

AIMM

magazine

MAY 2013



BEI



TABLE OF CONTENT

Editor's Notes

Feature Story:

BEL

Chew on this

Fashion

Health Talk

May Food

Book Review

No Evil

Hair by Gradieh

G-Spot

Poetry

Subscription



contri butors



Editor : Wangechi Ruguaru



Editor : Eva Githina



Contributor :
Wambui Wamutogoria



Contributor :
Gerald Montgomery



Contributor : Kabura Wahome



Contributor : Dave Nyambati



Contributor : Gradiel Wreh



Designer- Sam Gathenji

Editors Notes



There are times when I am often at a loss. I know for those of you that personally know me I sometimes have an air of someone that has all sorts of things figured out, but trust me, even I have those moments where I do not know which way to go, what to say, how to get unstuck and to get back to where everything or at least some things are moving in the right direction again.

This issue of AIM Magazine had me and my fellow editors stuck. The people we were hoping to feature got stuck and were unable to get us what we needed to get you the inspiration you need in order to keep moving and we were at a loss on what to do. When I am in the midst of those moments, I find solitude and silence so that the divine or providence may work to un-knot those tangles that keep me from moving forward.

It is providence that we have to thank for bringing us together with BEL – a group of lovely, talented, inspiring ladies from Haiti. They came to us right when we needed them and I feel that our encounter and their appearance on the cover of this issue would not have happened at such an opportune time for them and for us were it not for the divine.

AIM Magazine is proof that providence is at work in each and every issue and it has brought us to all those that we feature and our dear contributors. Keep dreaming, believing and aiming high and providence will show its hand. "Providence has its appointed hour for everything. We cannot command results, we can only strive."~Mahatma Gandhi~

Peace and Bangles!

Eva

FIRST-CLASS
USA



BEL



Made In Haiti



BEI

“BEL” is poised to be one of the breakthrough bands of the year. With innovative live sounds and rhythms, “BEL” brings an eclectic mélange of Caribbean Soul and a taste of Hip Hop flavor. “BEL” stands strong behind their mission and music while embracing both Haitian and American culture. “BEL” represents the ideal Caribbean young women and the quintessential American talent... Though born in Brooklyn, “BEL” is wholly and truly connected to their true home- Haiti.

“My flesh was born in Brooklyn but my soul never left Haiti”
“We’re island girls at heart with Caribbean pride like no other.” But, with our fists in the air screaming WHERE BROOKLYN AT????— Mickael Music

Just as it is with many children of immigrating parents, English is “BEL”’s second language. The fact that the stunning Caribbean beauties were raised in the epicenter of New York’s Caribbean community in Brooklyn, left, an invaluable sentiment of belonging towards their native Haiti. For that reason alone, the duality of mixing English and Creole in “BEL”’s speech and style is quite abundant.

Why “BEL”?
Every great artist needs that “IT” factor, that thing that keeps people breathless, thirsty for more. That, “I would love to hate you but can’t, so how can I be down with ya”?..... That thing that makes others want to be like them or at least their friend. With that said, not only does “BEL” have “IT”, they’re “IT”!!!!

Who is “BEL”?

The word “BEL” means beautiful and the 3 letter spelling is not by chance.

Three Girls. Three Stories. Three Voices. Three Letters. For one Haiti .

Introduction:

Mickael Music, Melanie Charles and China Blak are the beautiful ladies of “BEL”!

B = Beautiful, Bold, Belle, the beat!

E = Exotic, Elegant, Electric

L = simply stands for.....Lovely.

They are humble queens with a strong sense of self and poised to storm the universal stage... as “BEL” would say: “We are all dark with natural hair and talented. We’ve come to add the balance that is needed in this game. Beauty comes from within and radiates on the out, so work on your mind, heart and soul and you will be “BEL”. “

Haitian Boy

“My Haitian boys are so fine, that’s why I love them” China Blak
“BEL”’s first single is titled “Haitian Boy”. “Haitian Boy” is not just a song, it’s a movement. It’s a salute to their bravest.

