

BE A CO-AUTHOR IN OUR NEXT BOOK



THE HEART OF A BLACK

BENEFITS OF CO-AUTHORING

- ➤ Boost your Brand Awareness
- ➤ Build Credibility
- Responsible for only one chapter
- Expand Your network
- Gain new friends and supporters

MORE DETAILS AT

COURAGEOUSWOMANMAG.COM/BLACKMAN

WHAT'S INSIDE

5

- **05** Monty Lans
- 06 Robert Garner Sr.
- 08 Tony Keith Sr.
- **10** Anthony Pender
- 12 Edward Leon Best
- 14 Ralph L. Godbee Jr.
- 16 COVER STORY: Leon El-Alamin
- **18** James Cooley
- 19 James B-TIP
- 20 Donald "Chef D" Smith
- 21 Jeff Brown
- 23 Duane Williams Jr.











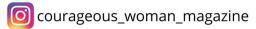






COURAGEOUS MEN MAGAZINE

VISIT US www.courageouswomanmag.com



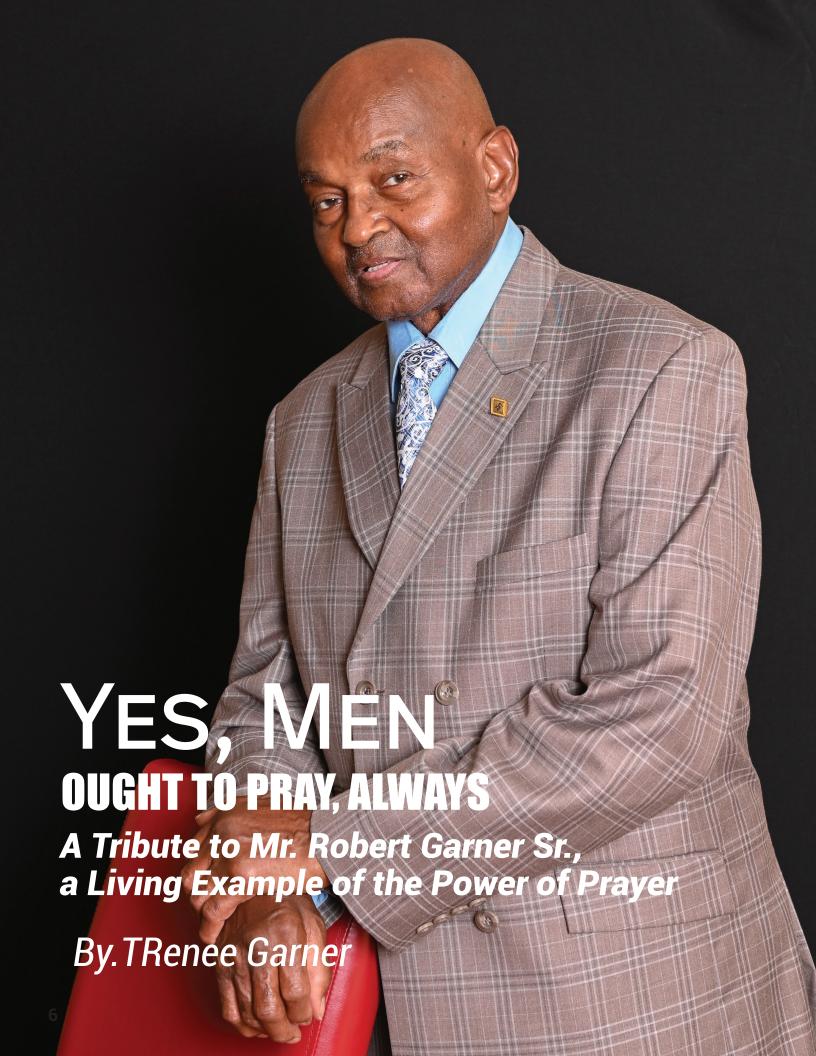
Happy Father's Day



Lamonte "Monty" Lans

SOCIAL MEDIA STRATEGIST, INFLUENCER, SPEAKER





MEN, YOUR GENERATION IS WATCHING YOU.

will never forget watching my very first male role model, my father Robert Garner Sr. as he prayed. I can remember my father kneeling as he prayed, praying at the dinner table, and raising his hands in prayer during church services. I even remember my father praying as he sat in the car before driving off to work. Bottom line, up front, I remember my father praying to honor and trust in his love for God.

