

Crowning Achievements

Nurturing Young Minds and Dreams

NEWSLETTER

Issue: June 2024

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INTRO LETTER

Hello, Ameka's Adventure Squad!

It's me, Ameka, and I'm bursting with excitement to welcome you to the June edition of our newsletter! As the sun shines brighter and summer fills the air, I've gathered a magical collection of stories and activities to make your June unforgettable.

Let's start by celebrating Juneteenth together! This special day holds a place of honor in our hearts, and I can't wait to share ways we can commemorate freedom and equality with love and joy.

Join me on a STEAM adventure as we build DIY solar ovens—because who doesn't love a sunny day and delicious treats?

And guess what? We've been winning awards left and right! Dive into "Ameka's Award-Winning Adventures" for an exclusive peek behind the scenes of our magical journey and the amazing recognition we've received.

For all my young readers and their teachers, I've filled our Teacher Toolbox with fun and educational resources to spark creativity and curiosity. Plus, start each day with a sprinkle of magic with our Affirmation Verse Vibes, crafted to uplift and empower you.

Lastly, let's embark on a journey of self-discovery with thoughtful journaling prompts in our Reflections and Adventures section. It's all about embracing who you are and celebrating the magic within.

Thank you for being part of my world—I couldn't do this without you! Let's make this June the most magical one yet!

With love and excitement,

Ameka



June STEAM Spotlight Challenge: DIY Solar Oven

Hello, budding scientists and engineers!

Get ready for an exciting STEAM project that's perfect for the sunny days of June. This month, we're challenging you to build your very own solar oven! Not only will you harness the power of the sun, but you'll also create delicious treats in the process. Let's get started!

WHAT YOU'LL NEED:

- A cardboard box (pizza boxes work great!)
- Aluminum foil
- Plastic wrap
- Black construction paper
- Tape
- Scissors
- Ruler
- A pencil or wooden skewer
- Ingredients for s'mores (graham crackers, chocolate, marshmallows)



INSTRUCTIONS:

1. Prepare the Box:

- Cut a flap on the top of the cardboard box, leaving one side attached to act as a hinge.
- Cover the inside of the flap with aluminum foil to reflect sunlight into the box.

2. Create the Oven:

- Line the bottom of the box with black construction paper to absorb heat.
- Tape plastic wrap over the opening created by the flap. This will create a greenhouse effect inside the box.

3. Set Up the Solar Oven:

- Place the box outside in direct sunlight. Adjust the flap so it reflects

as much sunlight as possible into the box. Use a pencil or skewer to prop the flap at the right angle.

4. Cook Your S'mores:

- Place your s'mores ingredients on a plate inside the solar oven.
- Close the box and let the sunlight do the work! Check the oven periodically until the marshmallows are gooey and the chocolate is melted.

The Science Behind It:

- **Solar Energy:** The sun's rays are captured by the aluminum foil and directed into the box.
- **Heat Absorption:** The black construction paper absorbs the sunlight, converting it into heat.
- **Greenhouse Effect:** The plastic

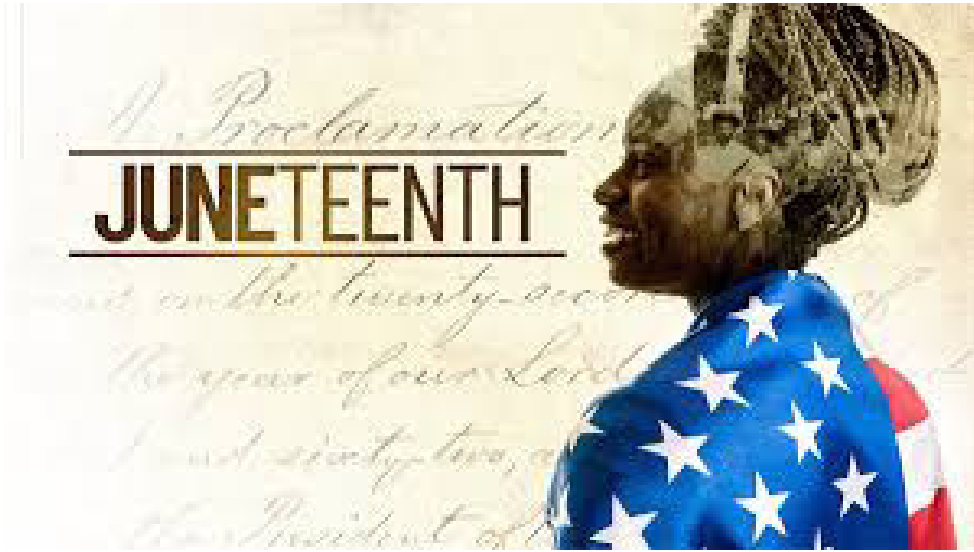
wrap traps the heat inside the box, raising the temperature and cooking your s'mores.

