



May 5, 2019

"It is easier to build strong children than to repair broken men." Frederick Douglass

Dear PUSH for Excellence Orators, Parents, Coaches and Educators:

Please be advised that the National PUSH Excel "Let Us Run" Tournament will be held on Friday, June 28, 2019 at the Chicago Teachers Union, 1901 W Carroll, Chicago, IL 60612.

Registration is 12:30 p.m., the competition will begin promptly at 2:00. The contest will conclude after all contestants have participated in the competition. Enclosed in the package is a registration form. The deadline is 5:00 p.m. on Friday, June 21, 2019.

The contest is designed to focus young people on the power of eloquent persuasive speech. Three essential components of future leaders in communities across America are: (1) a strong moral compass; (2) excellence in education; and (3) sound communication skills. The processes of having students conceptualize, prepare and deliver a memorized speech are essential components to developing future leaders.

We look forward to meeting the orator, his or her parents, principals, teachers, coaches, grandparents, aunts, uncles and all who support, believe in and celebrate children.

Should you have any additional questions and/or concerns, please contact Ms. Michelle Chambers, Program Coordinator at 773-256-2762 or mchambers@rainbowpush.org.

Thank you in advance for your time and consideration and we will see you on Friday, June 28, 2019.

Sincerely,

Reverend Dr. Janette C. Wilson, Esq.
National Education Director

Honorable Stanley L. Hill, Sr.
PUSH Excel Oratorical Society Chairperson

Dr. Julianne Malveaux, Board President
Judge Greg Mathis, Co-Chairman
Pat Harris, Co-Chairman
Rev. Jesse L. Jackson, Sr., Founder & President
Dr. Janette Wilson, Esq., National Education Director

Everyone may not remember their speech as time goes on, but the confidence and skills they gain just by participating will never leave them. They will understand how special it was that people who did not even know them took the time to reward their efforts; enriching and allowing them to see themselves as people of dignity, intelligence and beauty.

It is important that each participant experiences being listened to, being spoken to respectfully, receiving appropriate attention and affection and having accomplishments recognized and mistakes and failures acknowledged and the process of building healthy self-esteem. With this exposure, they are able to proceed with confidence, benevolence and optimism, and be more ambitious to reach their goals. Encouraged by an inspiring "succeeding-against-the-odds message" that will live "through every line of pain and glory" they will increase their capacity to be happy and to treat other people with respect, kindness and goodwill, thus favoring rich interpersonal relationships and avoiding destructive ones.

And for those who volunteer their time when they have no obligation of blood or friendship to do so, if there is a heaven (and I truly believe there is), there will always be a place there for those who do. Together we have it in our power to influence the destiny of our world.

Level One Grades K - 3
Level Two Grades 4 - 6
Level Three Grades 7 - 8
Level Four Grades 9 – 12
Level Five Grades College – Lifelong Learners

We invite you to attend the Saturday Morning Forum Broadcast, shown on the Impact Network, Channel 488 (Chicago), at 10:00 a.m. To view our Saturday Broadcast in your area of the country, please check your local listings for times and channels. We are also live stream on www.impactnetwork.com or www.rainbowpush.org.

Oratory Classes conducted at the following locations...

- **Rainbow PUSH Coalition National Headquarters 930 East 50th Street, Chicago, IL 60615 every Saturday from 9 - 10 a.m.**
- **Friendship Baptist Church, 5200 West Jackson Street, Chicago, IL 60644 every 1st and 3rd Saturday from 10:00 a.m. – 12:00 noon**
- **Hartford Memorial Baptist Church 18700 James Couzens Freeway, Detroit, MI 48235 every 1st and 3rd Saturday from 10:00 a.m. – 12:00 noon**

Register your youngster for oratorical classes and weekly coaching sessions by contacting Ms. Michelle Chambers, Program Coordinator at [773-256-2762](tel:773-256-2762), or [email: mchambers@rainbowpush.org](mailto:mchambers@rainbowpush.org)

We look forward to your student(s) participating and showcasing their phenomenal talent.

Each of the speeches we have selected for inclusion in the oratorical contest is educational with messages about potentially unlimited topics. *Therefore, as a prerequisite to your child's participation in this contest, parents, guardians and/or teachers are mandated to review and check out the speeches and provide appropriate guidance and counseling with the child before allowing the child to see or recite the speech.* Certain speeches, in the opinion of some, may not be suitable for particular children, depending upon their age and maturity. With that cautionary note, we have racked up the following inspirational speeches on our list of speeches approved. All of these speeches are available for your review.