In instilling the importance of prayer, Mr. Garner's key principle and legacy motto are:

"You do not leave family behind."

and

"You cover your family through prayer."

In a recent conversation with my father, Mr. Garner reminds us, "Always put everything in God's hand and hold your head up high KNOWING that you performed at YOUR best." Mr. Garner adds, "Pray to God; that's best!" I honor my father Mr. Robert Garner Sr., a man whom I will love forever. Thank you for being a great father and teaching your family how to pray and love a God (heavenly father) whom we cannot see.

Pre-Order Now! Men Ought to Pray Always releases August 15, 2021. Discover many topics on why Men Ought to Pray Always as black men.

Release the Protection Reduce Men Trauma Provide the Guidance

Recently, Mr. Garner co-authored with his son Robert Garner Jr. and grandson Isaac Men Ought to Pray Always, a collection guide of words on how to pray for you and your children. Mr. Garner's daughter T. Renee Garner, owner of the production company Inspiring Generations LLC is excited to release Men Ought to Pray Always to honor the important men in her life.

Join Our Mailing List at http://bit.ly/menoughtpray.

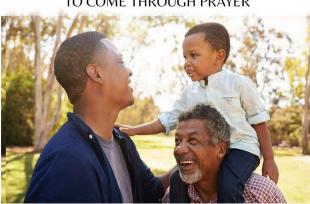


www.trenee.org (Contact: 301-476-3111 www.treneeinspires.com





PROTECT YOURSELF AND GENERATIONS TO COME THROUGH PRAYER





Elder Tony Keith Sr.

Pain Pushed Him to Purpose

By. Dr. Nicole S.Mason, Esq.

Ider Tony Keith Sr. is a walking, breathing miracle! A few years ago, we were traveling with a group from our church. As we all sat at the airport waiting for our connecting flight, Elder Tony began sharing his story with me. As I sat there listening to him, it was hard for me to see the person he was describing. God had indeed pulled him up out of a pit and set him on a promising path. Psalm 40:2 says it like this, "He stooped down to lift me out of danger from the desolate pit I was in, out of the muddy mess I had fallen into. Now He's lifted me up into a firm, secure place and steadied me while I walk along His ascending path" (The Passion Translation).

You see, it was hard for me to believe that Elder Tony once found himself homeless and addicted to crack cocaine. It was even more difficult for me to think that he also had an up-and-coming career in the United States military. I wondered, *How did his life spiral so out of control in such a devastating manner?* But this is when the story hit me right in my heart. Elder Tony talked about his parents divorcing early in his life and how the devastating blow of the breakup not only tore his family apart but also tore his heart apart. He described in painstaking detail how he began making decisions after his parents' divorce that led him into some dangerous places and in the company of the wrong people. I could relate because the impact of divorce can be difficult and traumatic.

After hearing this powerful story of God's hand of deliverance, I encouraged Elder Tony that he certainly needed to write his story. I know the impact of a story. You, too, know the impact and sometimes life-changing effect of hearing someone else's story. We tend to repeat the parts of the story that resonate the most with us. Sharing stories is a tenet in the African-American culture. We are an overcoming, resilient people because of our oral history. When you read Elder Tony's story, I am confident that you will be blessed and encouraged. I know you will share it with someone you know that needs to know they can make it through the pain of loss, addiction, and disappointment and come out the victor, just like Elder Tony.

Today, he is a servant in his church in various roles. He serves as a co-leader of his church's Divorce Care Ministry. Elder Tony also serves in the Marriage Enrichment Ministry. He is intentional about helping married couples live out their purpose, leverage their experiences, and maximize their potential in their relationships. You can read more about Elder Tony and purchase a copy of *Faith For Fiery Trials: Men Impacting Men With Real, Raw and Relatable Stories* by visiting his website: www.tonykeithsr.com.

Valuing the VISION Of Victory

- By. Dr. Nicole S.Mason, Esq.

Elder Anthony "Cony" Pender

Anthony "Tony" Pender decided to focus on the vision of victory. Having grown up in the church and believing in the power of prayer, Elder Tony put his faith to work. Habakkuk 2:2-4 says, "Write the vision And engrave it plainly on [clay] tablets So that the one who reads it will run. For the vision is yet for the appointed [future] time It hurries toward the goal [of fulfillment]; it will not fail. Even though it delays, wait [patiently] for it, Because it will certainly come; it will not delay" (The Amplified Bible). Elder Tony set his sight on his healing.

