

5th ANNUAL

SUSTAINABLE
LIVING
Empowerment
Conference



COMMUNITIES CONNECTING THROUGH SUSTAINABILITY

SATURDAY, APRIL 22, 2017

Hudson County Community College
Jersey City, NJ



NEWARK
SCIENCE AND SUSTAINABILITY INC.
Creating Self-Sustaining Communities



HUDSON COUNTY
COMMUNITY COLLEGE



RISING TIDE
CAPITAL



UnitedHealthcare
Community Plan

#SUPPORTTHEMOVEMENT

#TEAMSAS

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**SUSTAINABLE
LIVING
Empowerment
Conference**



It's my pleasure to welcome you to our 5th Annual Sustainable Living Empowerment Conference. This year's theme: **"Communities Connecting through Sustainability."**

Tobias A. Fox, Managing Director, began writing at eighteen, creating poetry, then short stories and screenplays that were both expressive and therapeutic, as a means to deal with the violence and poverty in his upbringing and a positive alternative to the urban blight of drug culture and limited outlooks. Aside from being a writer and having ten years of independent publishing experience, Fox is a Professional Organizer, Certified Application Counselor for the Health Insurance Marketplace

[Affordable Care Act], Master Gardener, Photographer and Coordinator of an annual Sustainable Living Empowerment Conference. He conducts various community events, presentations and workshops on sustainable living practices and has assisted numerous urban farmers and gardeners with the cultivation of their agricultural space.

Fox prides himself on his community engagement skills and ability to build local movements. Since 2011, he has brought individuals together in small and large groups for various programs and events related to environmental and socioeconomic issues, and utilization of best practices. He has been able to achieve these outcomes by capitalizing on his knowledge of documentary-style filmmaking and social media to share residents' stories. In 2012, he was awarded an Exemplary Service Recognition by the Greater Newark Conservancy for his work as a Community Organizer. In 2014, he was awarded the Newark NAACP Environmental Justice Honoree, and received a 2016 Community Service Award presented by the Northeast Earth Coalition. He is also founder of the community-driven, 501c3 nonprofit organization Newark Science and Sustainability, Inc.

