

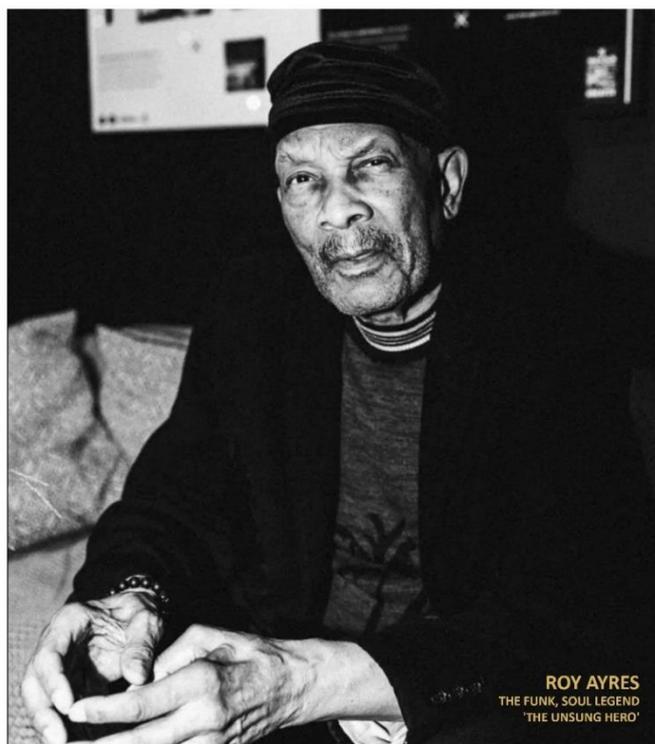
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TURNINGPOINT: YOUR LIFESTYLE, YOUR WELL-BEING MAGAZINE 2021

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turningpoint
YOUR LIFESTYLE, YOUR WELL-BEING WINTER 2021



UNSUNG

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There are many unsung heroes and sheroes who have been working tirelessly and relentlessly especially since the pandemic hit the globe. Not just our doctors and nurses but our mental health practitioners, and people generally who were drawn together, to look out for each other due to a global situation. People who were brought together through each other's humanity, to look out for their 'universal brother or sister' which was not defined by culture, colour, background nor status but by the situation that we were all forced into, where all of a sudden – we were all truly 'in this together.'

However, the juxtaposition of being **UNSUNG** is also that many people just want to quietly get on in the background to follow their purpose in serving humanity. They don't want the bright lights, the accolades or even the recognition. Therefore, in The Winter issue, each person featured and each contributor gives us all a rounded view of their take on UNSUNG, each with their own merit on the theme and voice of wisdom.

EXCLUSIVE: with the legend American Soul, Funk, Jazz Composer, Jazz legend, Vibraphone Player Roy Ayres and also The Whispers, remember ‘And the Beat Goes On?’”



FASHION: Mark Fowler - New styles, New shapes, New modes: That's the role my passion takes for who I am, fashionista Mark Unique Fowler. The Unsung hero is one who masters his own individuality and therefore shines in that uniqueness.

Esther Austin shares her Fashion Hacks and how to keep unravelling that unique human spirit and essence of who you are through every expression, one being fashion.



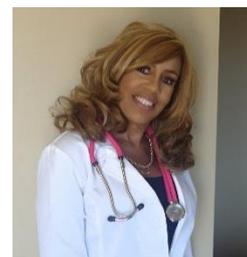
Vida Craddock is a native of California who is a self-made Fashion Designer/Stylist/ Owner and creator of Just Vida Perfumes and Colognes. She is also the owner and creator of ‘Just Vida Bra Line’ which is a support system for ladies with voluptuous Breasts, who suffer from shoulder and back pain.

FEATURES



Kevin Osei, UK a millennial who is inspiring the world and beyond and who has become his own UNSUNG hero by often times walking alone, in order to fulfil his dreams in order to support, mentor other young people into their greatness.

Doc Honeycutt, USA is a board certified Doctor of Integrative Health as well as a community activist, Philanthropist who works a lot in the community around mental health and well-being. One distinctive achievement is her ability to effectively embrace different methods of healing in order to bring wellness and happiness to her numerous patients.



The dynamic Jacqueline Griffin, USA who is a Motivational Speaker, mother of three, grandmother, and retired Army Sergeant – is known by many as the mother of Heisman Trophy winner, #2 overall NFL draft pick, and NFL 2013 Rookie of the Year, and NFL Quarterback, Mr. Robert L. Griffin III (RG3).

Abigail Roscoe, an autistic and physically disabled illustrator, completed their Bachelor's degree in illustration and animation. Roscoe is a Canadian/Mexican artist, and moved to Europe for their Bachelor's degree in Illustration, and is planning to move back to Canada at a later stage. In this issue Abigail showcases her stunning artwork.