Vision involves seeing things and situations before they manifest in your life. Engaging in vision can sometimes cause you to look foolish and go against the status quo. Looking foolish is especially so when it comes to the vision of healing. The world is so used to believing what they hear and, for goodness' sake, what they read on the internet! Following the world's ways often goes contrary to faith. 1 Corinthians 1:18 says it like this, "For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God" (New International Version). Elder Tony was confident that not only was his vision of victory worthy of his focus and attention, but that also he had to value his relationship with

God and what God promised him concerning his vision of victory for his healing. Valuing his vision of victory and sharing his vision with others required confidence and courage.

Elder Tony's vision of victory was fulfilled. God healed him of thyroid cancer, and he has used his testimony to help others use their faith to create visions of victory for their lives. He leads by example. Elder Tony serves as an instructor in his church's Discipleship Ministry. In this capacity, he not only shares with others how to use the same steps he used to bring his vision of victory to fruition, but he also aligns his faith with theirs during the process. Elder Tony is a respected and well-loved Man of God. One thing his students love about him is how he shows his gratitude for God through his praise. Elder Tony loves to praise God! You may read more about his story in his book, *Faith For Fiery Trials: Men Impacting Men With Real, Raw and Relatable Stories*.

Elder Tony and his wife Helen are the proud parents of two daughters. They attend Greater Mount Calvary Holy Church. Elder Tony and his wife are leaders of the Family Ministry. Elder Tony is a healthcare professional with more than 30 years of experience in the industry. His favorite scripture is Psalm 34:1, "I will bless the Lord at all times; His praise shall continually be in my mouth" (New King James Version).



anthony.pender.71

It All Worked for his Good

By. Dr. Nicole S.Mason, Esq.

When you meet Deacon Edward "Leon" Best, you immediately feel his positive energy, and you know that he is grateful to be alive. He is not shy about sharing his testimony with others about how God snatched him out of the hand of the enemy and placed him in a position to talk to many people, all day, every day about how God can help them, too. Encountering Deacon Leon reminds me of Genesis 50:20, "You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people" (New Living Translation). He is the epitome of humility, grace, love, and plenty of gratitude.

Deacon Leon is a public servant in Washington, DC, serving as a bus operator. He uses his bus to spread the Gospel of Jesus Christ, taking time to speak to the young men and women riding the bus to let them know that someone cares about them and what they are going through. He uses his own life as a blueprint to speak well of God. He shares how the very thing designed to kill him has not only made him the man that he is today but has also created a testimony for him to share and help save others.

His life started like so many young men. He was an excellent student, earning a scholarship to a prominent high school. Deacon Leon's need to be accepted by his peers and not wanting to embrace his greatness at the time allowed the pull of peer pressure and the not-so-good parts of his environment to suck him into a downward spiral that he was unable to stop. He soon found himself on drugs, in prison, and unsure if he would live or die. But one day, he ran into an old friend who invited him to church. Deacon Leon had enough knowledge about God to know that God was beckoning him to Himself. He had enough people in his life encouraging him to turn his life around, especially his big sister Sonia. Proverbs 22:6 says, "Train up a child in the way he should go. And when he is old he will not depart from it" (New King James Version). He went to church and surrendered his life to God! Of course, Deacon Leon's story didn't end there. You may read more about it in his book: Faith For Fiery Trials: Men Impacting Men With Real, Raw and Relatable Stories.

The amazing aspect of Deacon Leon's story is that he successfully served as a kidney donor for his older brother. God spared his life so that he could save not only his brother's life but also the lives of so many others that have heard his story and changed their lives. God has caused what was designed to kill him to work for His good!

Social Media: f edward.best.184 edwarddbest



Deacon Edward "Leon" Best

Leading (Community)

Chief Ralph L. Godbee, Jr.

People don't care what you know until they know that you care."

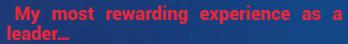
When you have a people first servant leader persona people will go out of their way to reach for the Gold. Relationships are key to any successful reform effort."

hief Ralph L. Godbee, Jr., is a community advocate; a preacher; a servant leader and yes a "cop". Chief Godbee always prefaces his service in law enforcement by saying, "I am a black man that happens to be a cop, not a cop that happens to be a black man": Acutely aware of his ability to maneuver in both arenas without compromising his commitment to offering solutions to issues that cause inequitable outcomes in America for black people; he speaks boldly in a way that is undeniably one of seeking justice for black and brown citizens and particularly when it comes to policing in America. and its reform efforts.