Challenge Yourself:

- Try measuring the temperature inside the solar oven with a thermometer.
- Experiment with different designs and materials to see how they affect the cooking time.
- Research other foods you can cook using a solar oven and share your results!

We can't wait to see your amazing solar ovens and hear about your tasty s'mores! Share your creations and experiments with us by emailing your pictures to Dr. Tamecca Rogers at inspirepublishingllc@gmail.com. Happy solar cooking!

Happy Juneteenth!



As we dive into June, let's take a moment to celebrate and honor Juneteenth, a significant day in American history. Juneteenth, celebrated on June 19th, marks the emancipation of the last enslaved African Americans in 1865, two years after the Emancipation Proclamation. It's a day of reflection, joy, and recognition of the enduring spirit and contributions of Black communities. Let's come together to learn, celebrate, and continue the journey toward freedom and equality for all.

Here are some fun activities to celebrate Juneteenth:

- **Juneteenth Arts and Crafts:** Create art that represents freedom and equality. Paint murals, design posters, or make quilts that tell the story of Juneteenth.
- **Storytime and Book Discussions:** Read books about Juneteenth and African American history. Host a book club or storytime session to discuss the significance of the day.

- **Community Cookout:** Host or attend a community cookout. It's a great way to bring people together and enjoy delicious food.
 - **Music and Dance:** Celebrate with music and dance performances. Explore traditional African American music, gospel, jazz, and more. Maybe even host a dance-off!
 - **Movie Night:** Watch films and documentaries that highlight African American history and culture. Follow up with a discussion to reflect on what you've learned.
 - **Outdoor Activities:** Organize a picnic, a day at the park, or a historical walking tour. Enjoy nature while learning about and honoring the history of Juneteenth.
 - **Community Service:** Give back to the community through volunteer work. Help at local shelters, clean up parks, or support Black-owned businesses.
- Let's make this Juneteenth a joyous and educational celebration for all ages! Happy Juneteenth!

Affirmation Verse Vibes



***"I am unique, I am strong,
In my heart, I belong.
I embrace who I am each day,
In every special, magical way."***

Repeat this verse every morning to start your day with positivity and self-love!

#AffirmationVerseVibes #AmekasAdventures



Scan the QR Code for "Ameka and Her Magical Crown: Coloring Book of Affirmations".

About Ameka and Her Magical Crown Cartoon Series



“Ameka and Her Magical Crown” is a heartwarming animated series created by Dr. Tamecca Rogers. The series follows the enchanting adventures of Ameka, a spirited young girl on a quest of self-discovery and empowerment.

When she discovers her hair is her magical crown, Ameka embarks on a journey filled with wonder, friendship, and courage. Along the way, she learns valuable lessons about embracing her uniqueness, standing up for what is

right, and unlocking the magic within herself. Through captivating storytelling and vibrant animation, “Ameka and Her Magical Crown” inspires audiences of all ages to believe in themselves, celebrate uniqueness, and follow their dreams.

Ameka's Award-Winning Adventures



Dear Readers,

I am beyond excited to share some fantastic news about “Ameka and Her Magical Crown”!

On May 30th, Ameka made her international debut at the Toronto Ontario Canada Premiere Screening during the International Black and Diversity Film Festival. We are thrilled to announce that she won the ****Best Animation Award****!

But that's not all! Ameka's adventures were also screened closer to home in Muskogee, Oklahoma, at the Bare Bones International Film and Music Festival, where she once again took

home the ****Best Animation Award****!

