

WomenOfKulture.com



Sophie

Sophia A. V. Green

Our 2020 Women of Kulture 365 (G.L.O.W.) Ambassador



Sophie G was born Sophia A. V. Green in the beautiful island of Jamaica. Even though she migrated to the USA for more than 20 years now, she still proudly identifies as an Island Girl! The island girl loyalty took shape from an early age. Sophie G was fully engaged with all things beauty, entertainment and culture and excelled in all her pursuits. As a young adult, she shined as a fashion model, presenting for top notch fashion designers across the island, was a top finalist in a local Model Search and even earned a Modeling Scholarship to Pulse Models Jamaica.

It wasn't long before the bright personality, polished model looks and natural instincts for the entertainment industry brought her to the door of the music world. But it was her singing chops that pulled Sophie G into the music industry as a fully accepted collegiate member. In fact, she is a former member of The Jamaica Federation of Musicians and considers herself truly blessed to have shared the stage with some of the world's greatest as a backup singer. Her most extensive run was with superstar June "JC" Lodge, with whom she toured in Jamaica and internationally for five years.

Celebrating our Women of G.L.O.W. 365

As a resident in the U.S., Sophie G's pursuits diverted to more conventional roles in senior level customer service and retail management with national brands. It took 10 years for her sabbatical with corporate life to give way to her re-emerging roots in the wider entertainment world. In 2014, Sophie G found her place as a radio personality in Orlando, Florida, becoming the co-host to the late Bryan Ivey on the popular Back to Basics Show on WOKB 1680AM. The show resonated well with audiences and built a following taken in by the show's direct but humor-laced method of tackling some of the most provocative and socially critical issues in the nation at large as well as within the Caribbean immigrant communities. Though these joyous, fulfilling milestones would recur through her life, Sophie G will be the first to acknowledge some hard lessons learned along the way. "From celebrations to way low tragedies", says Sophie G. "Life has a way of surprisingly gifting us with both occasions at different times in our lives."

From turmoil, sadness and grief to joy and laughter, Sophie G has experienced many ups and downs. But she has found a positive power in all her life experiences that provides the base of her authentic and heartfelt connection to her radio audience and all those with whom she interacts. Always giving way to her more witty side, she articulates her philosophy this way: "After all, they say when life gives you lemons, you should make lemonade right? Well, I believe that we can find enjoyment by creating varieties with our lemons, so I'm making lemon meringue/lemon pie/margaritas and sometimes, just a simple cup of hot lemon tea." By combining natural talents and instincts, wisdom gained through personal experiences with her years of professional experience, Real Sista's Media Productions was born, and is the banner under which The Sophie G Show is produced. Even as she continues to make power moves with wit, humor and grace, Sophie G understands the need to use the power of her platform in the media to benefit others. She's a firm believer that to whom much is given, much is required!

In this special interview Sophie G shares a more personal side of challenges she overcame, her grandmother words of wisdom, what sisterhood means, her favorite Jamaican dish she likes to cook and so much more....

Continues on page 3

KUOM: As you know this year has been a challenging year for everyone, as an adult what obstacle (s) have you faced, and how did you overcome them? When I reflect on the hardships experienced this year specifically as a result of COVID-19, I like many people around the world very often wish I could just snap my fingers and be done with the year! For instance, I've lost loved ones to COVID-19 and am having to learn to live with letting go...I think that it's fair to say that we've all had a crash course in learning to truly appreciating life. Firstly, in terms of empathy for others. COVID-19 has been an equalizer in so many ways. Color, class, status...what does it matter? We've also gotten a taste of how it must feel being imprisoned, missing your loved ones, and not knowing when we will really be able to see and hug them again. Secondly, in terms of being focused on what's important in the present moment. I really don't need to wear lipstick nor change my handbag every day. Not to mention I need to always have bleach in supply and never be low on toilet paper [laughs]. It's reinforced to me that life can be lived meaningfully yet simplified as long as we keep the ones we love and cherish the most super close.

KUOM: What advice or words of wisdom has your parents shared with you that will remind with you for life? I've never forgotten the guidance from my grandmother "Grandma T", and I try to apply the rules to my life everyday: *"Be as wise a serpent but as harmless as a dove"* *"Remember to never over stay your welcome, or your presence will no longer be appreciated"* *"Why worry when you can pray?"*

KUOM: What does the word "sisterhood," mean to you? Also, how can we women support each other and not tear each other down? I'd say 'sisterhood' speaks to women sharing a mutual, genuine respectful and supportive relationship that's treated with sincerity. Looking out for each other without grudge or grumble. Truly being there for each other. It means that whenever one of us is feeling weak, the rest of us lend her strength and support her endeavors. It means giving honest feedback whenever asked and yet knowing when to be respectfully quiet and still whenever we are not.