Chief Ralph Godbee began his life of public service at the tender age of 19 a year after graduating from Detroit's Cass Tech High School. Chief Godbee was feted as the top academic performer in his class; top marksman and at such a young age was elected as class president of Detroit Metropolitan Police Academy Recruit Class 87-R. Chief

Godbee rose through the ranks and after 22 years of service was appointed as the Detroit Police Department's 40th Chief of Police at the age of 42, youngest in DPD history. Chief Godbee retired after 25 years of service to the city of Detroit in October of 2012. Chief Godbee has served as an adjunct professor at Wayne County Community College District in the Criminal Justice department and is sought for his expert opinion on many different media platforms. In August of 2018,

Godbee was appointed as Chief of Police of the **Detroit Public Schools Community District** which serves 52 thousand students in over 100 schools; the State of Michigan's largest school district and only school district with a fully sworn MCOLES Certified Police Department. Godbee who has served in ministry since January of 2000 stepped down from his position as Chief of Police to accept an offer from Pastor Solomon W. Kinloch, Jr. of Triumph Church in the metropolitan Detroit area to serve as the Church's Chief of Staff in full time ministry. Chief Godbee is 53 years old, the father of one daughter and a doting grandfather and father-in-law.





Have come in those moments that have never garnered any public attention; never covered by the media; when a young man or woman that I had sown into achieves something momentous in their life and they call or text me and say thank you for the word of advice or I appreciate how you treated me as a leader. I believe it was Maya Angelou who said, "...people will forget what you said, people will forget what you did, but people will never forget how you make them feel."

A Courageous Man is..

one who will sacrifice his own personal desires and aspirations to do what is right; what is moral and what is ethical in the sight of God.

The greatest advice I would give as a father is to be present for your children...

Out of all that you can give a child, the greatest act of love you can give them is intentionality in dedicating time to them where they have your undivided attention. You can make up almost anything in a child's life; what you cannot do is reclaim lost time.

@ChiefRalphGodbee @ChiefGodbee



Meet the SELF M.A.D.E. Man

Leon El-Alamin

eon El-Alamin is literally a "M.A.D.E. Man." Getting shot in the head and going to prison propelled him to turn his life around. Instead of being a "menace" to society, he is now an asset to society, supporting youth and returning citizens through policy and programming as they merge onto the right track. Helping dozens of people and their families to date, his job is far from over.

El-Alamin took the time to have a candid conversation with *Courageous Men Magazine*.

CM Magazine: Who is Leon El-Alamin at his core?

El-Alamin: I am a Flint native, born and raised here on Flint's north side. I am the father of a seven-year-old (Leon Jr.). I am also a community activist, author of a book titled Pain Is Poetry, and the founder and executive director of a non-profit called the M.A.D.E. Institute (Money, Attitude, Direction & Education). I am passionate about helping people who have been impacted by mass incarceration, economic exploitation, and youth who are being mis-educated and affected by the school-to-prison pipeline.

CM Magazine: Have you always been this compassionate about community issues?

El-Alamin: No, I haven't. My life is like a chronology of change. I grew up in the Baptist church during my adolescent years. Then, unfortunately, I got out of the church, and the streets became my religion. So that's where my journey began. I was incarcerated after being shot in my head and back after being robbed by the same people I grew up with and left to die. That experience shook my thinking. I literally had to heal inside of the prison system. However, inside that prison system, I had time to reflect on who I was and who I wanted to become. Through reading, learning about self, our history, our true history before slavery, and obtaining a new spirituality, I completely reinvented myself. I even changed my name from Leon Dwayne Wilson to the new and improved Leon Abdullah El-Alamin. Names are important because they will be with you for the rest of your life and help identify you as a human being. Leon (Lion) in Greek, Abdullah (Servant Of G.O.D.) in Arabic, and EL-Alamin (Trustworthy) in Arabic.

CM Magazine: Okay. So just briefly tell us about life behind bars.