Why did “BEL” create the Haitian Boy movement? “BEL” wanted to pay tribute to Haitian men, honour them and raise money for Haiti

while doing so. To this end, many top Haitian male performers such as Wyclef, T-Vice, Harmonik, Disip, Mikaben, BelO, Mecca, Nu Look, Djakout #1, Kreyol la, Kako, DJ Stakz, Zing just to name a few.

This campaign celebrates not only Haitian men, but also Haitian music. “BEL” says “Our music was what kept the people going after the earthquake”. “Our Haitian men are resilient, they kept the music flowing, and that same spirit animates our male artists in the making of the video”. This Tribute song to Haitian men is the first ever in history and “BEL” is proud to bring it to the masses. The track was produced by top Haitian producer, Shedly Abraham, the talented Nickenson Prudhomme on the keys and the legendary Makarios Cesaire on guitar.

As “BEL” celebrates Haitian men, they too are proud to celebrate “BEL”. As part of the “Haitian Boy” project; the male artists who participated signed a t-shirt which will be auctioned for the benefit of a charity of “BEL”’s choice.

.The making of “BEL” reality TV

“I don’t have no time for lateness, it’s just not professional” says Melanie Charles
With that said get ready for “The making of “BEL” TV!

Under the brilliant expertise of Charles Roberson who has produced for networks such as VH1, BET and MTV just to name a few, in collaboration with Mickael Music, “The Making Of “BEL” was born. All the elements of a reality show were present: the drama, the misunderstandings, the heartfelt moments, the passion. The good, the bad and the ugly... With three strong “BEL” personalities, the disputes, disagreements and drama were inevitable.

Do the divas of “BEL” manage to pull it through and make it happen?

Stay tuned and find out the reality behind the scenes of “BEL”!

The Members of “BEL”

Melanie Charles is the epitome of Soul and Jazz. This Haitian-American, Brooklyn native, attended LaGuardia High School for Performing Arts where TV show “Fame” took place. While a flute major, she discovered her talent for writing, and musical theatre. Melanie is a 2010 graduate of the NewSchool for Jazz and Contemporary Music under the tutelage of jazz masters such as Reggie Workman. Melanie has also toured Europe singing backup for Atlantic recording artist Laura Izibor. On tour, Melanie had the opportunity to open for John Legend, Maxwell, India Arie, Jazmine Sullivan and, Chrisette Michele. Melanie plays the flute, the guitar, and the piano and can flow between jazz and soul styles effortlessly. Her jazz band the “JOURNEY” has been together for 3 years, playing all over NY.

In April, Melanie released her first self-produced album entitled Introducing Melanie Charles and the Journey which has received a great deal of airplay in the US and overseas. Melanie has recently been nominated as Best Female Vocalist by the Haitian Music Awards. She is one of the driving forces in Haitian music today. Melanie originated the role of Micheline Louima, Abner Louima’s wife in the Off-Broadway production of “The Wood” at the

prestigious Rattlestick Playwright's Theatre in NY City. Melanie is set to release a soul/jazz EP this Fall and her debut Haitian Jazz Album in January 2012.

Mickael Music is a multi-talented Singer/Rapper/Songwriter/Guitarist. Mickael's first promo single "I WANNA BE LOVED" jump-started an amazing warm welcome to the music world." I WANNA BE LOVED" was inspired by BujuBanton's hit song with the same title. Written and Produced by Mickael "I WANNA BE LOVED" aired on BET, Tempo and many TV stations all over the world. Mickael and her team also filmed 3 follow-up Music Videos while on tour. The 2nd single Mickael plans to release titled: "Everybody's got something to say" was shot in Venice, Italy and in Rome. The 3rd Music Video "Falling down" was shot in Morocco, Africa. The Music Video for "Falling Down" played a role in the relief efforts for the earthquake in Haiti, the video was used by the talent search website "Stars of www.com" to raise money for Wyclef Jean's Yéle Haiti charity. A natural in front of the cameras and behind the scenes, Mickael has numerous modeling and television credits, print and/or commercial ads for Essence, Sears, Coca Cola and Lancôme which are only a few of the entertainment giants the multi-talented artist has worked with. Mickael also works behind the scenes as a TV Director/Producer. Currently, Mickael has also earned herself a TV/RADIO spot with MBK ENTERTAINMENT, managing firm for Alicia Keys. MBK ENTERTAINMENT developed a TV/RADIO show based around Mickael's personality. Mickael has traveled the world sharing her gift by way of music

