. Claude graduated from California Culinary Academy in San Francisco and an immersion program at the Institute of Integrative Nutrition in New York. His culinary, nutrition, wellness, cross-fit and urban-farming training, experience and education have led him to develop and deliver a three-in-one wellness concept and healthy-lifestyle model that helps people to help themselves. Claude's philosophy as a wellness chef is a model of ancient, old-world and re-birther theories and practices encompassing body, soul and spirit. He uses this model version of creation, consciousness and conception to lead people to a better understanding of the benefits of mindful and conscious eating, and an awareness of the power of superfoods. Spiritual awareness and earthly elements produce a healthier, stronger and more intuitive body.



Shana Nunnelly

Shana Nunnelly is a holistic practitioner with more than 20 years of experience. With exposure to Tao practices in her teens, she developed her mindfulness practice through sacred ritual, group therapy and the daily practice of working in ancient African spiritual traditions. She is the founder of HoneeComb Holistic & Natural Hair Salon in Atlanta, GA, which has become a healing hub for the women she was serviced daily in mind, body & spirit. Having a friend sit in her salon chair at HoneeComb, the two shared their lives and exchanged meaningful wisdom about creating a more divine life. From that conversation, Sacred Waters Retreats was born. As co-creator of Sacred Waters, Shana is able to create loving and safe spaces for women to reconnect with their divine selves. Participants journeying with Sacred Waters can experience a myriad of opportunities like sacred-sweat lodge ceremonies, holistic food preparation, ancient drum circles, herbal plant medicine-making, kundalini yoga, trauma healing, intentional alignment, manifestation meditations and so much more. Shana believes that many women are suffering from depression, anxiety and lack of self-worth due to a disconnection from their own inner being. It is her personal mission to help alleviate that suffering through both simple and complex modes of daily ritual, mediation and self reflection.



Bishop O. C. Pringle

Bishop O.C. Pringle exemplifies the charismatic and evangelical beliefs mentioned in Ephesians 4:11. He is a prophet, apostle, evangelist, teacher and pastor. Born in Charleston, SC, into a firmly religious family and community, he was a gifted, talented and extremely active child; it became obvious that his destiny was ministry-based.

Bishop Pringle served as an assistant pastor in Ridgeville, SC, and Pompano Beach and Miami, FL. As senior pastor, he served in Valdosta, Quitman (Nankin), Fitzgerald, Pembroke and Atlanta, GA, and in Deerfield Beach, FL. Through his evangelistic and apostolic anointing and course, he has founded 18 churches throughout Alabama, Florida, Georgia and South Carolina. He has traveled throughout the nation for over 25 years conducting revivals and old-fashioned tent meetings, and speaking at preaching conferences, conventions and convocations.

Bishop Pringle is the founder and chief overseer of New Covenant House of God Fellowship of Churches. He has been called by many the Alex Haley of the Low Country of South Carolina, as the founder and president of the largest family reunion in history, where every two years thousands of people gather to celebrate black heritage and legacy.

He has served as an officer and chaplain of his local NAACP chapter for over three years and of the 100 Black Men of Atlanta.



Victor A. Ruiz

Victor is the executive director of Esperanza, Inc., with a mission to improve the academic achievement of Hispanics in Greater Cleveland by supporting students to graduate from high school and promoting postsecondary educational attainment in the Hispanic community. As a result of Esperanza's efforts, the high-school graduation rate of Cleveland's Hispanic youth has doubled since 2010. The organization has received local and national recognition for its work, including being named a 2015 Bright Spot in Hispanic Education by the White House Initiative on Educational Excellence for Hispanics, and receiving the prestigious Anisfield-Wolf Community Organization Award from the Cleveland Foundation in 2012. Victor lives in Cleveland with his wife and three children, and is a graduate of the Cleveland school system. He has a bachelor's degree in English from Baldwin Wallace College and a master's in education from Cleveland State University. He serves on several boards and committees in leadership roles, including chairman of the board of Cuyahoga Community College and of the Hispanic Alliance. Victor is also a W.K. Kellogg Foundation National Fellow.



Dr. Doris P. Sartor

Dr. Doris P. Sartor is the 2017-2018 national president of Blacks in Government, Inc. Commonly called BIG, its mission is to promote equity, excellence and career opportunities through training and education for African Americans in local, state and federal governments.

Doris is employed at Maxwell Air Force Base in the Civilian Associate Degree program, with expertise in curriculum design and development. She has also planned and developed numerous courses including Sexual Assault Coordinators, Sexual Assault Prevention and Response Victim Advocates, EO Directors, and Advanced and Basic Mediation.

Doris has also coordinated and conducted Racism and Disparate Treatment forums throughout the country in various government agencies. Among others, she has worked with the US Army Corps of Engineers, Baltimore District; Fort Benning, GA; and the VA Medical Center in Fayetteville, NC. Doris was also project manager for the publications Voter Plan of Action, Report on Discrimination and Solution Summit, Racism and Disparate Treatment in the Public Sector, and Affirmative Action and Beyond.

Doris has received the NAACP Roy Wilkins Renown Service Award, Blacks in Government Distinguished Service Hall of Fame, Exemplary Civilian Service Award, and twice received the Federal Employee of the Year Award. In 2016, she was recognized as one of five "Best of the Best" within Air University.



Sharron Williams

Sharron Williams is an American culinary chef who specializes in traditional cooking techniques and their history. She is a graduate of Le Cordon Bleu and the first student president of the Dallas Chapter of BCA Global. She has been a strong voice in her community for cultural diversity and food equality. As a chef in the Dallas, TX, metroplex, Sharron continues to spread the love and preservation of traditional culinary culture, while helping today's youth be trailblazers by educating them in the rich history and diversity of the culinary world.

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The Movement

Mindful Eating for The Beloved Community

The one-day Mindful Eating conference in Atlanta, GA on January 15, 2018 marks the launch of the nationwide initiative and includes workshops on mindfulness and food justice, an interactive Mindful Meal, presentations from social justice leaders working in health equity, and a reading from the book—*Mindful Eating for The Beloved Community*.



food for social justice