These honors mean the world to us, and we couldn't have done it without the incredible support from our dedicated cast and crew, as well as all of you, our wonderful audience. Thank you for being a part of this magical journey.

Let's continue to celebrate and share Ameka's empowering adventures with the world!

With gratitude and excitement,

Dr. Tamecca Rogers

Dr. Tamecca Rogers

Oh...The Places Ameka Will Go

We're thrilled to announce that Ameka and Her Magical Crown's cartoon series, pilot episode has been selected for several prestigious film festivals around the globe. Here's where you can catch Ameka's adventures on the big screen:



Charlotte Black Film Festival
Location: Charlotte, North Carolina
Dates: June 13 - 16



San Fransico Black Film Festival
Location: San Fransico, California
Dates: June 13 -16



Atlanta Children's Film Festival
Location: Atlanta, Georgia
Dates: June 20-23

Mark your calendars and join us as we celebrate the magic of Ameka and Her Magical Crown at these exciting events!

Ask Ameka



Do you have burning questions about friendship, bravery, or how to embrace your uniqueness? Now's your chance to get advice straight from Ameka herself! In this special section of our newsletter, you are invited to email Ameka (with permission and assistance from an adult) at inspirepublishingllc@gmail.com with the subject line "Ask Ameka" to ask her important questions to help you navigate everyday life.

Whether you're seeking tips on dealing with bullies, making new friends, or finding the courage to chase your dreams, Ameka is here to lend a listening ear and offer words of wisdom. No question is too big or too small for Ameka to tackle, so don't hesitate to reach out and join the conversation!

With your permission, we'll pick a handful of questions to feature in the "Ask Ameka" section of the newsletter to help other kiddos who might be curious about the same things!

Stay tuned for Ameka's insightful answers to your questions in future editions of our newsletter. It's time to embark on a journey of discovery and empowerment with Ameka by your side!

Dance with Ameka

Scan the QR code to dance with Ameka and Her Friends



Special Thanks to Mrs. Flynn and Poteau Primary School



We're sending a huge thanks to Mrs. Flynn and everyone at Poteau Primary School for inviting "Ameka and Her Magical Crown" to your wonderful school! Your warm welcome and enthusiasm made our visit truly unforgettable.

Sharing Ameka's adventures with such bright and curious young minds was a joy, and seeing the excitement and smiles on everyone's faces reminded us why we do what we do. Thank you for being such an amazing part of our journey and for making our time at Poteau Primary School so special.



Special Thanks to the Faulk Family

I want to extend a heartfelt thank you to the Faulk Family for attending the premiere of "Ameka and Her Magical Crown" at the Bare Bones International Music and Film Festival in Muskogee. Your presence made the event truly special!

Walking the red carpet with you was an absolute delight, and seeing everyone enjoy Ameka's cupcakes was the icing on the cake! A special shoutout to Little Miss Elenor, the wonderful voice behind Ella in our cartoon. It's always a super treat when our amazing cast members can join us for these magical moments.

Thank you, Faulk Family, for your incredible support and for being part of our magical journey!

REFLECTIONS AND ADVENTURES



Journaling with Ameka

1. Celebrating Juneteenth:

"What does Juneteenth mean to you? How can you celebrate this important day with your family and friends? Reflect on the significance of freedom and equality in your life."

2. Summer Goals:

"What are three things you want to learn or achieve this summer? Describe how you plan to make the most of your summer break and why these goals are important to you."

3. Acts of Kindness:

"Think about a recent time when you showed kindness to someone. How did it make you feel, and how do you think it made the other person feel? Write about why kindness is important and how you can spread more of it."

Community Connection

By Ariel Faulk, Black Moms of Tulsa Founder

HEY FAMILY! THIS MONTH IN TULSA AND SURROUNDING AREAS HAVE SOME AWESOME EVENTS THAT YOU WON'T WANT TO MISS! CHECK OUT THESE FAMILY FRIENDLY FUN EVENTS THAT WE'VE GOT LINED UP FOR THE MONTH OF JUNE!