El-Alamin: Prison is not a place that I would want anyone to be. Your life is constantly being monitored, and you don't have any privacy. It strips you of your humanity, especially if you're not a strong-minded person. You're constantly being told what to do, how to move, where to go, and when and what you can eat. Moreover, there are so many traumatic things taking place due to racism and mental illness. You stay in "survival mode." Those that look at going to prison as a badge of honor or a sense of manhood/womanhood are mistakenly wrong. Many individuals who think like this are suffering from mental illness. They have given up on themselves and have lost hope. They don't know how to fend for themselves, provide for themselves, and provide for their families. So going to prison, for some individuals



who have a weak mind, is as a way out of the toxic reality they live out in a free society. You're guaranteed three meals per day and clothes on your back, and you can make up your narrative.

CM Magazine: What encouraged you to start the M.A.D.E. Institute?

El-Alamin: When I came home from prison in 2010, there were very few resources to help people returning home from prison. I understood that this was by design, and I wanted to change that. I tried to change the Industrial-Complex. I wanted to give those who society has cast out the opportunity to have adequate and safe housing, good-paying jobs, and better educational opportunities. I was constantly discriminated against when I tried to get a job, even with temp services. The system is set up for you to fail, and it's designed in particular to let Black men and women fail. Black men are the ones overpopulating the prison system because of corrupt policies, precisely drug policies that have been on the books for way too long. This created the prison industrial complex, a trillion-dollar industry that makes money off the backs of black folks, particularly for cheap prison labor and things like that.

C.M. Magazine: What are some things that you would like to see changed?

El-Alamin: I would like to repeal mandatory minimum prison sentences. People commit many crimes at a young age (17, 18, 19, 20); their minds have yet to develop, so their decision-making skills

are not there. It's been proven by science, and they have information that your brain doesn't fully develop until you're 25. I would like to see the community move to a Community Form of Policing and laws created that require policing to reflect the neighborhood's demographic and have Good Time credits restored into the prison system.

CM Magazine: What does it mean to become a M.A.D.E. Man?

El-Alamin: We can't change the world around us until we make changes to ourselves. This means changing the way we think, the way we behave, the energy we put out, and how we respond are all choices made by us daily. Becoming MADE is about taking a more conscious approach to address several areas of our lives. Those changes will carry over into other areas outside of personal and manifest into positive results in our family and community.

CM Magazine: What projects are you currently working on?

El-Alamin: We are addressing the needs of the marginalized population that we serve. We are providing urban farming and teaching about solar panels, clean energy. We are providing transitional housing, skills trades, digital literacy, and social advocacy. We are also providing home renovation on blighted homes. We are helping returning citizens and at-risk youth with the training they need in different skills to become more employable; they will have lifelong certifications after coming through our program to make them more employable. We're renovating blighted homes by bringing them up to code and allowing returning citizens to earn money while learning. We also offer transitional living, which helps fight homelessness, an issue plaguing Genesee County as a whole. The numbers are even higher when you look at those impacted by mass incarceration. So, we're doing several things. We're beating recidivism, providing jobs and job training, and providing housing.

CM Magazine: Anything else you would like to share with our Courageous Audience?

El-Alamin: I'm currently working on a book about my life titled Tear's Dry & Wounds Heal. My first book titled Pain Is Poetry was written in prison and purchased through Amazon. To learn more about the work that we are doing at The MADE Institute, you can go to our website, which is WWW.MadeInstitute.org, and or download our new MADE App.

CM Magazine: What is your definition of a Courageous Man?

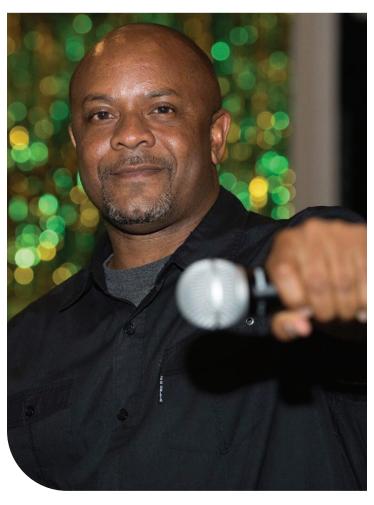
El-Alamin: A courageous man is someone who accepts responsibility in his household as well as in his community. He is a protector and provider who lives by values and morals and is a GOD-fearing person. A courageous man is someone who respects women, particularly black women.

Please find out more about Leon and the fantastic work he's doing at the M.A.D.E. Institute at **https://madeinstitute.org** or download their free app from the **app store** on your mobile device.