China Blak, President of "Madame of Chance Music", is a rising star to watch. Born to Haitian parents, this rapper/singer/songwriter first made a name for herself while playing clubs from New York to St. Lucia, where she blew the roof off of the place with her live performances. The name China comes from the china cabinet, where China's mother kept all of her valued treasures. China used to look at that cabinet and say, "That's where I should be". Armed with a chameleon-like ability to blend with her surroundings, China's songs tell the story of love, strength, courage, dreams and survival. Her tales of despair, the quest for love, and pleas for strength have made her a curious, yet confident phenomenon.

China Blak believes her purpose on earth is to inspire the world through music. Money and stardom do not startle this artist. She aspires to create music that provides outbursts of ingenuity. China Blak believes that her sound is very relatable, as she takes all the good, the bad and the ugly, and sets it to music. Expect to be moved in every direction—Alternative, Hip Hop, and Reggae. Her child-like, upbeat spirit is infectious. This multi-talented star is ready to embark on a journey that will undoubtedly touch many lives.

BEHIND THE MUSIC/Reality TV Show The Making of "BEL" Reality TV Show

Charles Roberson
Head Producer/ Executive Producer of "The Making of "BEL" reality TV.

Charles Roberson is a brilliant producer working with VH1, who

is also the Co-Founder and CEO of "Walk the Talk", LLC. "Walk the Talk" (WTT), LLC is a collective consisting of producers, directors, editors, and artists contributing a wealth of knowledge, talent and creativity in a production company. Charles's vast expertise and contacts in television, web and music production facilitates finding the best talent for "The making of "BEL" reality TV

Charles Roberson producer for networks such as VH1, BET and MTV just to name a few teamed up with Mickael Music to create "THE Making of "BEL". Under his brilliant expertise, "The making of "BEL" was born. All the elements of a reality show were present: the drama, the misunderstanding, the good, the bad and the ugly... With three strong "BEL" personalities, it was inevitable to experience disputes, disagreements and even drama "BEL"'s reality show is the first of its kind in the Caribbean.

Mickael Music is the Creator/Producer/ Executive Producer/ Visionary/ Founder of the "BEL" music project and The Making of "BEL" reality TV show. Mickael Music also produced and directed the "BEL" movement and works behind the scenes as a TV Director/Producer; she has produced segments for BET and many other channels, directed many Music Videos including her own and has also earned herself a TV/RADIO spot with MBK ENTERTAINMENT, managing firm for Alicia Keys. MBK ENTERTAINMENT in conjunction with Mickael Music has developed a TV/RADIO show based around Mickael's personality.

#africansinmotion, the lovely ladies are all established in their own right and lovable for so many different reasons and they truly are representing Haiti and Africa positively as they make huge strides in music and entertainment and serve as an inspiration to Africans all over the world.

Get in touch with "BEL" on:

