



The Macedonia Institute



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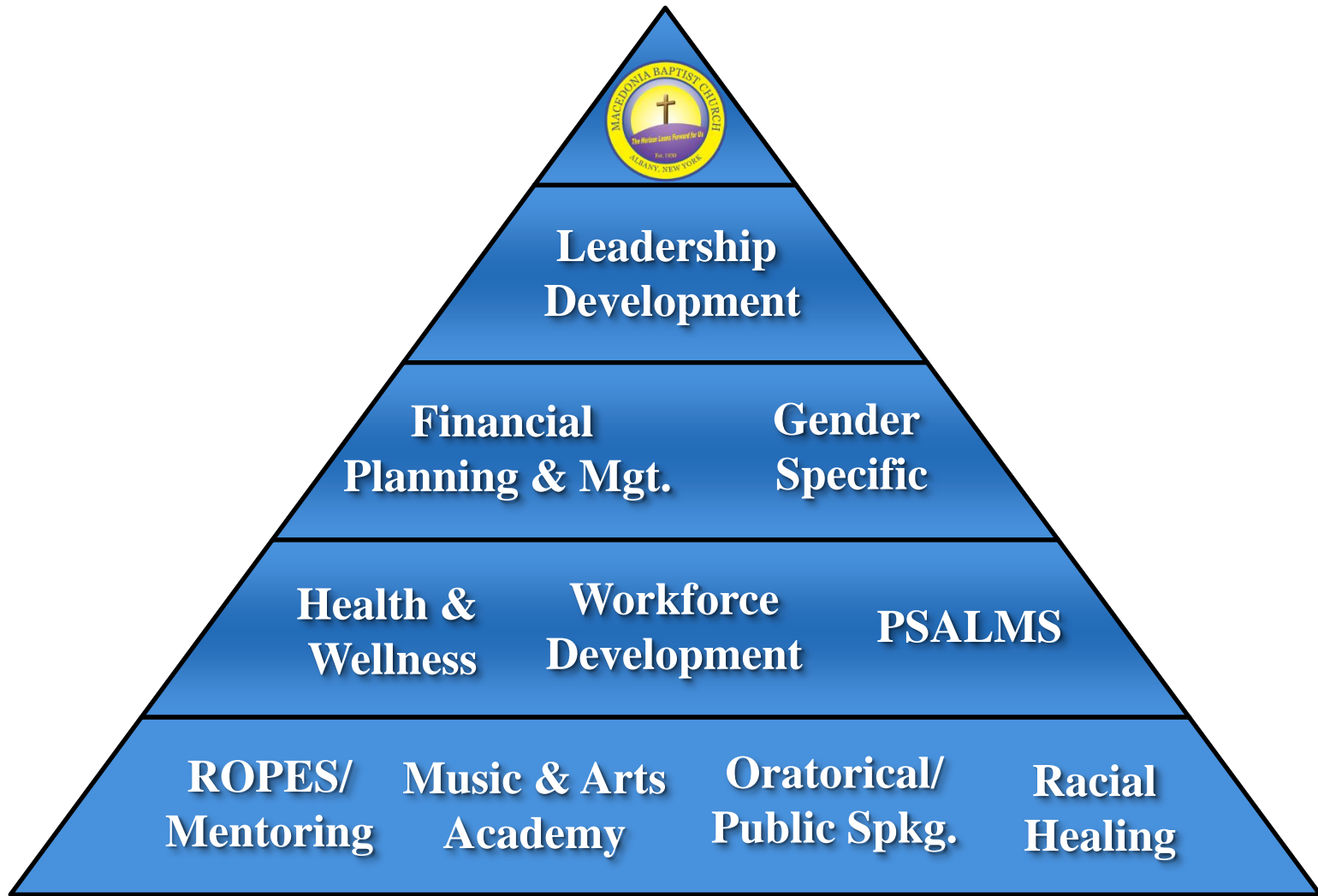
The goal of the Macedonia Institute is to provide information, training, support and advocacy for issues that affect the community in adverse and detrimental ways, and that lessen the chances of attainment of life fulfilling outcomes for all people but especially those who do not have vital resources for empowerment.

