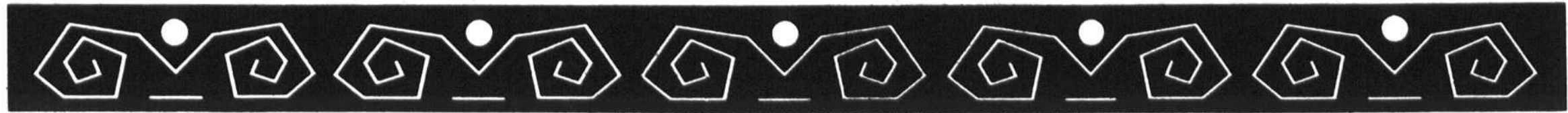


A CELEBRATION OF KWANZAA



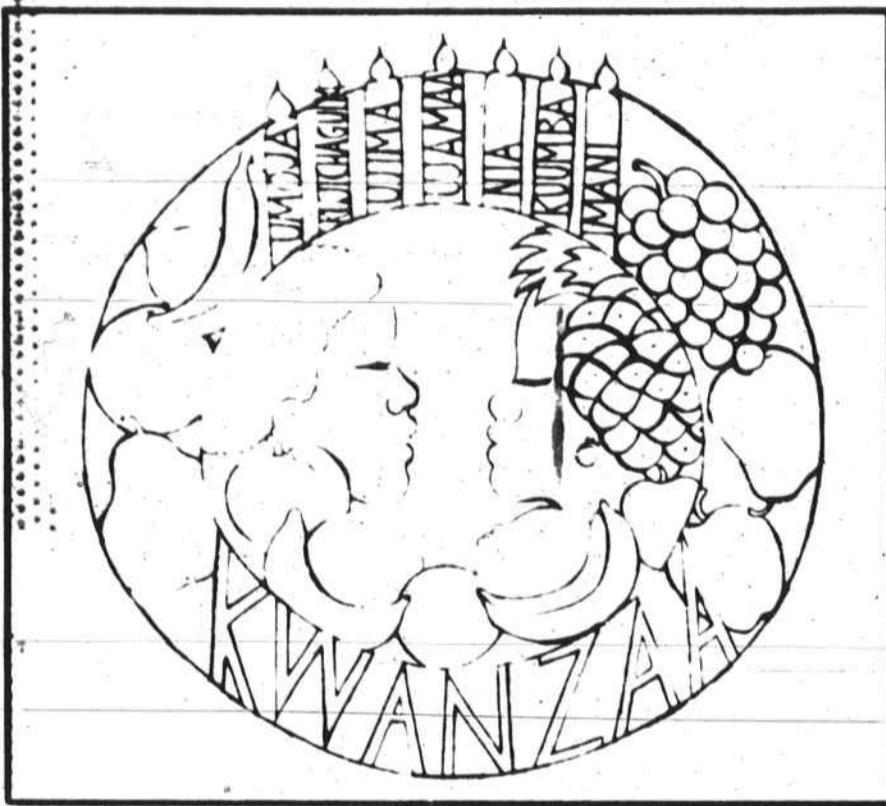
Kwanzaa History & Nguzo Saba (The Seven Principles)

Kwanzaa was founded in 1966 by Dr. Maulana Karenga as a cultural celebration and has evolved into the only nationally celebrated, indigenous, non-religious, non-political, African-American holiday. Kwanzaa is a time of exploring and of paying tribute to the rich cultural roots of Americans of African ancestry.

Kwanzaa means "the first fruits of the harvest" in the East African language of Kiswahili, and is celebrated from December 26 through January 1. Kiswahili was chosen because it is a nontribal African language that encompasses a large portion of the African continent.

Kwanzaa can be celebrated a number of ways. A table should be prepared with the following items: a place mat, usually made of straw; a candle holder for seven candles, seven candles (three red, three green and one black); a variety of fruit and ears of corn representing the number of children in the home, gifts, if any, and a unity or communal cup for pouring and sharing libation.

Each day of Kwanzaa a candle should be lit beginning with the black candle which is placed in the center of the candle holder. Candles are then lit alternately from left to right. Three green candles should be placed on the left and three red candles should be placed on the right. Each day a principle should be recited when the candle is lit. The importance that each principle has for the person reciting it should be expounded upon.