www.belmusiconline.com

www.twitter.com/mickaelsmusic

www.facebook.com/mickaelsmusic

www.twitter.com/themakingofbel

www.facebook.com/belmusiconline





In Your Size

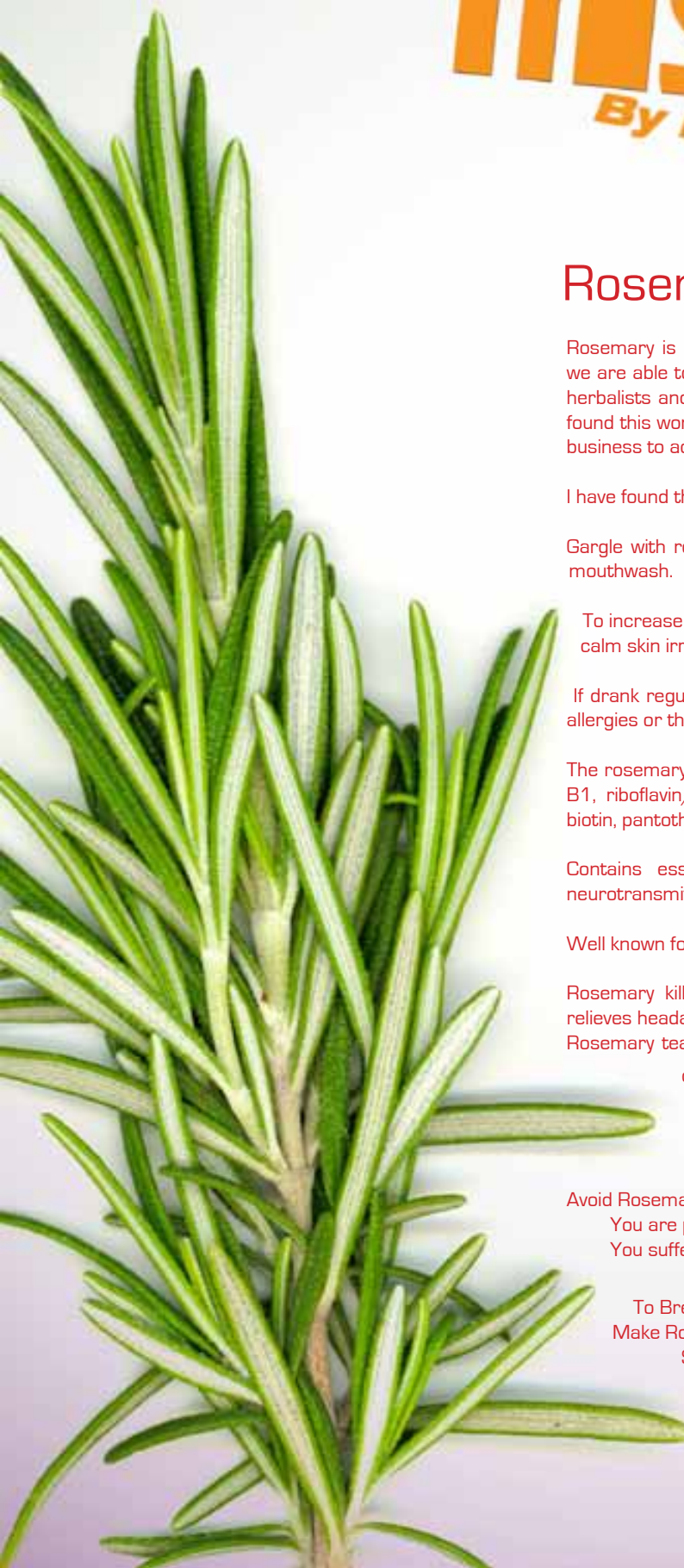
- Custom order any item at no additional charge
- International shipping

utamaduni
Wear

www.utamaduniwear.com

Chew on This

By Eva



Rosemary: The All-Around Cure

Rosemary is an herb used for culinary and healing purposes as far back as we are able to look. It is one of the oldest herbs in cultivation and was used by herbalists and physicians to help cure all sorts of physical ailments. I recently found this wonderful herb growing in my back yard and I have since made it my business to acquaint myself with its benefits and negative side effects.

I have found that ingesting this herb in tea form garners the following benefits:

Gargle with rosemary tea, to absorb its antiseptic properties as you would a mouthwash.

To increase blood circulation, add the rosemary tea to your bath water and to calm skin irritations.

If drank regularly it is beneficial in relieving indigestion and congestion due to allergies or the common flu.

The rosemary leaves are high in beta-carotene//Vitamin A, thiamin//Vitamin B1, riboflavin//Vitamin B2, niacin//Vitamin B3, Vitamin B6, Vitamin B12, biotin, pantothenic acid, Vitamin C, Vitamin D, Vitamin E and Vitamin K.

Contains essential antioxidants helpful in preventing the breakdown of neurotransmitters responsible for cognitive and reasoning functions in the brain.

Well known for treating symptoms of Alzheimer's and Dementia

Rosemary kills bacteria that cause infection, soothes aching muscles and relieves headaches and fever.

Rosemary tea is also commonly used as a conditioning hair rinse to combat dandruff and stimulate hair growth.