The Institute hosts the following programs and initiatives:

- Youth and Family Development
- Mentoring
- Health and Wellness
- Leadership Development and Training
- Gender Specific Programs & Services
- Financial Planning & Management
- Oratorical & Communication
- Race Equity & Healing
- Workforce Development
- Music & Arts Academy
- Activities of the Association, Convention, and other church membership organizations

Macedonia Institute's Programs

Family, Youth, Professional Development



Target Audience

- Target Audience:
 - Youth ages 5 – 21, attending school, living with family, caregivers, independently or in the care of the state (child welfare). These youth may be performing marginally in school, or may be good students, who are in need of additional supports and assistance.
 - Families in the geographic areas identified working and non-working; from various family constellations including single parent, grand parents and other kin as caretakers, who are financially challenged, involved in their children's lives, and are struggling to make ends meet.
- Secondary Target Audience:
 - Adult volunteers
 - Service providers
 - College/university students
 - Faith community

Processes and Functions

- Provide informational workshops with members of MBC as presenters (i.e.: Green Tech/Men's Fellowship collaboration)
- Provide informational workshops and seminars with speakers and presenters from local community
- Offer training provided by outside experts that can be part of CEUs or other professional credentialing processes
- Participate as speakers at conferences, symposia, workshops
- Participate as trainers for different organizations/initiatives (i.e.: My Brothers/Sisters Keeper; Albany Police/Community Relations effort; etc.)
- Convene or participate in convening of conferences and summits on various topics (i.e.: Black Male Empowerment Summit)

Anticipated Outcomes

- Greater school attendance
- Increase in school performance
- Reduced absences from school
- Increased positive health indicators
- Greater awareness of positive healthy life style choices
- Reduced negative health risks and risky behaviors
- Reduced number of youth entering the juvenile justice & foster care systems
- More children and youth in whole, healthy families
- More financially stable individuals and families

Youth & Family Development

This would be dedicated to addressing barriers to positive outcomes for youth and families. The activities include:

- Gender specific and age appropriate Rites of Passage Programs
- Positive Youth Development
- Parenting Enhancement and training
- Life Skills Development
- Fatherhood programming
- Linking prospective students with opportunities to attend local community colleges and 4 year institutions
- Exploring the impact of race and ethnicity on outcomes for African American/Black families
- Developing linkages with local and state organizations working with children, youth and families to collaborate on improving outcomes
- Exploring ways to reduce and eliminate community level violence

Mentoring

This will **continue** the focus on offering training, development, support and technical assistance to community and faith based organizations and others to develop safe and effective mentoring programs. Areas to be addressed would include and not be limited to:

- Program development
- Mentor Recruitment and retention
- Program sustainability
- Elements of effective practice
- Various types of mentoring program models
- The stages of the mentoring relationship
- Matching mentors and mentees
- Risk and responsibility
- Mentoring Black Males, promising strategies

Health & Wellness / Health Ministry Support

This would focus on helping to support and sustain healthy lifestyles. The program components would include the following:

- Smoking cessation
- Weight loss and management
- Life affirming dietary practices
- Meditation and prayer as a part of healthy lifestyles
- Developing a personal exercise program for life
- Change and the process of getting healthy
- Reducing risks of poor health
- Learning how to benefit from going to your doctor
- Finding the right doctor for you
- Dental health and related health issues
- Health considerations that negatively impact African Americans/Blacks in disproportionate numbers
- Information on why there continues to be disparity in treatment, access to services, and outcomes for Blacks

Leadership Development & Training

This area would be dedicated to providing skills and competencies to encourage the development of adult and youth leaders. Can include the following areas:

- Leadership tools & competencies
- Developing leadership capacity
- Training in exemplary followership
- High Performance Organizations
- Where and how leaders spend their time
- Diagnostic tools for new millennium leaders
- New perspectives in leadership development (leaderful vs leadership development)
- Leadership with a racial justice lens/focus

Gender Specific Programs & Services

This would provide training and TA to agencies and programs interested in developing gender specific program for youth and to help families and caregivers learn about the value of gender specific programs for their children. Areas to consider would include:

- Working with Young Black Males/Females
- Elements of Effective Gender programming for girls
- What works in developing gender specific programs for girls/boys
- Reducing violence & encouraging peaceful ways to resolve conflict among youth
- Developmental considerations when working with young Black boys/girls
- Development and implementation of Rites of Passage programs for youth

Financial Management

This would teach individuals the principles of personal money management as well as investing and owning businesses to support the community (see cooperative economics section of the 7 Nguzo Saba principles). Areas would include:

- How to control spending (don't spend more than you earn)
- Control credit and the use of credit cards
- Balancing your checkbook
- How to read financial papers e.g. Wall Street journal, stock quotes, etc.
- Owning your home vs. renting
- Setting up a personal income statement and balance sheet
- Investing for retirement
- Starting a business and sustaining it through responsible business management

Developing Effective Oratorical and Communication Skills

- Training and coaching in making presentations, speeches
- Preparing youth for public speaking
- Working with adults on time specific activities
- Training and coaching on effective communication skills
- Training on mastering difficult conversations