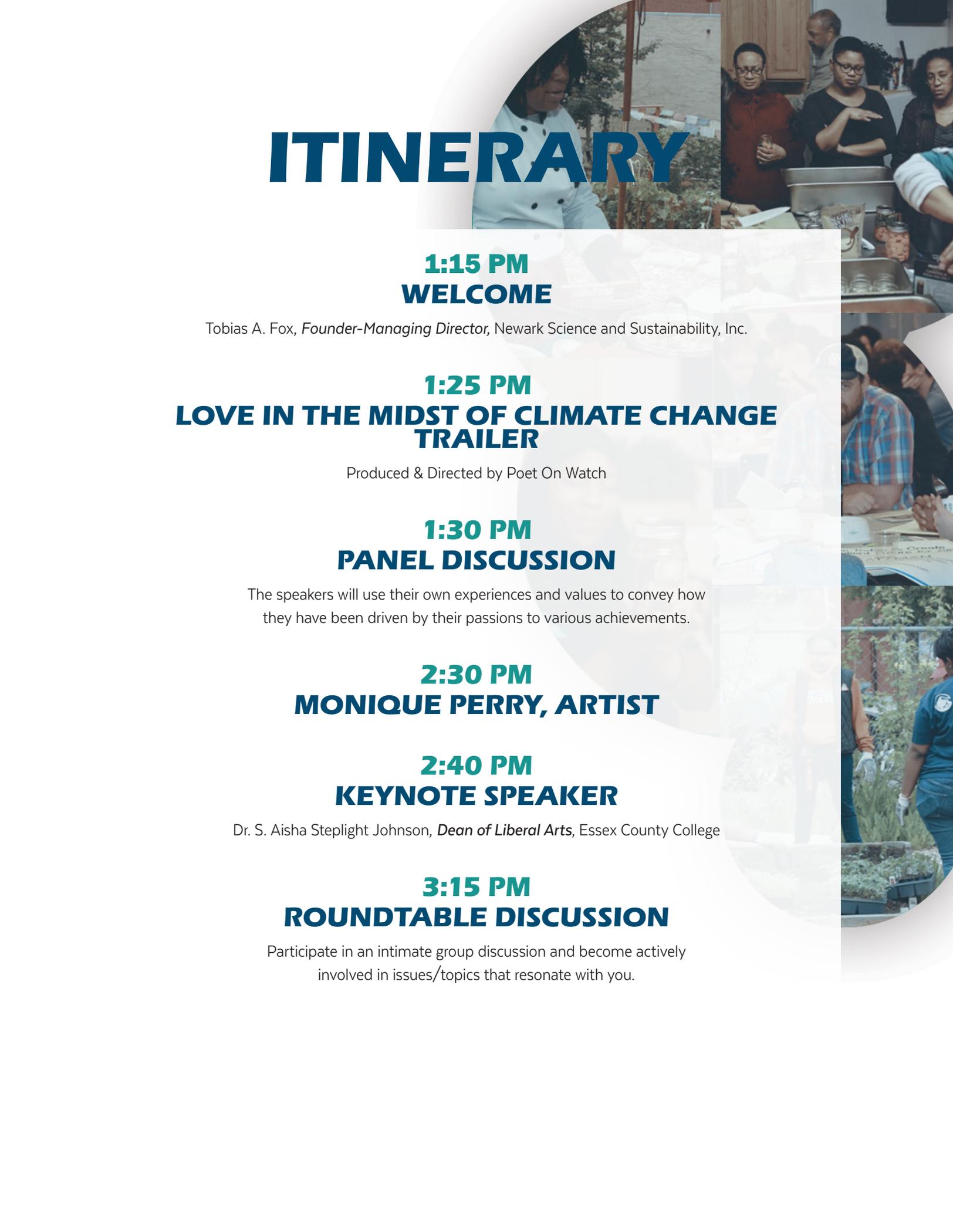


**THIS EVENT IS BEING ORGANIZED BY NEWARK SCIENCE AND SUSTAINABILITY, INC. [NEWARK SAS]
WITH THE SUPPORT OF THE FOLLOWING ORGANIZATIONS:**

**HUDSON COUNTY COMMUNITY COLLEGE
(Student Government Association & Environmental Club)**

RISING TIDE CAPITAL

UNITEDHEALTHCARE COMMUNITY PLAN



ITINERARY

1:15 PM **WELCOME**

Tobias A. Fox, *Founder-Managing Director*, Newark Science and Sustainability, Inc.

1:25 PM **LOVE IN THE MIDST OF CLIMATE CHANGE** **TRAILER**

Produced & Directed by Poet On Watch

1:30 PM **PANEL DISCUSSION**

The speakers will use their own experiences and values to convey how they have been driven by their passions to various achievements.

2:30 PM **MONIQUE PERRY, ARTIST**

2:40 PM **KEYNOTE SPEAKER**

Dr. S. Aisha Steplight Johnson, *Dean of Liberal Arts*, Essex County College

3:15 PM **ROUNDTABLE DISCUSSION**

Participate in an intimate group discussion and become actively involved in issues/topics that resonate with you.

Love in the Midst of Climate Change: Ordinary People Doing Extraordinary Things, a Journey from Newark, New Jersey to Cape Town, South Africa. A documentary by Poet On Watch.

“Climate change is a set of global processes which affect us locally at the deepest personal level. Often, in the meta-debate mired in technical jargon like ‘carbon emissions’, ‘sea level rise’ and ‘extreme weather’, the personal is forgotten. This makes it easy for regular people to forget that it is, fundamentally, about them.

*This documentary looks at people’s lives in two cities: Newark, New Jersey and Cape Town, South Africa. It examines groups who tend to be left out of the climate change debate. **Love in the Midst of Climate Change**, produced and directed by Poet On Watch, highlights ordinary people doing extraordinary things to survive and lead decent lives in the teeth of adverse circumstances. At its heart is the ambition to show the love we have for ourselves and one another, which is our only hope to restore the planetary ecosystem.”*

-Dr. Yvette Abrahams



PANEL DISCUSSION

The speakers will use their own experiences and values to convey how they have been driven by their passions to various achievements.



Ferlie Almonte



Josie Gonsalves



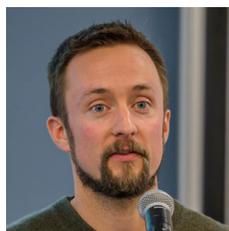
Leo Ricketts

PANELISTS:

Ferlie Almonte
Josie Gonsalves
Leo Ricketts
Mary J. Sansait (MJ)
Matt Smith
James L. Thompson



Mary J. Sansait (MJ)



Matt Smith



James L. Thompson

ROUND TABLE DISCUSSIONS

The roundtable discussions are crucial because this portion of the conference is our Call to Action. It allows people to participate in an intimate group discussion and become actively involved in issues/topics that they resonate with.