Approved Speeches

"Lecture on Discoveries and Inventions" by Abraham Lincoln

<http://www.abrahamlincolnonline.org/lincoln/speeches/discoveries.htm>

"The Parable of the Talents" from Matthew 25

<https://www.biblegateway.com/passage/?search=Matthew+25%3A14-30&version=ESV>

"Do It Anyway" adapted by Mother Theresa

<http://www.dbooth.org/guat2000/small/teresa.htm>

"The Creation" by James Weldon Johnson

<http://www.bartleby.com/269/41.html>

"The Creed" by Marva Collins

<https://docs.google.com/document/d/1yURBWtnzqhGkj7cpmubGsG5Ogj4HW1c0Xc2cyvSOwIU/edit>

2008 World Economic Forum - "Creative Capitalism" by Bill Gates

<http://www.gatesfoundation.org/Media-Center/Speeches/2008/01/Bill-Gates-2008-World-Economic-Forum>

"2007 Howard University Commencement Speech" by Oprah Winfrey

<http://www.graduationwisdom.com/speeches/0024-winfrey.htm>

"Freedoms Plow" by Langston Hughes

http://www.famouspoetsandpoems.com/poets/langston_hughes/poems/16959

Let America Be America Again (1935) by Langston Hughes

www.poemhunter.com/poem/let-america-be-america-again

Democracy (1949) - Langston Hughes

www.poemhunter.com/poem/democracy

Mother to Son - Langston Hughes

<https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=mother+to+son+langston+hughes>

As I Grow Older - Langston Hughes

<http://www.poemhunter.com/poem/as-i-grew-older/>

Bound No'th Blues - Langston Hughes

<http://www.poemhunter.com/poem/bound-no-th-blues/>

"Just Add Bravery" by Melody Hobson

https://commencement.usc.edu/files/2012/12/Mellody_Hobson_Speech2015.pdf

"A Plan of Conduct" by Benjamin Franklin

<http://www.historycarper.com/1726/01/01/a-plan-of-conduct/>

"Persistence" by Les Brown

<http://www.getmotivation.com/goals/goals-persistence-lbrown.html>

Malcolm X on the Keys to Economic Empowerment in Our Communities and What Traps to Avoid

<http://www.facebook.com/notes/afrikan-centered-education/malcolm-x-on-the-keys-to-ec...>

Dr. Dwayne I. Buckingham - Black Economic Empowerment: "I Can" Speech

<http://www.realhorizonsdlb.com/blog/black-economic-empowerment-i-can>

Dr. Martin L. King, Jr. Why We Can't Wait

<http://thekinglegacy.org/books/why-we-cant-wait>

President Barack Obama Remarks by the President on Economic Mobility

<http://www.whitehouse.gov/the-press-office/2013/12/04/remarks-president-economic-mo...>

Michelle Obama, Democratic National Convention Speech July 25, 2016, Affirms Her Family First

<https://www.romper.com/p/transcript-of-michelle-obamas-dnc-speech-affirms-her-family-first-ethic-15022>

Sojourner Truth's 1851 speech "Ain't I a Woman?"

<http://legacy.fordham.edu/halsall/mod/sojtruth-woman.asp>

Josephine Baker at the March on Washington

<http://www.blackpast.org/1963-josphine-baker-speech-march-washington>

Shirley Chisholm introduces the Equal Rights Amendment

<http://www.nolo.com/legal-encyclopedia/content/chisholm-era-speech-html>

Shirley Chisholm Brooklyn Announcement Speech

<http://www.4president.org/speeches/shirleychisholm1972announcement.htm>

[Myrlie Evers-Williams' invocation at President Obama's second inaugural](http://www.faithstreet.com/onfaith/2013/01/21/myrlie-evers-williams-gives-invocation-at-president-obama)
<http://www.faithstreet.com/onfaith/2013/01/21/myrlie-evers-williams-gives-invocation-at-president-obama>

The Rose That Grew In Concrete, Tupac Shakur
<http://allpoetry.com/The-Rose-That-Grew-From-Concrete>

Glory, Common
time.com/3717222/oscars-2015-common-john-legend-glory-selma/

Takes A Whole Lot of Human Feelings Carmen McRae
www.allmusic.com/.../it-takes-a-whole-lot-of-human-feelings-m...

The Gun Lobby Can Be Defeated, Rev. Jesse L. Jackson, Sr. Chicago Sun Times
<http://chicago.suntimes.com/opinion/7/71/1022359/jesse-jackson-gun-lobby-can-defeated>

Pope Francis' Speech To Congress
<http://www.washingtonpost.com/local/social-issues/transcript-pope-franciss-speech-to-congress/2015/09/24/>

Hey Black Child, Countee Cullen
https://www.google.com/?gws_rd=ssl#q=hey+black+child+poem+countee+cullen

Stopping by Woods on a Snowy Evening, Robert Frost
https://www.google.com/?gws_rd=ssl#q=stopping+by+woods+on+a+snowy+evening

The Road Not Taken, Robert Frost
https://www.google.com/?gws_rd=ssl#q=road+less+traveled+poem

The Emancipation Proclamation January 1, 1863 A Transcription By the President of the United States of America: A Proclamation.
http://www.archives.gov/exhibits/featured_documents/emancipation_proclamation/transcript.html

"Give Us the Ballot, We Will Transform the South" by Martin Luther King, Jr.
Speech given before the Lincoln Memorial at the March on Washington, May 17, 1957
<http://www.pbs.org/pov/pov2008/election/wvote/king.html>