Race Equity & Healing

- Convene Race Equity Exchanges to address issues of race and ethnicity as barriers to positive outcomes and healthy living
- Collaborate with faith community to provide opportunities for local communities to heal and begin to interact and relate in a life affirming manner
- Offer opportunities to study the impact of structural and systemic racism on communities and people of color

Workforce Development

- **Program Description:** To help individuals develop or enhance job readiness skills, inspire new workforce talents and increase personal achievements by improving the professionalism of individuals within our community. Ultimately leading to employment and being self-sufficient.
- **Long Term Program Goals:** To be a publicly recognized resource and outsource for both job seekers and local organizations.
- **Target Audience:** High School Graduates, Displaced Homemakers, Career Changers, and Unemployed Job Seekers.
- **Curriculum:** Job readiness training will include: lecture series/ computer training/ job search/computer resources /lab time. Course Examples: Microsoft Office (Word, Excel, Power Point), Resume Writing, Cover Letter Writing, Job Search Techniques, Internet Exploration, Interviewing Workshop, Customer Service Workshop, E-mail Etiquette, etc.

The Psalms Project



P – Potential
S – Support
A – Advise
L – Leadership
M – Mentoring
S – Success

- A path to and encouragement for achieving a **college education**
- Designed for those who've **been incarcerated** and/or in/completed a **substance abuse recovery** program

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Program Development & Community Empowerment Ministry

Music & Arts Academy

Catalogue of Courses

Basic Drumming

Instructor: Warren Hamilton

- Students will begin by learning basic note values, which will be applied to simple rhythmic exercises at the start of each class. Students will learn basic drum beats/styles and tips for playing with a group. The first half of each class will consist of demonstrations and “air drumming”, which will be transferred to drum set playing during the second half of each lesson. Students will learn the names and roles of each part of a drum set and will learn to listen to music with a “drummer’s ear”. By the end of the course, students will demonstrate understanding of these concepts by keeping time on a drum set to CD music.

Advanced Drumming

Instructor: Randy Walker

- The course will cover all the drum patterns used in contemporary and traditional Gospel music. Students will have the opportunity to exercise these patterns by clapping their hands and stomping their feet. This course will also cover the importance of following the director, and applying the patterns that enhance the rendition of the songs choirs sing.

Catalogue of Courses

Guitar

Instructor: Dallas Magee

- In the beginning of this course students will be introduced to a brief survey of the history of the guitar and how it came to be used in various styles of music, the structure or parts of the guitar, and how to tune the guitar including a brief note about alternate tunings. In conjunction with basic music theory and reading, the student will learn the names of the strings, and the basic fingering for the C Major scale in the first position. The student will also learn the C Major scale fingering in second position with an explanation of how to use fingering shapes to transpose scales to other keys. Finally, students will learn the major chords (I, IV, and V) of the C-Scale and fingering for other keys. By the end of the course, students will know how to play simple melodies and how to play chordal accompaniments. Handouts will be provided. A guitar is required.

Introduction to Bass Guitar

Instructor: Al Brisbane

- The Introduction to Bass Guitar class will cover the history of the bass guitar, tuning, holding and positioning the guitar, coordinating hand movement and learning and practicing scales. Students will have the opportunity to learn and practice basic skills, as well as ask any questions. Each week students will be given an assignment to learn and practice prior to the following week's session. The class will provide a foundation and prepare students to continue learning through other avenues. If students have a guitar, please bring it to class. There may be a limited number of guitars available.

Catalog of Courses

Basic Keyboard

Instructors: Michael Roach and Merline Smith

- In the piano course students will start out by learning the notes on the piano and the grand staff. The students will also learn basic music notation and musical terminology, and will be taught to create scales and major triad chords. The students will also learn about melodic and harmonic intervals as well as basic rhythm concepts such as time signatures and the values of musical notes and rests. By the end of the course, the students will demonstrate their knowledge by learning to play simple songs that cover these concepts.

Master Keyboard

Instructors: Raphael Jones and Michael Roach

- The Master Keyboard class series is geared toward individuals with a strong interest in piano and music theory. Pianists can benefit from the use of theory. However, other instrumentalists may find the content useful because many of the same rules apply. Some topics covered in the Summer Music Academy Master Keyboard series includes discussions on chords, scales and modes, harmonic concepts, and improvisation. Participants will also explore gospel and blues song forms. Prepare your questions, get them answered, and unlock the mysteries of the keyboard.