The Rosemary herb also contains oil that acts as a natural mosquito repellent.

Avoid Rosemary If...

You are pregnant

You suffer from high blood pressure

To Brew Rosemary Tea...

Make Rosemary tea by adding 1 tsp. of the leaves to 1 cup of boiled water. Steep for 10 minutes, strain and enjoy.

You can add honey if you need a bit of the sweet.

That AFRICAN Bride

BY WAMBUI WAMUTOGORIA

As Africans and lovers of all things bright, vibrant and colorful we are in a very unique position on our wedding day to be extra vibrant and colorful. We can have the most flamboyant, beautiful, awesome bridal gowns that will be the envy of every person not wearing said gown. If your big day is coming up, or if you're building a dream book for the future, here are a few ideas for a truly African bridal gown



A woman with long dark hair, wearing a light blue sports bra and black leggings, is seated in a gym. She is performing a shoulder press with two silver dumbbells, her arms extended upwards. She has a focused expression. The background shows gym equipment and a red carpeted floor.

HEALTH TALK

BY EVA GITHINA

ELBOW EXERCISES

Thomas Carlyle once said "No man lives without jostling and being jostled; in all ways he has to elbow himself through the world, giving and receiving offence."

Most of us pay no attention to the elbows unless we experience pain or discomfort. Despite being neglected, the elbow plays a very important role in our everyday tasks and it is important that we take good care of our elbows to ensure that our mobility is not compromised.

The elbow joint allows the hands to be moved towards and away from the body and it is connected to three muscles which are:

- Brachialis which acts exclusively as an elbow flexor
- Brachioradialis which acts essentially as an elbow flexor when the forearm turns so that the palm faces up or down
- Biceps brachii which is the main elbow flexor but, as a biarticular muscle, also plays important secondary roles as a stabilizer at the shoulder and forearm.

« Try the following three exercises for the elbow and your elbows will definitely thank you.

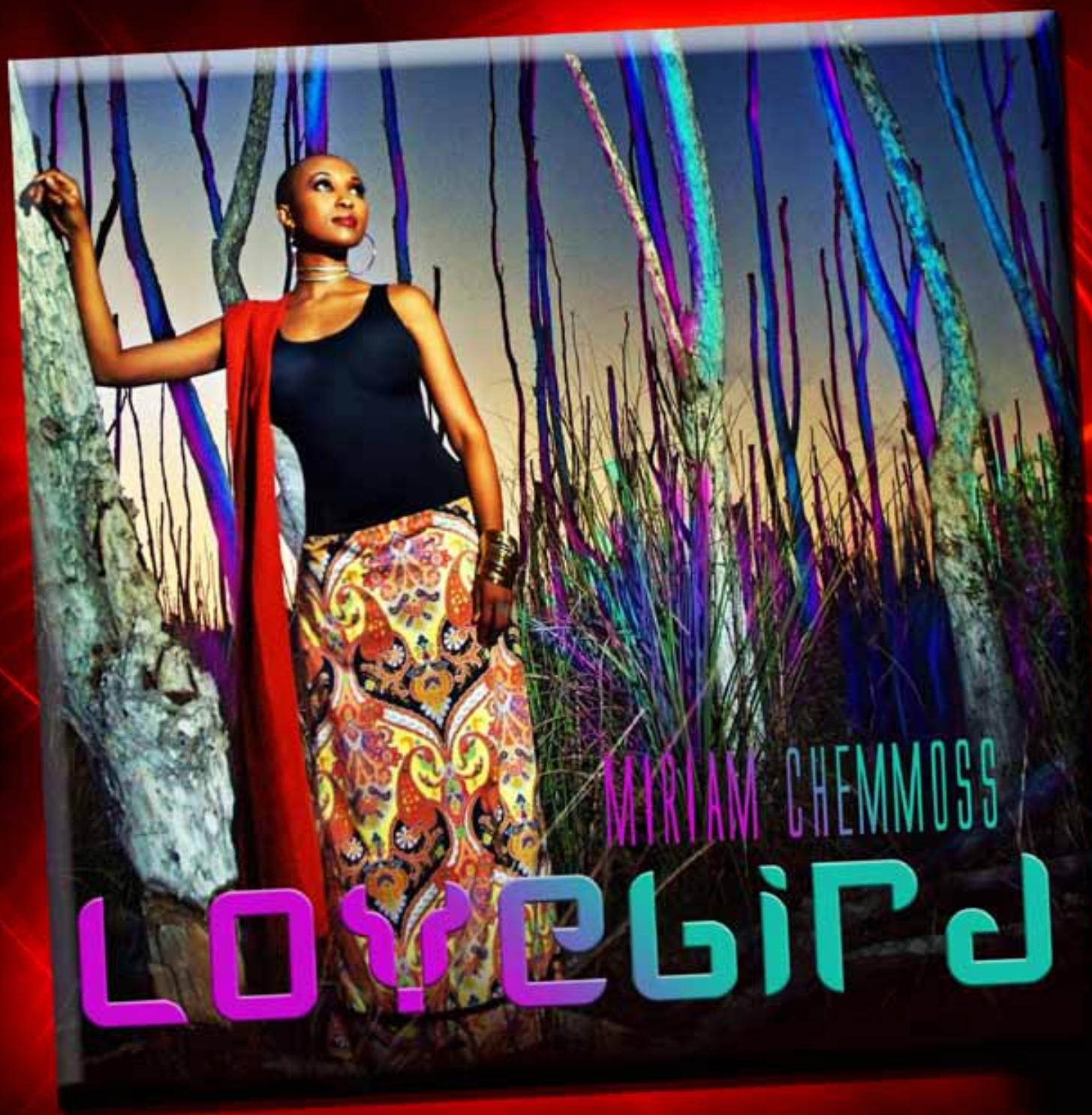
» **Tricep Extensions** work the elbow and triceps. Form is very important here too.