Always There Are The Children - Poem by Nikki Giovanni
<http://www.poemhunter.com/poem/always-there-are-the-children/>

- Choices (1982) – Nikki Giovanni. www.poemhunter.com/poem/cipoces-144/

Maya Angelou

- Touched by an Angel
http://famouspoetsandpoems.com/poets/maya_angelou/poems/496
- Million Man March http://famouspoetsandpoems.com/poets/maya_angelou/poems/505
- I Know Why the Caged Bird Sings
http://famouspoetsandpoems.com/poets/maya_angelou/poems/494
- Alone http://famouspoetsandpoems.com/poets/maya_angelou/poems/500
- "ON THE PULSE OF MORNING" by Maya Angelou written: Spoken at the Presidential Inauguration Ceremony, January 20, 1993.
<http://www.ssc.wisc.edu/~oliver/soc220/Lectures220/angelou.pdf>

"EQUIPMENT" by Edgar Guest

http://www.tuskegee.edu/about_us/legacy_of_fame/george_w_carver/carvers_favorite_poem.aspx

Imagine Peace, Yoko Ono

<http://imaginepeace.com/archives/2616>

Chief Seattle's Letter to the President of the United States, 1852

<http://www.ascensionnow.co.uk/chief-seattles-letter-to-the-american-president-1852.html>

Network by Paddy Chayefsky

[https://en.wikiquote.org/wiki/Network_\(film\)](https://en.wikiquote.org/wiki/Network_(film))

If—BY **RUDYARD KIPLING**

<http://www.poetryfoundation.org/poem/175772>

Do It Anyway, Mother Theresa

https://www.google.com/?gws_rd=ssl#q=do+it+anyway+mother+teresa

"Letter from a Birmingham Jail [Reverend Dr. Martin L. King, Jr.]" 16 April 1963

https://www.africa.upenn.edu/Articles_Gen/Letter_Birmingham.html

A More Perfect Union (speech) 2008 speech by Barack Obama

[https://en.wikipedia.org/wiki/A_More_Perfect_Union_\(speech\)](https://en.wikipedia.org/wiki/A_More_Perfect_Union_(speech))

Jesse Jackson 1984 Democratic National Convention Address

<http://www.americanrhetoric.com/speeches/jessejackson1984dnc.htm>

Jesse Jackson 1988 Democratic National Convention Address

<http://www.americanrhetoric.com/speeches/jessejackson1988dnc.htm>

Marcus Garvey

- Dissertation On Man http://nyahbinghi.ca/garvey-speeches/view-garvey.asp?word_title=Dissertation%20on%20Man

Maria Stewart

- Why Sit Ye Here and Die?
<http://www.blackpast.org/?q+1832-maria-w-stewart-why-sit-ye-here-and-die>

Mary Church Terrell “What It Means To Be Colored in the Capital of the U.S.”

<http://www.blackpast.org/?q=1906-mary-church-terrell-what-it-means-be-colored-capital-u-s>

Paul Laurence Dunbar

- We Wear the Mask
http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14864
- Sympathy http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14865
- Life’s Tragedy
http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14866
- Encouragement
http://famouspoetsandpoems.com/poets/paul_laurence_dunbar/poems/14867
- A Choice http://famouspeotsandpoems.com/poets/paul_laurence_dunbar/poems/14868

Reverend Dr. Martin Luther King, Jr.

- Letter from a Birmingham Jail
http://web.cn.edu/kwheeler/doucments/letter_birmingham_jail.pdf
- Nobel Peace Prize Acceptance Speech
http://nobelprize.org/nobel_prizes/peace/laureates/1964/king-acceptance.html
- Speech at Oberlin College/Remaining Awake Through a Great Revolution
<http://www.oberlin.edu/external/EOG/BlackHistoryMonth/MLK/CommAddress.html>
- Keep Moving From This Mountain
http://wikilivres.info/wiki/Keep_Moving_From_This_Mountain
- Beyond Vietnam
<http://www.americanrhetoric.com/speeches/mlkatimetobreaksilence.htm>
- Why I am Opposed to the War in Vietnam <http://husseini.org/2007/01/martin-luther-king-jr-why-i-am.html>
- Where Do We Go From Here <http://famous-speeches-and-speech-topics.info/martin-luther-king-speeches/martin-luther-king-speech-where-do-we-go-from-here.htm>
- I’ve Been to the Mountaintop
<http://www.americanrhetoric.com/speeches/mlkivebeentothemountaintop.htm>
- The Casualties of the War in Vietnam
http://www.aavw.org/special_features/speeches_speech_king02.html
- Final Words of Advice <http://www.progress.org.dividend/cdking.html>
- On Poverty <http://homelessalliance.wordpress.com/2008/01/21/dr-martin-luther-king-jr-on-poverty/>
- The Other America <http://www.gphistorical.org/mlk/mlkspeech/index.htm>
- Nobel Lecture: The Quest for Peace and Justice
http://www.nobelprize.org/nobel_prizes/peace/laureates/1964/king-lecture.html
- Paul’s Letter to American Christians http://current.com/community/88889534_dr-martin-luther-king-jr-speech-pauls-letter-to-american-christians.htm