Catalog of Courses

String Program

Instructor: Monica Roach

The String Program is a two part learning experience which includes one group lesson session per week for four weeks and a weekly string ensemble rehearsal. Group lessons will include:

- Lower Strings (cello/double bass)
- Upper Strings (violin/viola)

Even though there will be a group lesson, the class will break into smaller groups to meet the specific needs of each ability level. The lesson curriculum will include the following:

- **Beginners:**
 - -Introductory music reading for your specific instrument with the ensemble piece
 - -Proper position for the bow hand as well as fingering technique
 - -How to get a full sound from your instrument
- **Intermediate players:**
 - More detailed music reading with a solo and the ensemble piece
 - -Sight-reading
 - -Vibrato fundamentals
- **Advanced players:**
 - The ensemble piece and solo piece
 - Bowing techniques for sound variation
 - Shifting techniques and strengthening
 - Tips to quickly decipher difficult sight-reading

Catalog of Courses

Liturgical Dance

Instructor: Tammy Robinson

- During the liturgical dance workshops participants will explore elements of dance composition and quality of movement as the group creates an original piece for performance. Thematic elements of dramatic presentation as well as choreographic terms and skills will be highlighted along with the opportunity to collaborate.

Theatre Workshop: Fundamentals of Acting/Public Speaking Instructor: Terry Owens

- The Theatre Workshop is designed to provide an enjoyable and creative outlet for participants to discover their dramatic persona and overcoming their fear or hesitation of performing before a small or large audience. Participants will study various character methods and ways to easily memorize script. Please come to have fun and enjoy the experience!

Catalog of Courses

Sight Reading

Instructor: Mary Maguire

- “Understanding the Music” Part I, is a set of three software tutorials developed by Dr. Joseph M. Thrower to introduce and examine three basic elements of music reading: what is seen, what is felt, and what is heard. He describes the course in terms of three tutorials. The first tutorial: “What We See” introduces the musical staff; examines and explains what a score is and how to navigate through two basic choral scores—open and closed. The second tutorial: “What We Feel” explains what a note is, and presents several different notes and explains the relationships between them. It also utilizes several different rhythm patterns and teaches how to count and perform them. The third tutorial: “What We Hear” introduces and explains pitch. It also presents each pitch of the major scale and their relative position on the musical staff. This is the final tutorial of the set and is where all of the elements are brought together via specially designed exercises.

Catalog of Courses

Basic Vocal Health

Instructor: Sharon Fullard

- The Vocal Basics course will begin with an introduction to fundamentals for good vocal health, such as the importance of proper posture, breathing techniques, vocal exercises/warm-up and diction. Participants will identify which vocal section is best suited for their voices. In addition, participants will explore the appropriate selection of songs for a particulate vocal range, as well as different techniques to increase vocal range. Tone, projection, runs and trills will also be discussed as methods to enhance your ministry through song. The class will also focus on other important areas for vocalists, such as the importance of not over-singing a song, the necessity for vocalists, directors and musicians to work together, and methods for presenting hymns.
- Each session will begin with a "warm up" and end with a "warm down". By the end of the course, each participant/student will know: his/her correct vocal section; how to breathe properly to maintain accurate tones when singing; and, how to appropriately select music appropriate for his/her vocal range. Students/participants will also have mastered several warm up and warm down exercises, will know the importance of proper diction during delivery, and have a laundry list of Do's and Don'ts for the vocalist.

Catalog of Courses

Ministering Vocally

Instructor: Antonia Brown

- Ministering Vocally is a course based on Revelation 2:1-2 and Romans 12:1-2 and designed to be a spiritual and practical guide to singing in power. This class will provide information regarding how our voices work and how we preserve them to use as an instrument in praising and worshipping God. This class will focus on questions that everyone who feels called to minister through music should answer, such as “What is worship? What motivates worship? and What happens when we praise? Ministering Vocally is designed to teach singers (and those who desire to sing) why it’s not just about singing a song, but truly understanding how those who sing can best give God the glory.

Fundamentals of Music I

Instructor: Merline Smith

- The course will cover the grand staff, how to identify notes on the treble and bass clefs, lines and spaces, bar lines, measures, and basic notations and rhythms. Students will also explore basic key signatures. There will be opportunities for student to perform clap and count exercises to reinforce what they have learned. At the end of the course, students should be able to sing an unfamiliar hymn.

Fundamentals of Music II

Instructor: Merline Smith

- The course will reinforce the information learned in Fundamentals of Music I, and provide additional time for exercises. Students will learn how to recognize repeats and endings, leger lines, more advanced note values and additional time signatures. At the end of the course, students should be able to sing a hymn with repeats and multiple endings.

Other Information

Contact

- All Programs except Music Academy:

Chairs of Program Development & Community Empowerment
Ministry:

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Barry Walston: barryw513@gmail.com

- Music Academy:

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Schedule & Registration Information

- To be announced