Pamela Booker

Topic: Where's Your Tree?—Eco-mediations, Roots, & Radical Rejuvenation

With the understanding that “the ecological self is the ecology of the Earth,” this roundtable discussion explores the partnering of art, nature, pop-culture, language, and other necessary strategies, in the face of historic, environmental ruin of the planet and Black lives. To be ready to heal, to exercise self-care, is to create room for the healing in spaces where there is resistance and disturbance. This is where the truly radical self emerges—once the climate is changed and emissions balanced, roots can burrow wildly deep. Your soil grows sweeter when liberation is within reach.



Matt Smith

Topic: Building Healthy and Resilient Communities in a Changing Climate

Will be looking at the connections between environmental pollution, climate change, and our public health and wellness. Using some context on the science and politics of climate change. We will then open up a conversation on local pollution concerns in NJ, we will discuss how local pollution affects our ability to lead healthy, productive lives, and how climate change exacerbates these problems into a global crisis. We will then share ideas on how to build healthier, more resilient communities from the ground up. Participants will walk away with concrete opportunities to join the movement for a safe, healthy and just future.



Mary J. Sansait

Topic: I AM Impact – the role of the arts and artist entrepreneurs

How can the arts transform communities? How have we seen the arts act as a tool for positive social change? From creative place making to the impact it makes within ourselves, we discuss the role of the arts, artist entrepreneurs and how they affect communities.



Michael Mastropasqua

Topic: New Jersey's Clean Energy Program

How can New Jersey's Clean Energy Program contribute to Sustainable Living? New Jersey residents, business owners and local governments can save energy, money and help the environment through financial incentives, programs and services offered by our program.



Josie Gonsalves

Topic: Local Citizenship in a Global Context

We will explore community organizing strategies to address identified local community issues through a social justice paradigm for sustainable movement building.



Jamie Bruno

Topic Title: The Dirty – Navigating Composting Regulation in New Jersey

This round table is all about strategizing for compost innovation in New Jersey. New Jersey is known for having the most restrictive composting and food waste management regulations in the nation. Jamie will shine a bright light on some of these regulations and how they are enforced. Resources, including information on how you can become a composting advocate, will be shared. Collaborative discussions and composting tips are welcome!



NEWARK
SCIENCE AND SUSTAINABILITY INC.
Creating Self-Sustaining Communities

NEWARK SCIENCE AND SUSTAINABILITY INC.

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PARTICIPANTS



KEYNOTE SPEAKER

DR STEPHANIE AISHA STEPLIGHT JOHNSON

Dr. Stephanie Aisha Steplight Johnson is a Higher Education Administrator who has over 20 years of experience administering academic units and programs at colleges and universities. Her passion is to be an effective administrator who puts the wheels in motion to assure that offices, faculty, and staff, as well as external stakeholders, work together so that diverse students can achieve academic success in preparation for career and life success. She is the Dean of Liberal Arts at Essex County College where she oversees three Academic units, and the Africana Institute. Previously she was the South Carolina State University Executive Director of the Academic Success Academy which served as the base for the newly created Center for Teaching and Learning for faculty professional development, and the General Education Curriculum review efforts, and the planned Early College High School.

Dr. Steplight Johnson earned a Doctorate of Philosophy in African American Studies from Temple University under Chair Dr. Molefi Asante, and a Master of Arts in Counseling, Human Services and Guidance from Montclair State University, and a Bachelor of Applied Science in Engineering and Social Science from the University of Pennsylvania. She received a Fulbright Dissertation Fellowship for Research conducted in Ghana (1994-1995) on “Family and Family Planning: Structures, Functions and Pressures from the Perspective of Adolescents of the Adanme Culture in Ghana, West Africa.” Her other travels to Africa include South Africa and Kenya. Dr. Steplight Johnson is a member of Alpha Kappa Alpha Sorority, Inc. and is on the Newark NAACP Executive Committee, and also the President of the Newark Lions Club. She was raised in East Orange, New Jersey.



