



RiseZine

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Welcome to **RISEZINE**, my electronic magazine (ezine) that can help you solve problems or inspire you in your business and your life. I share with you my life experiences and those I gained from the twenty years I spent as a Judge of the Denver, Colorado County Court participating in the transformation of lives. The lessons I learned from those experiences will heighten your knowledge of, sensitivity to and outlook on the issues you face in your work and your life. I am honored to share your precious time with you.

“We Are Family”

“We are Family; all my cousins, sisters and me. We are Family; get up everybody and dance.” Sister Sledge made that song the number one dance hit in the country in 1979 and it became the theme song for the 1979 World Series

Champion Baseball team, the Pittsburgh Pirates. The refrain “We are Family” became the clarion call for families to rediscover who they are and learn more about where they came from.

The Gambia, West Africa 1750 AD. Kunta Kinte was born. Stolen/kidnapped from Africa, his name was whispered from one generation to the next until it reached a young boy in Tennessee, Alex Haley. When Alex Haley wrote *Roots* in 1976 tracing his family back to Africa, he provided the impetus for thousands of American families to rediscover their roots and link their past to their present and reunite for a productive future by searching their genealogical “Roots”. One outgrowth of that search has been the proliferation of family reunions. Between 1976 and 2006 it is estimated that formal Family reunions have increased sevenfold. In July of this year, I attended the 3rd Biennial Gough-Patterson Family Reunion in Denver, Colorado.

“How many of you have attended a family reunion in the last 2 years?” How many of you



have ever attended a family reunion? How many of you are a part of a family? There are three lessons you can take away from attending a family reunion that I call the three R’s:

- **Remember,**

- **Record** and
- **Relate**.

Remember – One Reunion was held in Kansas City, Missouri. My father (Clarence) and mother (everyone called her Dolly) met and married in Kansas City and my brother and four of my sisters were born there. My brother was a Depression baby, born in 1929. My mother told me that when my brother was a baby, she worked nights and her upstairs neighbor (Cora) worked days and had a son 2 weeks younger than my brother. My mother and Cora would take turns watching each other’s babies when the other was working. Remember, this was the Depression, Dolly and Cora nursed both babies when they watched them. Dolly and Cora became life-long friends; isn’t that family, too. I returned to my birthplace for our Reunion in Detroit Michigan. My parents, aunts and an uncle migrated to Detroit for jobs as WWII broke out. My father worked in restaurants and my mother owned a hair salon. In Detroit, the family gathering was still an important part of our “Roots”. I was 2 years old my parents and siblings left Detroit and moved to Denver where I grew up. In Denver the family was still important. **(See Photo from Christmas 1953 above)** At the Denver Reunion this year, we toured the old neighborhood on Five Points and when we passed the old Roxy Theater I could still smell the hot potato chips we would buy there on Saturday; we paid 8 cents admission for the western serials. We scavenged pop bottles to take to Stone’s grocery for the 2 cents deposit to pay for those movie tickets. You can step back in time at a Family Reunion and relive the joys, and even the smells, of the past like it was just yesterday.

Record – Our family’s earliest record is an entry in the family bible handed down by my great aunt, Ella Patterson-Baskerville. It lists Jack Pumphrey, born 10/25/1824, during slavery. He was my great-great-grandfather. There are

seven generations between him and my grandsons. When we get together, we see those physical characteristics that identify us. You’ve



heard me talk about the Patterson “head” before. (See, photo L 2008). At the same time, what we learn about those generations can provide some important information about our family’s future health. We know that several Patterson’s have had pulmonary function disorders. Just two months ago, my niece, April, died from Sickle Cell Anemia. Several Patterson’s have had pulmonary function disorders. That’s what sent us from Detroit to Denver. We have also seen some die from heart disease, like my brother last year. Record your family triumphs and challenges, they will help you to understand, and protect, your Roots.

Relate – Our circle of trust, friendship and community begins with our family. When we celebrate our family with Reunions, we affirm the culture that helped us to survive, sustained us and encouraged us to succeed. All my achievements can be related to my connection to my family. Seven years ago, my oldest son Kevin was elected to the Denver Public School Board and I administered his Oath of Office. My oldest grandson Neal will be honored for achieving academic excellence during his high school career at the Beautillion

(Cotillion for Males) in Denver this December. He will get recognition his uncle Robert received at the same event 15 years earlier. Neal will be the third generation Patterson to attend college next year and he was encouraged at every Gough-Patterson Family Reunion held in Detroit, Kansas City and Denver. When Neal receives his High School Diploma next May, his father, Kevin will be the Denver Public School Board Member handing it to him. "We are Family!" **Remember, Record, & Relate, yours!**

Can your organization use a healthy infusion of inspiration? I provide keynotes, seminars, workshops or individual coaching to help your organization **Remember, Record and Relate** with tools and techniques to solve problems and bolster relationships. If you want your organization to **RISE** contact me at Beau@Pleaserise.com.

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