James "B-Tip" Brown

DJ & FOUNDER/CEO B-TIP ENTERTAINMENT



"Focus on what you're passionate about. Do the work, release the work/material & promote the work/project. Anything CAN happen!"

B-Tip's Passion for entertainment has led him to perform as a Sag-Aftra performer/D.J. and experience in movie and TV productions. He also excels at photography. B-Tip has licensed and provided archive video footage and photos for MTV Fanography E! Network and VH1's Behind the Music: Snoop Dogg episodes. Licensed & provided archive video footage for TvOne's UnSung: Nate Dogg & Yo-Yo Episodes. Photo for the Kurupt Episode. Licensed archive video footage for the "G-Funk" Film/Documentary on YouTube Premium, BET/Entertainment One Group, T.V. mini-series "Death Row Chronicles." Licensed archive video footage for Angie Martinez Untold Stories Of Hip-Hop series on WEtv. Currently a Resident D.J. on "The Friday Night

Fallout Show" with Keith & Nate on 90.9fm KRCL, Salt Lake City, Utah. Creator/Host of "B-Tip In Tha Mix" Clubhouse Edition Tuesday's at 5:30 pm (PST)

"Hip-Hop is alive, there are different types of hip-hop music, and that's a great thing for hiphop. As a culture, we're expanding. I love performing live. Receiving love from the audience feels great. I want to continue to help others that want to help themselves in a positive light. I consider myself a "motivational speaker through beats and rhymes."

B-Tip's albums Success and Love, Drive Passion! They are available at iTunes and various online outlets.





James Cooley

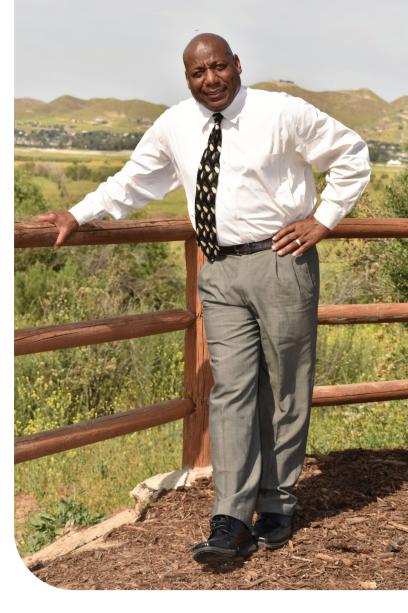
SPEAKER, AUTHOR, HOST OF IT'S YOUR LIFE PODCAST

"WE ARE ALL ACES

We will all experience disappointments and failures during our lives. However, we can all be ACEs to overcome any challenges.

ACE stands for **ATTITUDE, COMMITMENT** When confronted & ENTHUSIASM. with situations or circumstances, your **ATTITUDE** determines how **COMMITTED** you will be to resolve the problem, and the level of **ENTHUSIASM** you will have to fix it "

I believe if you focus on ACE in your decision making, there will always be a shining light throughout your travels."



James Cooley, a motivational speaker, and a retired Navy Officer, was born in Chattanooga, Tennessee. He is the Host of The James Cooley Show...IT'S YOUR LIFE. He is the author of "Country Boy, City Boy, A Journey, That Ain't Over Yet" (2020) & Audiobook narrated by James Cooley (2021), The Book of Knowledge: "Your Pathway to Enlightenment (2015), My Path (2014).

James is the President & CEO of JC Cooley Innovation Solutions, LLC, and The JC Cooley Foundation Options & Opportunities / The Choice Program.

James was presented with the 1992 Senior Enlisted Admirals Gallery and Renken Award of Merit for the Cooley Fitness show breakfast tutoring program for underprivileged and academically at-risk students, the first of its kind in the USA.





Donald "Chef D" Smith

CEO, CHEF, AUTHOR



"Dream Bigger Dreams. The future belongs to those who believe in the beauty of their dreams."

Chef Donald Smith was born and raised in New Orleans, the heart and soul of Creole and Cajun culture. He learned the ins and outs of authentic Creole Cuisine at the feet of his mother and uncle.

In culinary circles, Donald is known as "Chef D". He specializes in Creole, Cajun and Soul food dishes. Chef D is the past owner of several restaurants and also has experience in preparing meals for various conventions, corporations; including feeding the homeless.