TALENT

MONIQUE PERRY

Fusing her love of culture, art, and nature, Monique Perry has a 15-year history of sharing transformational messages of personal encouragement, community restoration, justice, unity, and spiritual faith. Through written and spoken poetry, short story, visual art, silk flag dance, playing of various indigenous and traditional instruments, and hiking, she participates in environmental, spiritual, and community activism. Monique has used her expressions to serve communities throughout New Jersey, New York, Pennsylvania, Louisiana, Ghana and the Philippines. In every aspect of service, her artistry and activism pursues creating and sustaining practical spaces of community engagement where unity, freedom, peace, love, and beauty blossom identity and renaissance.



FERLIE ALMONTE

For Ferlie Almonte, life's curve balls came in the form of a stressful divorce ending her first marriage, life-threatening exposure to lung-damaging chemicals, the tragic loss of her spouse to pancreatic cancer just months after their wedding day, and was topped off by sudden layoff leading to the foreclosure of her home.

Her deep resilience in the face of these crushing blows kept lifting Almonte up to reinvent herself each time. From Head Respiratory Therapist at a highly-respected pulmonary center, to a top pharmaceutical sales performer, she has had many empowering professional career highs to celebrate. Through her numerous challenges in life, instead of being overwhelmed and defeated, she made a decision not to allow her adversities to define her, and created empowered NEW beginnings for herself. Instead of doubting her own inner strengths and talents, she chose to use her wisdom and experiences to help others overcome their challenges, and rise to their utmost potential.

Ferlie Almonte received advanced training and certification in Life Coaching from the Academy of Coaching Cognition, allowing her to provide exceptional transformational mentorship to those in major life transitions. She co-authored the Amazon best seller, *Empowering Transformations for Women*, and was a featured author in the book, *PURE GENIUS: Simple Solutions That Work to Light Up Your World*. She earned an Image Consulting certification from Image Resource Center in NY, to help professionals and executives communicate their value with confidence, and with an impeccable image.

Today, Ferlie continues to take her power from her life experiences, the good and the bad, and use her specialized training to put that incredible power into the hearts of thousands across the globe through her Comprehensive Holistic Personal and Corporate Resilience Programs. Email: resilientlifewithferlie@gmail.com



JAMIE BRUNO

Jamie Bruno is a Newark based artist, certified NJ Compost Operator, and urban agriculture enthusiast. Currently Jamie is working on organizing for urban agriculture interests through the Newark Urban Agriculture Alliance, a local networking and resource sharing group for farmers and gardeners. In 2015 Jamie functioned as Managing Director for the startup P3 Organic Exchange, a food waste management and vermicomposting company. She has also served as Foodcorps Service Member with Greater Newark Conservancy.



PAMELA BOOKER

Pamela Booker, MFA, is an author, educator, performance artist and urban growing-sustainability practitioner, Reiki healer and herbalist. Earlier this year, she was Visiting Scholar at Goddard College in Vermont, and presented *Where's Your Tree?* as the keynote address. Last fall, she facilitated a workshop on Race and Women In Permaculture at the Omega Institute, NY. Currently, she is working on a collection of short stories and is an Adjunct Assistant Professor-Writing, at New York University. Email: pamelasbooker@gmail.com
Website: greens4squares.com/pamelabooker.com



JOSIE GONSALVES

Josie Gonsalves is an executive management consultant with a career spanning 25 years in executive management in the nonprofit sector. In that time, she has served in a variety of capacities including: as a Funder serving on banking and community development consortiums to develop affordable housing; as a Public Policy lead on homelessness; and as a creator of 501c3 entities. She has spoken nationally on issues of affordable housing and homelessness prevention, and is often a Media spokesperson on racial and social justice issues. Additionally, she has served on several government task forces and community boards.

In the past two years, Ms. Gonsalves has called Newark, New Jersey her home. She currently works with several local organizations, including Newark Print Shop, Newark Arts Council, Y-Montclair, Jane Carter Solutions, the Newark Times, and Aljira- Center for Contemporary Art. Additionally, Rutgers University, Center for Appreciative Inquiry and Chancellor Cantor's initiative, Express Newark are both on her current client list. She also served on the Chancellor's Committee for Leveraging Diversity, which laid the groundwork for the Chancellor's recent developments on promoting greater diversity at Rutgers University Newark.