"LEGACY FESTIVAL: AFRICAN KIDS FESTIVAL"	AT GREENWOOD AVENUE TULSA, OK	ON JUNE 1, 2024 AT 12 P.M.
"SUMMER READING PROGRAM KICKOFF"	AT ALL TULSA CITY COUNTY LIBRARIES DURING OPEN HOURS STARTING	JUNE 1, 2024 TO JULY 31, 2024.
"SATURDAY TINY TOTS"	AT WHEELS AND THRILLS OWASSO (10637 N. GARNETT RD. OWASSO, OK)	EVERY SATURDAY AT 9 A.M.
"STORYWALK"	AT RAY HARRAL NATURE CENTER (7101 S. 3RD ST. BROKEN ARROW, OK 74011)	EACH DAY STARTING JUNE 1, 2024 TO JUNE 15, 2024 AT 10 A.M.
"KIDS COOKING CLASS" – JUNE	AT MOTHER ROAD MARKET (1144 S. LEWIS AVE. TULSA, OK 74104)	ON JUNE 1, 2024 AT 10:30 A.M.
"SATURDAY MATINEE"	AT MAXWELL PARK LIBRARY (1313 CANTON AVE. TULSA, OK 74115)	ON JUNE 1, 2024 AT 2 P.M.
"SENSORY SKATE"	AT WHEELS AND THRILLS OWASSO (10637 N. GARNETT RD. OWASSO, OK)	ON JUNE 2, 2024 AT 10:30 A.M.
"ROAD TRIP SURVIVAL KIT"	AT MAXWELL PARK LIBRARY (1313 CANTON AVE. TULSA, OK 74115)	ON JUNE 3, 2024 AT 2 P.M.
"TEEN LOUNGE"	AT NATHAN HALE LIBRARY (6038 E 23RD ST. TULSA, OK)	EACH MONDAY AT 3 P.M.
"SKILLS AND DRILLS: BREAKDANCING"	AT THE GATHERING PLACE (2650 S JOHN WILLIAMS WAY E. TULSA, OK 74114)	EACH MONDAY AT 6 P.M.
"BUILD A READER STORYTIME: BILINGUAL"	EACH TUESDAY AT MAXWELL PARK LIBRARY (1313 CANTON AVE. TULSA, OK 74115)	AT 10:30 A.M.
"OKAQ SENSORY NIGHTS"	AT THE OKLAHOMA AQUARIUM (300 S. AQUARIUM DR. JENKS, OK 74037)	ON JUNE 4, 2024 AT 6 P.M.
"STORY TIME AT TULSA ZOO"	AT TULSA ZOO (6421 E. 36TH ST. TULSA, OK)	EVERY WEDNESDAY AT 10 A.M. FREE WITH GENERAL ADMISSION.

COMMUNITY PRIDE GARDEN: ADDRESSING FOOD INSECURITY AND HEALTH DISPARITIES"	AT BLACK WALL STREET MARKET (5616 N. OSAGE DR. TULSA. OK)	EACH WEDNESDAY AT 4 P.M.
"PARENTS SUPPORT PARENTS POTLUCK"	AT HARDESTY REGIONAL LIBRARY (8316 E. 93RD ST. TULSA, OK 74133)	ON JUNE 5, 2024 AT 6 P.M.
"INSPYRAL CIRCUS FLOW JAM"	AT GUTHRIE GREEN (111 RECONCILIATION WAY, TULSA, OK 74103)	ON JUNE 5, 2024 AT 6:30 P.M.
"THURSDAY TINY TOTS"	AT WHEELS AND THRILLS OWASSO (10637 N. GARNETT RD. OWASSO, OK)	EACH THURSDAY AT 10 A.M.
"STORYTIME CRAFTS"	AT NIENHUIS PARK COMMUNITY CENTER (3201 N 9TH ST. BROKEN ARROW, OK)	EACH THURSDAY AT 10 A.M.
"BUILD A READER STORYTIME: FAMILY"	AT MARTIN REGIONAL LIBRARY (2601 S GARNETT RD, TULSA, OK 74129)	EACH THURSDAY AT 10:30 A.M.
• "CHILDREN'S STORYTIME AND SING-A-LONG"	AT TULSA TOY DEPOT (10106 S SHERIDAN RD. TULSA, OK)	EVERY THURSDAY AT 11 A.M.
"PINT-SIZE POLKA WITH MIKE SCHNEIDER"	AT MARTIN REGIONAL LIBRARY (2601 S. GARNETT RD. TULSA, OK 74129)	ON JUNE 7, 2024 AT 2 P.M.
"FAMILY NATURE WALK AND NATURE FUN FRIDAYS"	AT PHILBROOK MUSEUM (2727 S. ROCKFORD RD. TULSA, OK)	EVERY FRIDAY AT 10 A.M. FREE WITH GENERAL ADMISSION.
"FAMILY MOVIE FRIDAYS"	AT CENTRAL LIBRARY (400 CIVIC CENTER TULSA, OK 74103)	EACH FRIDAY AT 10 A.M.
"GLOBAL GATHERINGS"	AT THE GATHERING PLACE (2650 S JOHN WILLIAMS WAY E. TULSA, OK)	EACH FRIDAY AT 10 A.M. TO 12 P.M.
"FAMILY ADVENTURE MOVIES"	AT BROOKSIDE LIBRARY (1207 E 45TH PL. TULSA, OK 74105)	EACH FRIDAY AT 2 P.M.
"KAISER KIDS CRAFT CLUB"	AT HEMAN AND KATE KAISER LIBRARY (5202 S. HUDSON AVE. TULSA, OK)	EACH FRIDAY AT 3:45 P.M.
"JUNE FIRST FRIDAY"	AT GUTHRIE GREEN (111 RECONCILIATION WAY, TULSA, OK 74103)	