Kwanzaa—Pen and ink
Charlotte Richardson (Courtesy, Grinnell Gallery)

THE SEVEN PRINCIPLES OF KWANZAA SERVE AS GUIDES FOR DAILY LIVING:

1. Umoja (Unity)

To strive for and maintain unity in the family, community, nation and race.

2. Kujichagulia (Self-Determination)

To define ourselves, name ourselves, create for ourselves and speak for ourselves instead of being defined, named, created for and spoken for by others.

3. Ujima (Collective Work and Responsibility)

To build and maintain our community together and make our sister's and brother's problems our problems and to solve them together.

4. Ujamaa (Cooperative Economics)

To build and maintain our own stores, shops and other businesses and to profit from them together.

5. Nia (Purpose)

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

6. Kuumba (Creativity)

To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

7. Imani (Faith)

To believe with all our hearts in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

The Kwanzaa Karamu (feast)

The evening of December 31 has special significance because the Kwanzaa Karamu is held then. The karamu allows for cultural expression, as well as for feasting. There should be a wide variety of various foods as all attending should take responsibility for preparing a dish, or several dishes.

It is important to decorate the place where the karamu will be held (e.g., home, community center, church) in an African motif that utilizes a black, red and green color scheme. A large Kwanzaa setting should dominate the room where the karamu will take place. A large Mkeka should be placed in the center of the floor where the food is placed creatively and made accessible to all for self-service. Prior to and during the feast, an informative and entertaining program should be presented. Traditionally, the program involves welcoming, remembering, reassessment, recommitment and rejoicing, concluded by a farewell statement and call for greater unity.

During Kwanzaa, we fast from sunrise to sunset to cleanse our bodies, minds and spirits. During the evening meal when we break our daily fast, we light the appropriate candle which coincides with the principle of that day. The spirit of Kwanzaa teaches us to share our home, food and drink and music as our ancestors did during the hunt or harvest. We must do the same and invite other family members, friends and neighbors to our home to rejoice collectively in a meaningful way to strengthen unity.



Breaking Bread—Pen and ink
Ademola Olujebefola (Courtesy, Grinnell Gallery)

Harambee!
(Let's pull together!)

Kwanzaa Menu Suggestions

Kwanzaa Fried Chicken	Do Do (Plantain)	Sweet Potato Pie
1 whole fryer cut into parts 1/4 cup of hot sauce 1 tablespoon of mustard 1 cup of flour 1 tablespoon of cornmeal 1/4 cup Italian bread crumbs 2 tablespoons of Bisquick 1 teaspoon of baking powder	Nigenans call plantain "Do Do" (pronounced "dough, dough"). This recipe is Do Do with a contemporary African vibe. Slice thickly, a very ripe plantain and base lightly with palm oil. Sprinkle with cayenne pepper and nutmeg. Wrap in tinfoil and broil.	4 medium yams 1 cup sugar & 1/2 stick of butter 1/4 tsp. salt & 1/2 cup coconut 1 tsp. nutmeg or cinamon 1 tsp. of lemon flavor 1/4 tsp. vanilla 3 eggs, separated 1/3 cup milk 1 unbaked 9" pie crust
Pour hot sauce and mustard in bowl. Rub chicken thoroughly in bowl and let stand for 10 min. Place flour, cornmeal, bread crumbs, Bisquick, & baking powder in plastic bag. Salt and pepper to taste. Shake well. Cook on high flame until light brown, lower flame and cover until almost crispy brown. Serves 4.		Boil yams, well done. Peel and mash. Mix in large bowl yams, sugar, butter & salt. Add milk, lemon flavor, coconut, nutmeg and egg yolks. Continue beating. Beat egg whites until fluffy. Fold into mixture. Pour into 9" pie crust shell, bake in 350 degree oven for 35-45 minutes.

*For the Motherland, cradle of civilization.
For the ancestors and their indomitable spirit.
For the elders from whom we can learn much.
For our youth, who represent the promise for tomorrow.
For our people, the original people.
For our struggle and in remembrance of those who have struggled on our behalf.
For Umoja, the principle of unity, which should guide us in all that we do.
For the Creator, who provides all things great and small.*

The employees of Integon Insurance extend warmest wishes to you for a joyful, meaningful and uplifting Kwanzaa.



The opportunity to examine African-American history can lead to a fundamental insight: there is no white

One Dream. One People. One History.

without black, no freedom without sacrifice, no passage without building bridges. America is the one country in the world made up of people from every other country in the world. Our lives and our histories are inseparable. So are our hopes and our dreams.