In 2018 he was voted one of the best chefs of Louisiana. In 2020, Chef Donald received the Culinary Excellence Award from the National Black Chef Association and in August 2020, he was named Culinary Ambassador of that same institution.

www.chefdonaldsmith.com/

Jeff Brown

CELEBRITY RADIO/PODCAST HOST OF THE JEFF BROWN SHOW

"The key to success is "Perfect Practice." I've always said, "perfect practice makes perfect!" I believe that God has given each and everyone of us gifts that ultimately are designed to create unprecedented success in our lives. Our job is to align ourselves with those gifts.... learn, practice, and master those gifts and then watch those gifts and abilities provide endless opportunities."

Celebrity radio/podcast host Jeff Brown, a native from East Cleveland, Ohio is the host of the syndicated Jeff Brown Show. The Jeff Brown Show has earned the mantra, "The show that makes you laugh and think," that has featured celebrity in-depth interviews and more. In addition to Jeff's accomplishments, he has been featured in several national magazine publications, several special features that streamed live on Facebook, he's a philanthropist, motivational speaker, and successful entrepreneur.



@thejeffbrownshow



Jeff Brown Jr. / The Jeff Brown Show Page



@thejeffbrownshow

2525

DUANE WILLIAMS JR.

MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT BUSINESS SERVICES REPRESENTATIVE

"Most recently, I have been coming in contact with new people. I heard a young man say, "you gotta put some skin in the game." That resonated with me because the statement is true. In life's journey, you truly have to put some skin, sweat, tears, hard work, dedication, and so much more in, to get something wonderful out of life. So, in other words, what you put in is what you will get out of your life."

Duane has served his community for over 15 plus years in many different capacities, such as a Baltimore City Police Office, Behavioral Specialist in the Baltimore City School system. A career and job developer for several agencies.

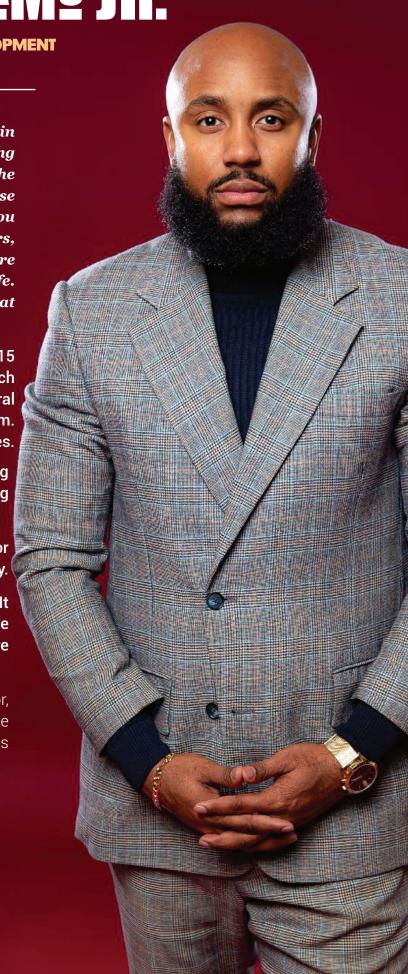
Duane has traveled the East Coast speaking to youth about a wide range of topics dealing with self-esteem, discipline, choices, etc.

Duane has also received numerous awards for his work with our youth and in the community.

Duane Williams Jr is also the Founder of Pay It Forward the Movement, which inspires to give back to the less fortunate and those who are underappreciated.

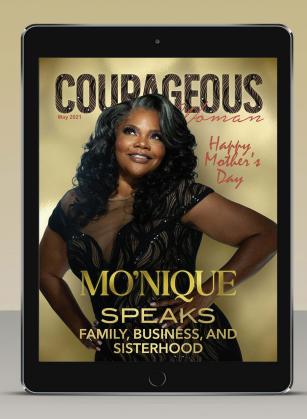
Duane Williams Jr, the Pastor, Mentor, Motivational Speaker, and Philanthropist, give all Glory to God for all the great things he has done and still doing.





BECOURAGEOUS As you wanna be!!







Visit Courageouswomanmag.com

For news and inspiration

Advertise with us

info@courageouswomanmag.com



Do you want to write a book that...

- Increase speaking engagements
- Grows your business?
- Gets you other opportunities?
 Increases your network?

YOU WILL LEARN:

- How to select the best topic to write about
- · How to make your book standout
- How to clarify and confirm your message.
- · How to write an impactful story
- How to build, boost, and monetize your message
- How to write your book quickly

Details at: COURAGEOUSWOMANMAG.COM/BOOTCAMPS