"SKATES FAMILY NIGHTS"	AT SKATES ROLLER SKATING ENTERTAINMENT CENTER (401 E. BROADWAY CT. STE. B SAND SPRINGS, OK 74063)	EACH FRIDAY AT 7 P.M.
"SUESSICAL THE MUSICAL AUDITIONS"	AT TULSA COMMUNITY SOUTHEAST PACE STUDIO (10300 E 81ST ST. TULSA, OK 74133)	ON JUNE 8 – JUNE 9 AND JUNE 15 AT 1 P.M. TO 4 P.M.
"TULSA FARMERS MARKET"	AT KENDALL WHITTIER SQUARE (1 S. LEWIS AVE. TULSA, OK)	EVERY SATURDAY AT 7 A.M.
"ROSE DISTRICT FARMERS MARKET"	AT BROKEN ARROW ROSE DISTRICT (418 S. MAIN ST. BROKEN ARROW, OK)	EVERY SATURDAY AT 8 A.M.
"SENSORY-FRIENDLY FAMILY TIME"	AT DISCOVERY LAB (S. DR. TULSA, OK)	ON MAY 12, 2024 AT 9:30 A.M.
"BUTTERFLY CONFERENCE" BY WHOW ORGANIZATION	(4810 S 129TH E. AVE. TULSA, OK 74134)	ON JUNE 8, 2024 AT 9:30 A.M.
"FAIRYTALE FEST"	AT THE RUFFIN EVENT CENTER (1902 E 71ST ST. TULSA, OK 74136)	ON JUNE 8, 2024 AT 10 A.M.
"DAZELETTE DANCE ACADEMY NEW MEMBER ORIENTATION"	AT WHITESIDE COMMUNITY CENTER (4009 S. PITTSBURG AVE. TULSA, OK 74135)	ON JUNE 8, 2024 AT 10 A.M.
"YOUTH AND ADULT ART THERAPY"	AT GREENWOOD (122 NORTH GREENWOOD AVE. TULSA, OK 74120)	ON JUNE 8, 2024 AT 11 A.M.
"KIDS FUNFEST" BY JBF	(1950 E. 71ST ST. TULSA, OK 74136)	ON JUNE 8, 2024 AT 1 P.M.
"DANCE JUST IN CASE WORKSHOP"	AT ISLAND TIME FITNESS (5952 S LEWIS AVE TULSA, OK 74105)	ON JUNE 8, 2024 AT 2 P.M.
"A MOVING STORYTIME WITH KATHERINE BATTENBERG"	AT SCHUSTERMAN-BENSON LIBRARY (3333 E 32ND PL. TULSA, OK 74135)	ON JUNE 10, 2024 AT 10 A.M.
"BRIAN WENDLING: ONE BIG JUGGLING FAMILY"	AT SCHUSTERMAN-BENSON LIBRARY (3333 E 32ND PL. TULSA, OK 74135)	ON JUNE 11, 2024 AT 1:30 P.M. AND 3 P.M.
"SUMMER MOVIE MANTINEE"	AT SCHUSTERMAN-BENSON LIBRARY (3333 E 32ND PL. TULSA, OK 74135)	ON JUNE 12, 2024 AT 2 P.M.
"ARKANSAS FIRST BLACK RODEO QUEEN – JA'DAYIA KURSH"	AT RUDISILL REGIONAL LIBRARY (1520 N HARTFORD AVE. TULSA, OK 74106)	ON JUNE 12, 2024 AT 10:30 A.M.