- A Proper Sense of Priorities
http://www.aavw.org/special_features/speeches_speech_king04.html
- The American Dream
http://depts.drew.edu/lib/archives/online_exhibits/King/speech?TheAmericianDream.pdf
- Domestic Impact of the War
http://www.aavw.org/special_features/speeches_speech_king03.html
- A Journey of Conscience <http://www.wmich.edu/library/archives/mlk/transcription.html>
- The Drum Major Instinct http://mlk-kpp01.standord.edu/index.php/encyclopedia/documentsentry/doc_the_drum_major_instinct

Booker T. Washington

- Democracy and Education
<http://www.blackpast.org/?q=1896-booker-t-washington-democracy-and-education>
- The Atlanta Compromise Speech
<http://www.blackpast.org/?q=1895-booker-t-washington-atlanta-compromise-speech>

Frederick Douglass

- If There is no Struggle, There is no Progress
<http://www.blackpast.org/?q=1857-frederick-douglass-if-there-no-struggle-there-no-progress>
- What, to the Slave, is the Fourth of July?
<http://www.blackpast.org/?q=1852-frederick-douglass-what-slave-fourth-july>

President Barack Obama Speech A More Perfect Union (2008)

<http://www.politico.com/news/stories/0308/9100/html>

Independence Day (1996) - President Whitmore Speech.

www.imdb.com/title/tt0116629/quotes.

Network (1976) – Mad as Hell.

<http://www.americanrhetoric.com/MovieSpeeches/moviespeechnetwork2.html>

Rocky (1976) – It Ain't How Hard You Hit. <http://samplage.com/movie-quotes/it-aint-about-how-hard-you-hit>

Hoosiers (1986) – I Don't Care What the Scoreboard Says.

www.filmsite.org/bestspeeches38.html

Mutiny on the Bounty (1935) – Closing Statement Before Death. A closing court message in defense of colleagues after the speaker has been sentenced to death.

<http://www.filmsite.org/bestspeeches2.html>

The Giving Tree (1964) – Sheldon Allan Silverstein. www.poemhunter.com/poem/the-giving-tree

The Great Dictator's Speech (1940) <http://0www.charliechaplin.com/en/synopsis/articles/29-The-Great-Dictators-Speech>.

Lift Ev'ry Voice and Sing (1899) James Weldon Johnson. www.metrolyrics.com/the-black-national-anthem-lyrics-james-weldon-johnson.html

The Girl Who Silenced the United Nations for 5 Minutes (1992)
<http://100777.com/node/1827> Message that only we can protect the health of our environment and our very existence.

Armageddon – (1998) President's Speech.
<http://disquietreservations.blogspot.com/2012/01/armageddon-presidents-speech.html>

Friday Night Lights Speech – Perfection Defined (2004) <http://nottalotta.com/friday-night-lights-speech-perfection-defined/>

Cicely Tyson Monologue from Medea's Family Reunion (2006)
www.imdb.com/title/tt0455612/quotes Message about bringing the family together.

Samantha Booke's Two Speeches in The Great Debaters (2007)
<http://www.americanrhetoric.com/MovieSpeeches/moviespeechesthegreatdebaterswileyvsok>

Thing of Beauty (Endymion) John Keats (1818) www.peomhunter.com/poem/john-keats/

All The World's A Stage (@ 1600) William Shakespeare. www.peomhunter.com/poem/all-the-world-a-stage/

The Way of Love 1 Corinthians 13 (@57AD) Apostle Paul
www.esvbible.org/1+Corinthians+13

Mahatma Gandhi: "Speech Before Inter-Asian Relations Conference"
<http://mkgandhi.org/speeches/interasian.html>

Barbara Charline Jordan: "1976 Democratic National Convention Keynote Address"
<http://www.americanrhetoric.com/speeches/barbarajordan1976dnc.html>

The Dalai Lama: "Nobel Prize Acceptance Speech"
<http://www.dalailama.com/messages/acceptance-speeches/nobel-peace-prize>

President Abraham Lincoln: "Cooper Union Address"
<http://www.abrahamlincolnonline.org/lincoln/speeches/cooper.html>

President Nelson Mandela: "Speech Accepting the Congressional Gold Medal"
<http://www.americanrhetoric.com/speeches/nelsonmandalacongressionalgoldmedalspeech.html>

Rigoberta Menchu: “Nobel Peace Prize Acceptance Speech”

http://www.nobelprize.org/nobel_prizes/peace/laureates/1992/tum-lecture.html

Malala Yousafzais, Nobel Prize Acceptance Speech, 2014

http://www.nobelprize.org/nobel_prizes/peace/laureates/2014yousafzai-lecture_en.html

WEB DuBois, Address to the Nation, Niagara Movement Speech, 1900

<http://users.wfu.edu/zulick/341/niagara.html>

Khizr Khan’s Speech to the 2016 Democratic National Convention

<http://abcnews.go.com/Politics/full-text-khizr-khans-speech-2016-democratic-national/story?id=41043609>

President Abraham Lincoln, House Divided Speech, June 16, 1858

<https://www.nps.gov/liho/learn/historyculture/housedivided.htm>

Marcus Garvey, Educate Yourself

http://www.nyahbinghi.ca/Garvey-speeches/view-garvey.asp?word_title=Educate%20Yourself

The Greatest Salesman in the World Og Madino The Scrolls –

All contestant Levels one, two, three, and four are free to select any of the following Scrolls to memorize and recite.