Most recently, Ms. Gonsalves taught at the Rutgers University School of Public Affairs and Administration where she earned a Master's in Public Administration. In addition, she holds a Bachelors of Arts from New York University. Currently, she is a doctoral student at Rutgers - Newark Graduate School. Email: jbgunny@gmail.com



MICHAEL MASTROPASQUA

Michael Mastropasqua is an Account Manager for New Jersey's Clean Energy Program. A 16-year veteran of the energy management industry, he has developed and implemented an array of energy efficiency and sustainability projects for public and private sector institutions, while working for some of the nation's largest ESCO's in the eastern United States. He specializes in energy efficiency market expansion, program solutions, and reporting; renewable energy programs; and customer relationship management for clients in the region. As a trusted partner, Michael leverages this expertise to provide energy efficiency advisory services, program innovation and efficiency, customer relationship management and outreach, and proven results for energy efficiency programs and clients. Email: michael.mastropasqua@icf.com Website: NJcleanenergy.com



LEO RICKETTS

Leo Ricketts, a Newark, NJ resident is a Secondary Education and History major at Seton Hall University. For the past four years, he has been training to become an urban educator. His vision is to create healthy urban communities through education, sustainability, and community organizing. His personal mission and passion is to serve, inspire, and lead young people in low income communities.

Over the past seven years, Ricketts has been supporting efforts in social justice, educational advocacy, community service, diversity and inclusion by engaging in community initiatives and taking on leadership positions in many educational and service based organizations. He is also a member of the Martin Luther King Scholarship Association at Seton Hall University, which is one of the oldest social justice and community service scholarships, founded in 1970. Ricketts have worked with and lead initiatives with organizations like Students for Education Reform, The Seton Hall Upward Bound Program, and The American Conference on Diversity. He has also studied abroad and done service projects in twelve countries across Europe, Africa, and South America as an IMPACT Scholar. Culminating to this, he has been named a recipient of the Seton Hall University's 2017 Servant Leadership Award. Email: lericketts@gmail.com



MARY J. SANSAIT

Mary J. Sansait (MJ) is a Jersey City, NJ born and raised artist entrepreneur and proud mother of two. Growing up in a single mother household with a love for music, she was inspired to pursue a professional journey that would combine community upliftment and the arts. As Program Director of the Community Business Academy (CBA) at Rising Tide Capital, a 501c3 non-profit that assists entrepreneurs and small business owners, Mary has worked in the Jersey City community helping people find their path for over 8 years. She is an accomplished singer-songwriter, recording artist, and uses her talents to engage other creatives in the community. She has produced showcases and performed as M. Josephine alongside various underground heavy weights such as M1 of Dead Prez, Silent Knight, Rugged N Raw, John Robinson, and The Band Called FUSE to name a few.

She is founder and president of Inspired Artist Movement, which produces an annual conference for creative professionals to learn, network and empower one another as well as a board member of the newly formed Jersey City Arts Council. Email: Mary@risingtidecapital.org



MATT SMITH

Matt Smith is a Senior Organizer at Food & Water Watch, based in New Brunswick, NJ. Food & Water Watch champions healthy food and clean water for all, and is supported by its membership, individual donors, and foundations. Email: msmith@fwwatch.org



JAMES THOMPSON

James Thompson has been working as an organizer for more than 10 years in different movements and capacities. Over his career, he has executed organizing and mobilization efforts in organized labor, the housing and community development sector, and empowering low and moderate income families—all efforts that are part of his core value that citizens have the right to become engaged and participate in the policy making process at all levels of government and civic life.

He is currently an organizer with Free Press and working with community members, civic leaders, and media makers in order to strengthen local media in the Garden State. James received his Bachelor's degree in Political Science from West Virginia University and is currently enrolled at Rutgers University Camden's graduate school in Public Administration. As a father of two and a husband, James strives to set an example for his community and family by his involvement in community through community service as a member of Omega Psi Phi Fraternity, Inc. Email: jthompson@freepress.net

SPECIAL THANKS TO OUR VENDORS

ALISSA LEMON

UNITEDHEALTHCARE COMMUNITY PLAN

RISING TIDE CAPITAL

NEW JERSEY'S CLEAN ENERGY PROGRAM

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Newark SAS with
the support of
Clinton Memorial
AME Zion Church
& Garden of
Worker Bees
presents

Economic & Literacy Financial Freedom

**SATURDAY
MAY 27
1PM — 4PM**

This workshop explores ways of
how we can become financially
independent, free from a slave
wage cycle and create a more
secured future.

Limited Seating

REGISTER @

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Street Parking/13 Bus Route
2 blocks from Bloomfield Ave.

For additional info or
to become a sponsor,
contact Tobias Fox at
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