"KIDS NIGHT AT THE DOWNTOWN TULSA MIDWEEK MARKET" BY DOWNTOWN TULSA PARTNERSHIP	(600 S MAIN ST. TULSA, OK 74119)	ON JUNE 12, 2024 AT 5 P.M.
"BUY BLACK RIBBON CUTTING EVENT"	AT GREENWOOD HISTORICAL DISTRICT (N GREENWOOD AVE. TULSA, OK 74120)	ON JUNE 13, 2024 AT 4 P.M.
"FREE COOKING DEMO: NUTRITION FOR YOUR BRAIN"	AT THE TULSA HEALTH DEPARTMENT (5635 N. MARTIN KING JR. BLVD. TULSA, OK 74126)	ON JUNE 14, 2024 AT 6 P.M.
"8TH ANNUAL BLACK ECONOMIC EXPO"	AT GREENWOOD CULTURAL CENTER (322 N GREENWOOD AVE. TULSA, OK 74120)	ON JUNE 14 TO JUNE 16 AT 3 P.M.
"TULSA JUNETEENTH FESTIVAL"	AT GREENWOOD AVENUE (N. GREENWOOD AVE. TULSA, OK 74120)	JUNE 8, 2024 TO JUNE 20, 2024.
"JUNETEENTH FAMILY FIELD DAY"	AT GUTHRIE GREEN (111 RECONCILIATION WAY, TULSA, OK)	ON JUNE 14, 2024 AT 12 P.M.
"TOUCH A TRUCK"	AT MAXWELL PARK LIBRARY (1313 N. CANTON AVE. TULSA, OK)	ON JUNE 15, 2024 AT 10 A.M.
"FATHERS COMING TOGETHER"	AT O'BRIAN PARK (6149 N. LEWIS AVE. TULSA, OK 74130)	ON JUNE 16, 2024 AT 12 P.M.
"FATHER'S DAY AT TULSA BOTANIC GARDEN"	(3900 TULSA BOTANIC DR. TULSA, OK 74127)	ON JUNE 18, 2024 AT 9 A.M.
"STRING ART"	AT MAXWELL PARK LIBRARY (1313 N. CANTON AVE. TULSA, OK)	ON JUNE 20, 2024 AT 3 P.M.
"COMEDIAN LEON THE JOKESTER: COMEDY ZONE FOR TEENS"	AT MARTIN REGIONAL LIBRARY (2601 S. GARNETT RD. TULSA, OK 74129)	ON JUNE 20, 2024 AT 3:30PM.
"KIDS READ: ADVENTURE CREW"	AT MARTIN REGIONAL LIBRARY (2601 S GARNETT RD. TULSA, OK 74129)	ON JUNE 25, 2024 AT 2 P.M.
"MATT SANDBANK'S SHADOW FACTORY"	AT MARTIN REGIONAL LIBRARY (2601 S GARNETT RD. TULSA, OK 74129)	ON JUNE 26, 2024 AT 4 P.M.
"FINAL FRIDAY ARCADE"	AT MAXWELL PARK LIBRARY (1313 N. CANTON TULSA, OK)	ON JUNE 28, 2024 AT 4 P.M.
"SATURDAY MATINEE"	AT MAXWELL PARK LIBRARY (1313 N. CANTON, TULSA, OK)	ON JUNE 29, 2024 AT 2 P.M.