KUOM: If you had to cook a favorite dish from your cultural heritage (Jamaica), what would it be? Without question, stewed peas and rice or oxtail. I'm very picky with my oxtail. Hardly anyone can cook oxtail good enough to please me – the color, size, taste, and texture has to be just right!

KUOM: For those who may be embarrassed or shun away from where they came from, they've now adopted to the Americans lifestyle. From your observation has the culture inspired America or as America Inspire the culture? Personally, I haven't really experienced a Caribbean person shunning or being embarrassed of their origins. I've also been around a lot of other Caribbean people of course in my line of work and my life over time, and find that we all are too glad to celebrate our culture in big and small ways – the music we play in the car, the food we cook and invite friends and family to, even something as basic as some of the accessories we decorate our homes with and so on. In conversations about the melting pot that is America, the Caribbean culture is very visible and is often pointed to as one of the most vibrant and colorful parts of the whole. We're actually at the point where we have to guard against appropriation, so I believe we've obviously made a powerful impact on the American culture.

KUOM: What are some healthy self-care tips you do regularly? Over the years I've practiced the habit of choosing my battles, alongside the fact that on a daily basis I try to implement the **"J.O.Y."** principles into my life: Jesus, Others and Yourself. They're three simple steps and no matter what my day looks like or whatever else maybe going on, these gives me a sense of purpose and accomplishment at the end of each day. So, I start my mornings off with spending quality time with JESUS. Acknowledging HIS grace and favor in and over my life and just being grateful.



Continues on page 4

I do something for **OTHERS**, no matter how small. Whether or not I'm in the mood initially, I always feel 100% better after and glad I made the effort. I practice the **YOURSELF** principle whenever I am done with all other priorities of the day. I silence my phone, pour myself a glass of wine and watch my favorite shows. I just do me! These steps help me create and maintain a balance in my Spiritual life, Mind Body and Soul...

KUOM: If you had to bring 8 women together for a summit. Which 8 cultures would you choose and what would be the topic of discussion or cause in bringing awareness? I'd bring a Caribbean national, a Native American, an African American, a White American, an Italian, a French native, a Brazilian, a Latin American and someone from Asia. I'd want to shine light and awareness of mental health issues, and how the stigma presents and impacts in our respective cultures.

KUOM: Finally, what does it mean to be a Woman of Kulture 365 in terms of your heritage and to inspire other women like yourself? It's an Honor to be recognized as A Woman of Kulture 365... I'm a Jamaican who happens to also be a naturalized citizen of the United States of America, "**UNITED**" being the operative word. It's awesome to see and be a part of a community of empowering individuals whose lives are used to inspire others and I feel blessed to be considered to be an Ambassador. I believe "to whom much is given, much is required" and I also try to live by those words. I believe the platform I am blessed with should also be shared and used to edify others, and as I say in closing of The Sophie G Show daily: *"Every day is a Blessing and a gift. It's also an opportunity to impact someone else's life. After all... keep in mind that there's always someone watching, or listening, so why not be the You that you were meant to be? Why not be your BEST you?"* I also urge other women to remember to be fellow supporters and cheerleaders for other women, as well as to be kind to ourselves! Give back in whatever way you can as the main energy behind your effort to thrive.

On behalf of KUOMagazine's Women of Kulture 365, we want to say thank you Sophie G for sharing how she maintain a Greater Level of Wellness 365 (G.L.O.W.) in her daily lifestyle. Stay connected with Sophie G on her social media links below and on weekdays on The Sophie G Show from 11 am—2 pm EST on Caribbean Rhythms Radio Network online at www.crrfm.com.

Facebook: <https://www.facebook.com/The-Sophie-G-Show-103568238118514>

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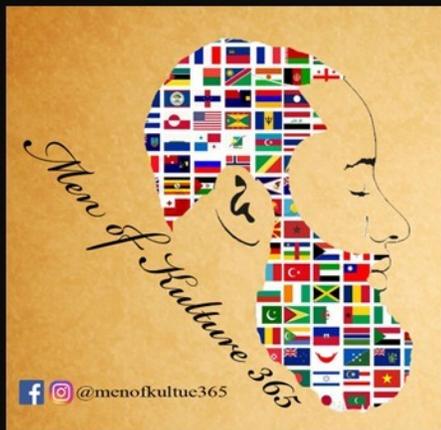
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