» **Wrist Curls** strengthen the wrist and elbow tendons so make sure to keep your elbow and wrist static.

Chest Flies should be performed by locking your elbow joint and keeping your arm straight, biceps facing inwards and rotation taking place at the shoulder joint.

Keep those elbows strong #africansinmotion!

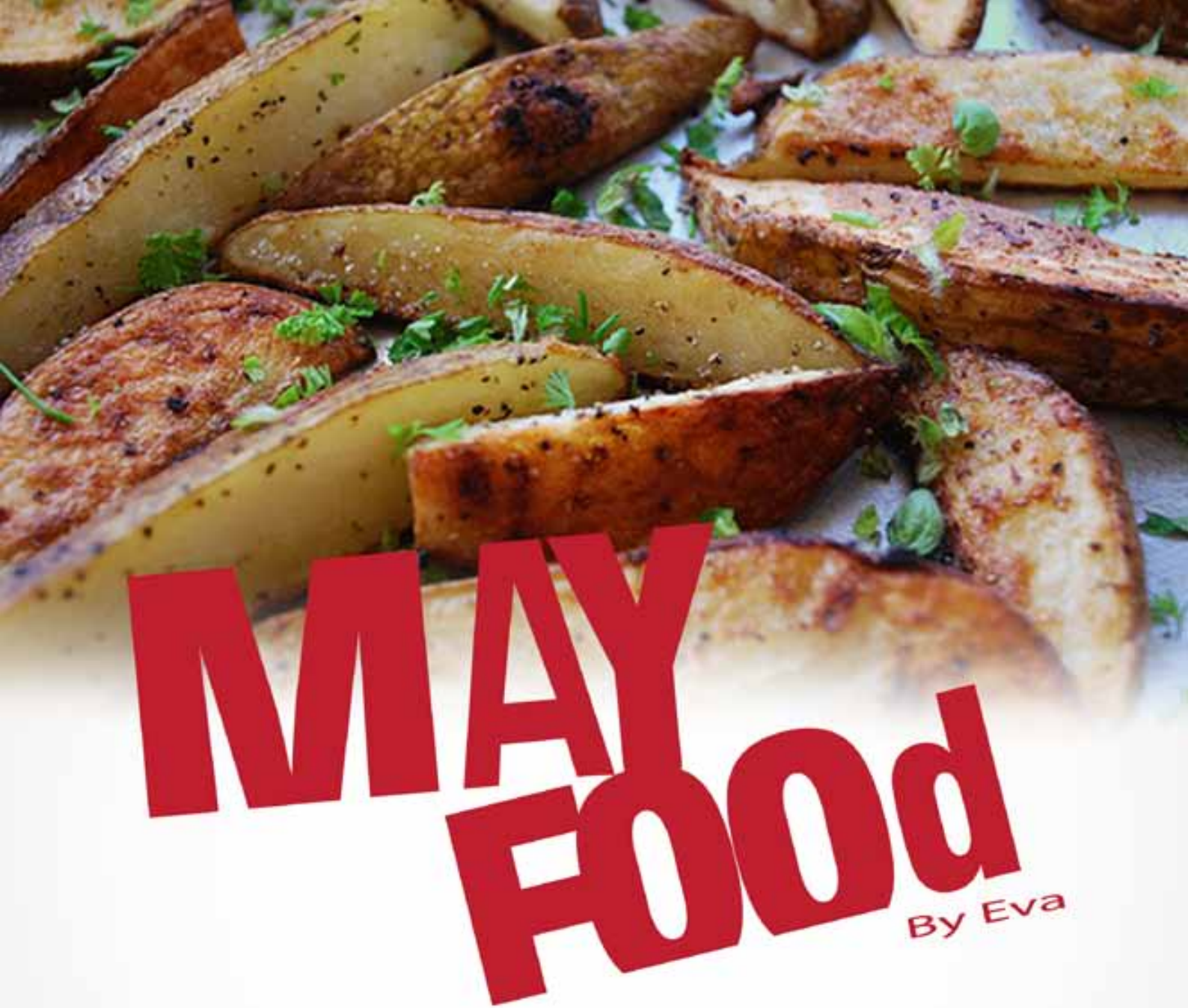




After 3+ years of cooking and baking...lots of waiting,
Miriam Chemoss is ready to
serve and share her labor of love.

"LOVEBIRD"

will be in digital stores worldwide from January 7th, 2013.



Roasted Potato Wedges with Rosemary Butter

6 servings in about 1hr

You Need:

2 tablespoons olive oil
10 medium sized potatoes or
5 sweet potatoes if you prefer
1 teaspoon kosher salt
1/2 teaspoon black pepper
3 tablespoons unsalted butter
2 teaspoon finely chopped fresh rosemary

To Prepare:

- Put oven rack in lower third of oven and preheat oven to 400°F. Oil bottom of a shallow baking pan (15 by 10 by 1 inch) with 1 tablespoon oil.
- Cut each potato lengthwise into 8 wedges and toss with salt, pepper, and remaining olive oil in a large bowl.
- Arrange potato wedges, flat sides down, in baking pan, then cover pan tightly with foil and roast 15 minutes. Remove foil and roast 15 minutes more.
- Loosen potatoes with a metal spatula, then turn over onto other flat sides and roast until tender and golden, about 15 minutes.
- While potatoes roast, melt butter with rosemary in a small saucepan over moderately low heat.
- Loosen potatoes with spatula, and then transfer to a serving dish or plates and spoon rosemary butter over them.
- Feel free to enjoy these with a side of meat and vegetables and a chilled glass of wine