Brenda Wilson, daughter of the late Jackie Wilson talks about her life as his daughter as well as being an entrepreneur with over 27 years of experience in the music industry as a producer of live shows, a vocalist and talent scout: She is also the CEO of Jackie Wilson Foundation, Inc Non-Profit organization and



founder of God In Me (G.I.M.) Production Company. Owner of OoWee Homemade Ice Cream.

CULINARY DELIGHTS

Our Fine Dining Resident Contributor, **Tony Jazz, UK**, Bespoke Lifestyle Consultant and Award Winning Butler, shares about the etiquettes of Fine Dining at Home.



The Curry Foodie website by **Lubna Haq, UK**. Here Lubna shares her passion of cooking and making curry dishes that are a huge part of her culture. A dedication to her late mother who loved cooking, Lubna is continuing the dream and her passion and love of curry cooking.

SPIRITUAL OASIS

Kwame McPherson, Jamaica, Our Poetic Author, Entrepreneur, Book Mentor and Coach Resident Contributor provides us with a beautiful short story representing the theme UNSUNG, alongwith his usual wisdom in the Spiritual Oasis column.



Diane Mathis, USA, Resident Contributor Author, Renowned Singer who has sung with many Greats from Ray Charles to Issac Hayes, Donald Byrd, David Ruffin, and shares a very poignant and emotional story dedicated to her Step Mother Lorraine Hogans her unsung hero, when no-one else believed in her.



Feather, Canada, Resident Contributor: An Angel Intuitive Reader and Director, Producer, Writer of Drama Programs and

Show for the Youth writes: "So many people in the world are unsung, it's a good thing. There have been, countless visionaries, around the world who've devoted their lives to the evolution of consciousness. I'm grateful I do not have to climb the mountain by myself. Unsung heroes enrich the seeds in our souls and do not ask for anything in return, perhaps except, to mimic their altruism."

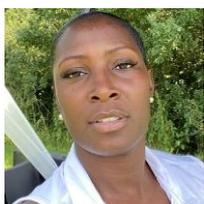


HEALTH AND WELL-BEING

Holistic Therapist and Practitioner **Charlene Henry, UK** shares why she thinks it's important to look at the Holistic side of life, to find the courage to face our so called 'Demons' and to understand how we can evolve our health, well-being and emotional

blockages to live from a place of hope, courage, peace & happiness.

Our Resident Health & Well-Being Goddess **Katie Rose, UK** once again shares a very powerful article about the spirit of the Unsung. Katie's depth of wisdom always offers readers a wonderful safe place to land and to view their world without judgement.



Mindset Mastery with **Tracey Williams** – Mindset is everything. Tools and tips on how to attain the best in life, love, career and finances.

SUSTAINABILITY AND RENEWAL – William Hinds Behind Solar Fountains in Careenage, Barbados. The nightly

spectacle is largely a demonstration of the solar ingenuity of William Hinds, one of Barbados' foremost proponents of solar energy.





ENTERTAINMENT

UK Artist, Ivy Chanel is back on track. With a new EP and Album in the mix as well as this incredible artist gives us an insight into what she's been up to and her take on UNSUNG.

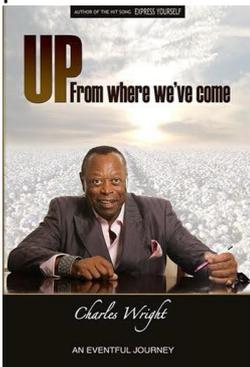
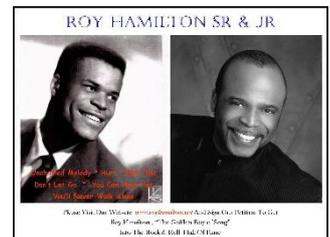


Castella, USA National Recording Artist, Singer/Songwriter
★ International Recording Artist ★ CST Show Artist of the Year.



Gemini Burke - Gemini is the son of legend Solomon Burke who shaped the sound of rhythm and blues as one of the founding fathers of soul music. Gemini is the founder at 'Sons of Soul Legends' where he performs with the likes of Bobby Wilson, son of Jackie Wilson, TJ Hooker the son of Johnnie Hooker, Joe Tex II, the son of Joe Tex.

Roy Hamilton Jr – Songwriter, Singer, Performer The son of legend Roy Hamilton shares about his father's legacy and the work he is doing to keep his father's work alive. Roy will share about his life growing up with his father the impact his father made on the world but also about what he himself is doing and his own performances that too are inspiring others.



Legend Charles Wright & the Watts 103rd Street Rhythm Band (known for the song 'Express Yourself' shares about his life in the music industry and about his book 'Up from Where We've come' – a heart rendering, true life story about his parents who were sharecroppers and the inhumane treatment they experienced and the poverty they lived in and yet Charles became one of the most successful artists of his time.

HUMOUR - Our very own Resident Agony Aunt, **Aunt Gertrude** gives us her honest take about life, interspersed with a sense humour injected with lots of inspiration. She'll get your thinking about the things you need to deal with whilst cushioning the humorous blow of truth



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