The Scroll Marked I - Today I begin a New Life

The Scroll Marked II - I Will Greet This Day With Love in My Heart

The Scroll Marked III - I Will Persist Until I Succeed

The Scroll Marked IV - I Am Natures' Greatest Miracle

The Scroll Marked V - I Will Live This Day As If It Is My Last

The Scroll Marked VI - Today I Will Be Master of My Emotions

The Scroll Marked VII - I Will Laugh at the World

The Scroll Marked VIII - Today I Will Multiply My Value a Hundredfold

The Scroll Marked IX - I Will Act Now

The Scroll Marked X – I Will Pray for Guidance

Orlando Ceasar

Hope: For the difficult days ahead

<https://www.watchwellinc.com/files/129124688.pdf>

In the Ghetto there were many mountains

<https://www.watchwellinc.com/files/129720592.pdf>

The beauty and power of darkness

<https://www.watchwellinc.com/files/129720598.pdf>

There Is more to me

<https://www.watchwellinc.com/files/129720597.pdf>

Violence

<https://www.watchwellinc.com/files/129720596.pdf>

What would Dr. Martin Luther King, Jr. Say?

<https://www.watchwellinc.com/files/129720594.pdf>

ALL PARTICIPANTS ARE ENCOURAGED TO VIEW AND MEMORIZE ANY OF THE ABOVE SPEECHES BUT THE FOLLOWING SPEECHES HAVE BEEN SELECTED FOR YOUNGSTERS IN **LEVEL ONE ONLY**. OF COURSE STUDENTS IN **LEVEL ONE** ARE ENCOURAGED, IF THEY CAN, TO MEMORIZE AND RECITE ANY OF THE ABOVE SELECTED SPEECHES, IF THEY WISH.

Langston Hughes – “Grandma’s Stories”

Grandma has a head full of stories
She has a whole heart full of stories

All day long when Mama’s away
Grandma wraps me in her special shawl
and tells me her stories

Black people stolen from Africa into slavery
Black people with no rights working for free

Black slaves who escaped on the Underground Railroad
not a choo-choo train with a running engine
but black folks and white folks working together
to bring slaves from the South up North to freedom

Of how she is African, French and Cherokee
and how they tried to kidnap her into slavery

Grandma tells me her stories wrapped in her shawl
That has its own story with its bloodstains and
bullet holes and all from her husband who was
killed with John Brown at Harpers Ferry

Oh, I know Grandma’s stories are true
they didn’t come from school or any book
Grandma was there fighting for freedom too!

Langston Hughes – “Libraries”

Libraries
are a special place
for me

with their long tables
all smooth and shiny
and bookcases spilling
over
with books filled with
wonderful worlds

Libraries
are a special place
for me
to sit and to stay
with books and books
and books of endless
beautiful words
keeping me company
taking my loneliness
and blues
away.

Langston Hughes – “All My Life”

I travel the big seas
working on ships to pay my fee
countries and continents welcome me

In Paris, in Africa, Russia and China
I go around the world like a miner
not the kind my father wants me to be
in Mexico with an engineering degree
But a miner searching for riches
from people of all races
discovering other voices and places

Going around the world claiming poets
from other nations, translating their sonnets
and stories into something I can dig –
yeah, going around the world digging life is my gig!

When I’m not overseas I’m in Harlem
with writers, artists and musicians
mapping out a world of laughter and strife
celebrating the beauty of black life.

Langston Hughes – “Poetry Means the World to ME”

Poetry means the world to me
it’s how I laugh and sing
how I cry and ask why

Poetry comforts me
when I use jazz or
the blues or the way
regular folk talk –
the language
they use

Words don't always
have to be neat
and polished
like a statue

They should be
used used used
to say what you like
or don't like
what you see think
or feel –

Words to fight against
Hate and unnecessary
Suffering

Poetry is what *I* use
to say
I love you.

Langston Hughes – “Sometimes Life Ain't Always a Hoot”

Sometimes life ain't
Always a hoot
or a holler

But if you manage
to give it
a bother

Even if you miss
your mother
or don't like
your father

There'll be better days
up ahead

A whole mess of
happenin' days
up ahead

You can sit and sulk
suck your teeth
and sigh

Or love and laugh
and live life
by and by.

Over My Head - Spiritual

Over my head, I hear music in air.
Over my head, I hear music in air.
Over my head, I hear music in air.
There must be a God somewhere.

Over my head, I hear singing in the air.
Over my head, I hear singing in the air.
Over my head, I hear singing in the air.
There must be a God somewhere.