BOOK BY KABURA WAHOME Review

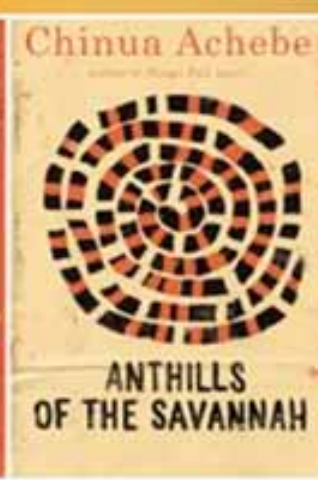
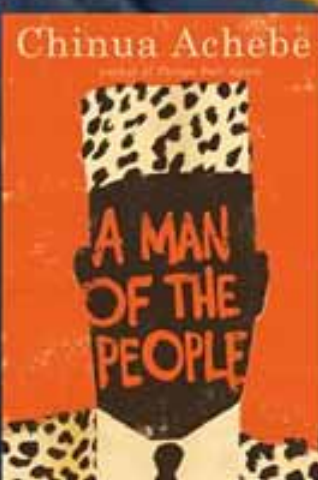
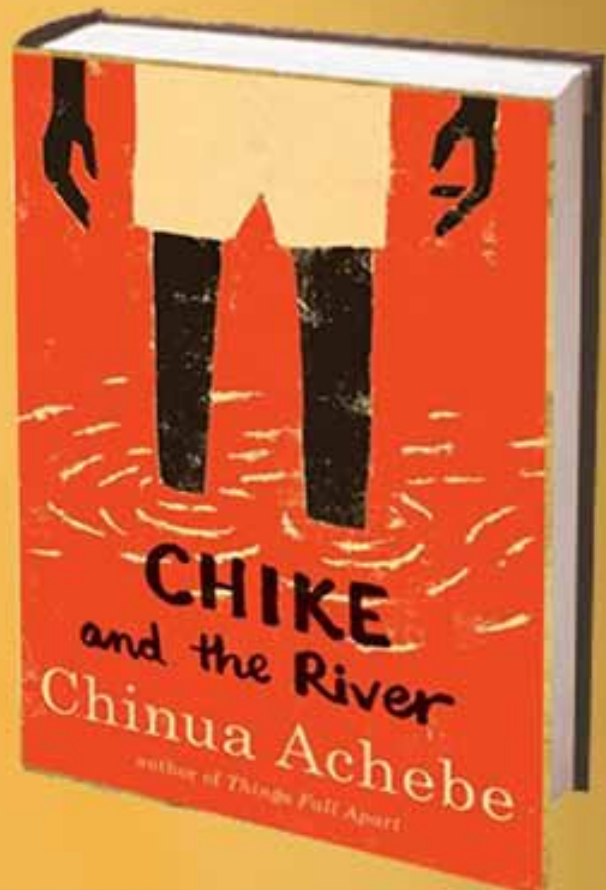
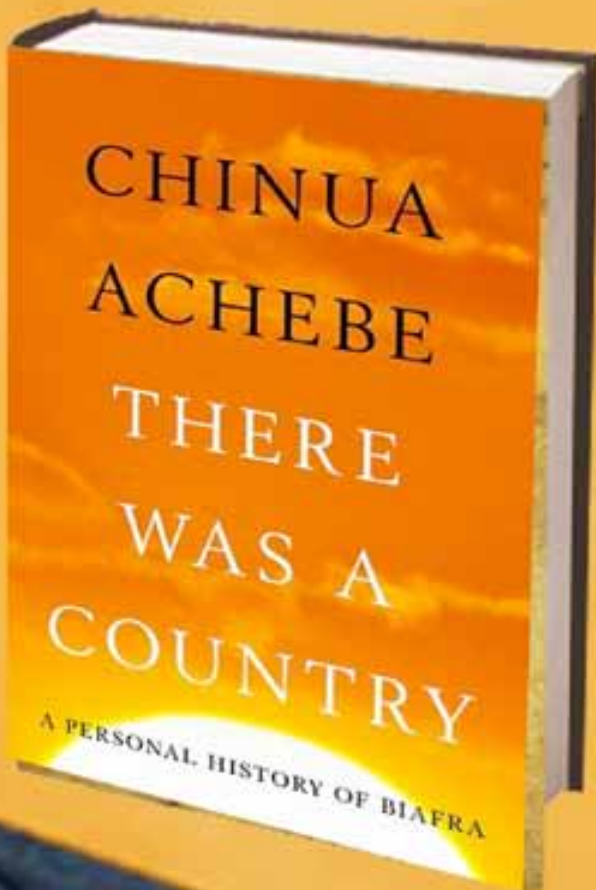
Tribute to Chinua Achebe

"Oh, the most important thing about myself is that my life has been full of changes. Therefore, when I observe the world, I don't expect to see it just like I was seeing the fellow who lives in the next room."

Chinua Achebe

May Mr. Achebe rest in peace and may his work live on.

AIM Magazine [africansinmotion]



Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