Over my head, I see trouble in the air.
Over my head, I see trouble in the air.
Over my head, I see trouble in the air.
There must be a God somewhere.

Over my head, I see glory in the air.
Over my head, I see glory in the air.
Over my head, I see glory in the air.
There must be a God somewhere.

Go Down, Moses – Spiritual

When Israel was in Egypt's land,
Let my people go.
Oppressed so hard they could not stand,
Let my people go.

Go down, Moses.
Way down in Egypt's land.
Tell old Pharaoh
Let my people go.

“Thus spoke the Lord,” bod Moses said,
“Let my people go!
If not, I'll smite your firstborn dead.
Let my people go!”

“No more shall they in bondage toil,
Let my people go!
Let them come out with Egypt's spoil.
Let my people go!”

This Little Light of Mine – Traditional

This little light of mine,
I'm gonna let it shine.
Oh, this little light of mine,
I'm gonna let it shine.
This little light of mine,
I'm gonna let it shine.
Let it shine.
Let it shine.
Let it shine.

Take My Hand, Precious Lord – Thomas A. Dorsey

Precious Lord, take my hand.
Lead me on, let me stand.
I am tired, I am weak, I am worn.
Thru the storm, thru the night,
Lead me on to the light.
Take my hand, precious Lord,
Lead me on.

When my way grows drear,
Precious Lord linger near.
When life is almost gone,
Hear my cry, hear my call,
Hold my hand lest I fall,
Take my hand, precious Lord,
Lead me on.

We Shall Not Be Moved – Traditional/Freedom Song

We shall not, we shall not be moved.
We shall not, we shall not be moved.
Just like a tree, planted by the water,
We shall not be moved.

We are fighting for our freedom.
We shall not be moved.
We are fighting for our freedom.
We shall not be moved.
Just like a tree, planted by the water,
We shall not be moved.
We are black and white together.
We shall not be moved.
We are black and white together.
We shall not be moved.

Just like a tree, planted by the water,
We shall not be moved.

We will stand and fight together.
We shall not be move.
We will stand and fight together.
We shall not be moved.
Just like a tree, planted by the water,
We shall not be moved.

Get on Board, Little Children – Spiritual

The Gospel train's a-comin',
I hear it just at hand,
I hear the car wheels moving,
And rumbling thro' the land.

Get on board, little children,
Get on board, little children,
Get on board, little children,
For there's room for many more.

I hear the bell and whistle,
A-coming 'round the curve;
She's playing all her steam and pow'r
And straining every nerve.

No signal for another train
To follow on the line;
O sinner, you're forever lost,
If once you're left behind.

The fare is cheap and all can go,
The rich and poor are there;
No second-class on board the train
No difference in the fare.

Shelvin Silverstein – “The Acrobats”

I'll swing
By my ankles,
She'll cling
To our knees
As you hang
By your nose
From a high-up
Trapeze,
But just one thing, please,
As we float through the breeze –
Don't sneeze.

Shelvin Silverstein – “Magic”

Sandra's seen a leprechaun,
Eddie touched a troll,
Laurie danced with witches once,
Charlie found some goblin's gold.
Donald heard a mermaid sing,
Susy spied an elf,
But all the magic I have known
I've had to make myself.

Shelvin Silverstein – “Ickle Me, Pickle Me, Tickle Me Too”

Ickle Me, Pickle Me, Tickle Me Too
Went for a ride in a flying shoe.
“Hooray!”
“What fun!”
“It's time we flew!”
Said Ickle Me, Pickle Me, Tickle Me too.

Ickle was captain, and Pickle was crew
And Tickle served coffee and mulligan stew
As higher
And higher
And higher they flew,
Ickle Me, Pickle Me, Tickle Me too.

Ickle Me, Pickle Me, Tickle Me too,
Over the sun and beyond the blue.
“Hold on!”
“Stay in!”
“I hope we do!”
Cried Ickle Me, Pickle Me, Tickle Me too.

Ickle Me, Pickle Me, Tickle Me too
Never returned to the world they knew,
And nobody
Know what's
Happened to
Dear Ickle Me, Pickle Me, Tickle Me too.

Shelvin Silverstein - “Captain Hook”

Captain Hook must remember
Not to scratch his toes.
Captain Hook must watch out
And never pick his nose.
Captain Hook must be gentle
When he shakes your hand.
Captain Hook must be careful

Openin' sardine cans
And playing tag and poring tea
And turnin' pages of his book.
Lots of folks I'm glad I ain't
But mostly Captain Hook!

Shelvin Silverstein – “Ourchestra”

So you haven't got a drum, just beat your belly.
So I haven't got a horn --- I'll play my nose.
So we haven't any cymbals ---
We'll just slap our hands together,
And though there may be orchestras
That sound a little better
With their fancy shiny instruments
That cost an awful lot –
Hey, we're making music twice as good
By playing what we've got!

Shelvin Silverstein – “The Loser”

Mama said I'd lose my head
If it wasn't fastened on.
Today I guess it wasn't
'Cause while playing with my cousin
It fell off and rolled away
And now it's gone.

And I can't look for it
Cause my eyes are in it,
And I can't call to it
'Cause my mouth is on it
(Couldn't hear me anyway
'Cause my ears are on it),
Can't even thing about it
'Cause my brain is in it.
So I guess I'll sit down
On this rock
And rest for just a minute....

(And what I thought was a rock turned out to be my head.)

Shelvin Silverstein – “Smart”

My dad gave me one dollar bill
'Cause I'm his smartest son,
And I swapped it for two shiny quarters
'Cause two is more than one!

And then I took the quarters
And traded them to Lou
For three dimes – I guess he don't know
That three is more than two!

Just then, along came old blind Bates
And just 'cause he can't see
He gave me four nickel for my three dimes,
And four is more than three!

And I took the nickels to Hiram Coombs
Down at the seed-feed store,
And the fool gave me five pennies for them,
And five is more than four!

And then I went and showed my dad,
And he got red in the cheeks
And closed his eyes and shook his head –
Too proud of me to speak!

Eloise Greenfield – “To Catch a Fish”

It takes more than a wish
to catch a fish
you take the hook
you add the bait
you concentrate
and then you wait
you wait you wait
but not a bite
the fish don't have
an appetite
so tell them what
good bait you've got
and how your bait
can hit the spot
this works a whole
lot better than
a wish
if you really
want to catch a fish.

Eloise Greenfield – “Harriet Tubman”

Harriet Tubman didn't take no stuff
Wasn't scared of nothing neither
Didn't come in this world to be no slave

And wasn't going to stay one either.

"Farewell!" she sang to her friends one night
She was mighty sad to leave 'em
But she ran away that dark, hot night
Ran looking for her freedom

She ran to the woods and she ran through the woods
With the slave catchers right behind her
And she kept on going till she got to the North
Where those mean men couldn't find her

Nineteen times she went back South
To get three hundred others
She ran for her freedom nineteen times
To save Black sisters and brothers
Harriet Tubman didn't take no stuff
Wasn't scared of nothing neither
Didn't come in this world to be no slave
And didn't stay one either

And didn't stay one either.

Martin Luther King, Jr. by Helen H. Moore

When Martin Luther King was just a tiny little boy,
His father taught him to be brave and true.
His father was a preacher, and when young Martin grew,
Martin learned to be a preacher, too.

Martin worked for justice,
Martin worked for peace.
Martin worked so people could be free.,
Martin had a dream that someday
Children everywhere
Would live in freedom and equality.

Martin Luther King preached his message far and wide,
In Washington they heard his message ring.
But there were some who didn't want to hear what Martin preached.
and so they shot young Martin Luther King.

Martin worked for justice.
Martin worked for peace.
Martin worked so people could be free.
Martin had a dream that someday
Children everywhere
Would live in freedom and equality.

George Washington Carver by Helen H. Moore

The farmers of the south were frightened
by a little bug!
Its name was the boll weevil
(it was smaller than a slug).
It ate up all the cotton crops,
no one knew what to do,
until Professor Carver
showed them all
a thing or two!
"Plant some peanuts!"
Carver said, "Those
Weevils just won't eat 'em!
Peanuts will help the soil and those
Boll weevils? We'll defeat 'em!"
The farmers did what Carver said,
The peanuts grew and grew!
"We've got too many nuts," the farmers said,
"Now what to do?"
Professor Carver went into his lab
And had a think.
He worked with peanuts day and night,
and quick as you can wink---
he used the nuts to make all kinds of things,
from bread to ink ...in fact,
he made 'bout everything
except the kitchen sink,
by using peanuts!

In Daddy's Arms by Folami Abiade

In daddy's arms I am tall
& close to the sun & warm
In daddy's arms

In daddy's arms
I can see over the fence out back
I can touch the bottom leaves of the big magnolia tree
In Cousin Sukie's yard
In daddy's arms

In daddy's arms the moon is close
Closer at night time when I can almost touch it
When it grins back at me from the wide twinkling skies

In daddy's arms I am tall
Taller than Benny & my friends Ade & George
Taller than Uncle Billy
& best of all

I am eye-ball-even-steven with my big brother Jamal

In my daddy's arms

I am strong & dark like him & laughing

Happier than the circus clowns

With red painted grins

When daddy spins me round & round

& the whole world is crazy upside down

I am big and strong & proud like him

In daddy's arms

My daddy

SECTION I: QUALIFICATIONS AND LEVELS FOR CONTESTANTS

1. The Contest is open to students of all ages. Participants must recite an excerpt from one of the pre-approved selection of speeches.

2. Contestant Levels:

Level 1, Grades K-3: One-Two Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under allotted limit if their speech is less than 30 seconds or greater than 2 minutes 30 seconds.

Level 2, Grades 4-6: Two-Four Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 1 minute 30 seconds or greater than 4 minutes 30 seconds.

Level 3, Grades 7-8: Three-Five Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 2 minutes 30 seconds or greater than 5 minutes 30 seconds.

Level 4, Grades 9-12: Four-Six Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 3 minutes 30 seconds or greater than 6 minutes 30 seconds.

Level 5, Grades College-Lifelong Learners: Five-Seven Minutes

Contestants will be penalized 1 point deduction for each 15 seconds or portion over or under the allotted time if their speech is less than 4 minutes 30 seconds or greater than 7 minutes 30 seconds.

SECTION II: CONTEST RULES

1. All contestants must memorize and recite from memory an excerpt of any of the attached speeches.
2. A speech must be delivered in English.
3. All contestants must state their selected speech before beginning their speech in order for the timekeeper to record the exact time of the speech. A 3-point penalty is automatically assessed by the timekeeper for failure to identify the selected speech.
4. The use of props, special costumes or clothing, or the use of prompters will not be permitted. Notes may not be used. The penalty will be disqualification.
5. Contestants going over or under will not be cautioned. This penalty will be determined by the official timekeeper.
6. Timing will begin immediately after the selected speech is expressed. Any salutation to the judges, audience, etc. should precede the announcement of the selected speech. Timing will stop when the contestant finishes.

7. No reference can be made that identifies the student, parents, school or community. This will result in a deduction of 5 points.
8. Contestants shall not be identified by name until after the last oration has been presented and all score sheets are out of the possession of judges.
9. Any protest in the conduct of this contest must be made immediately after the condition is noted. Protest received after the next contestant has been introduced, or in the case of the last contestant, after the judges leave to total the score, will not be accepted under any circumstances.
10. The Contest Chairperson will decide all protests in accordance with the official rules. The decision of the Contest Chair is final and no higher appeals will be recognized.
11. **Contestants may register for Oratory Class/Competition by submitting the class entry form to Michelle Chambers PHONE: 773-256-2762 cell: 773-263-9238 OR by mail to 930 East 50th Street, Chicago, IL 60615, by fax: (773) 256-2762 or by email: mchambers@rainbowpush.org.**
12. **The Contest Chairperson will decide** all protests in accordance with the official rules. The decision of the Contest Chair is final and no higher appeals will be recognized.
13. **See Judge Stanley Hill Instructional Video on YouTube for instructions on how to use the contestants score sheet attached.**

**For proper use of Judge Score Sheet refer to Judge Stanley Hill Instructional Video on
YouTube**

Judge's Score Sheet for Panel

Contestant Level _____ **Contestant** _____ **Length of Speech** _____ (Minutes & Seconds)

Self-Identification Deduction 5 points: _____

Failure To Announce Selected Speech at Beginning Of Speech Deduction 3 points: _____

1 Point Deduction For Each 15 seconds or portion over or under official limits: _____

POISE Maximum 30 points	<u>Poor</u>	<u>Fair</u>	<u>Good</u>	<u>Excellent</u>	<u>Superior</u>	Total Score *****
	1-6	9-12	15-18	21-24	27-30	
Appearance, Attire and Personality						
DELIVERY & PRESENTATION Maximum 50 points						
	1-2	3-4	5-6	7-8	9-10	*****
Voice/Volume						
Continuous Delivery Without Hesitation						
Enunciation/Pronunciation						
Eye Contact/Gestures						
Emphasis Well-Placed						
OVERALL EFFECTIVENESS Maximum 20 points						
	0-4	5-9	12-14	15-17	18-20	*****
Memorization & Mastery of Material						

Date _____ **Judge's Name Print** _____ **Judge's Signature** _____

Each Contestant Must Receive A Score For Each Category.

**Each Judge Must Sign His/Her Individual Score Sheet And Submit The Same To The Competition
Chairperson or Designee At The Conclusion Of Each Contestant's Speech.**

The Oratorical Committee Will Tally The Scores.

PUSH FOR EXCELLENCE, INC.
“LET US RUN”

ENTRY FORM

Contestant Name: _____ **(Circle One)** Contestant Levels:

Level 1-Grades K-3
Level 2-Grades 4-6
Level 3-Grades 7-8
Level 4-Grades 9-12
Level 5-Grades College – Lifelong Learners

Address:

City: _____ **State:** _____ **Zip:** _____

Telephone (____) _____

Email (contact information)

DOB _____ / _____ / _____ **Age:** ____ **Grade in School** _____

School and/or Church:

Homework Coach: _____

Contestant Agreement

I have studied the rules of the contest, and I will be bound by all of the requirements.

Signature _____ **Date** ____ / ____ / ____

Parent or Guardian Permission and Release:

I give my permission for my child/ward to participate in this contest. I also consent to my child/ward being photographed or videotaped, including audio, in connection with his or her participation in this contest. I also give PUSH Excel and its assigns permission to use, edit and re-use these products for print, internet, and all other forms of media. I release PUSH Excel, and its assigns, agents and employees from all claims, demands, and liabilities whatsoever and in connection with, the above.

Signature _____ **Date:** _____

Relationship to Contestant _____

Deadline: Friday, June 21, 2019

Ms. Michelle Chambers
930 East 50th Street

Chicago, IL 60615, phone: 773-256-2762 cell: 773-263-9238
or fax to 773-256-2762 or scanned and send via e-mail to

mchambers@rainbowpush.org