



Sisters-to-Sisters Newsletter

February 2021 - Black History Edition

San Gabriel Valley Section National Council of Negro Women, Inc.

P.O. Box 413 Walnut, CA 91788 Phone (909) 598-5539 Website www.ncnwgsv.com



**Dr. Carter G. Woodson
Father of Black History**

We owe the celebration of Black History Month, and, the study of black history, to **Dr. Carter G. Woodson**. Born to parents who were former slaves, he earned a Ph.D. from Harvard. He was disturbed to find in his studies that history books largely ignored the black American population—and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Woodson decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Afro-American Life and History. In 1926, he launched Negro History Week to bring national attention to the contributions of black people throughout American history.



FROM THE PRESIDENT *Marie Paula Thermidor*

We are two months into 2021 and I love the fact that the month of February is the start of Black History Month. As a section throughout the month of February we will highlight African American men and women who have contributed to our rich culture, heritage, and history.

The last several months have brought many challenges with regards to some of the social events that transpired in this country as well as the loss of several SGV members. While my heart has been heavy and sad at times, I have also witnessed the caring, strong power and determination of our members to come together in support. Thank you.

We had a successful fundraiser event; last week our membership team hosted a social wine and cheese event; our community service team had a successful community project collecting hygiene kits for San Gabriel Valley Coalition for the Homeless and baby items for Serenity Inc. Family & Foster Care; and our Young Legends are off to a fantastic start.

I am also excited about our new partnership and collaboration with the Commission on the Status of Women, 100 Black Men of the Inland Empire (100 BMIE), and other organizations in the works. The 100 BMIE Young Money Financial Literacy program teaches our young boys and girls the value of money and how to save to achieve financial goals. As a section we are making great strides in achieving and aligning with National's Four for the Future strategic goals.

Lastly, I am so incredibly proud of our amazing Executive Board, committee members, and general body members who contribute to the success of SGV-NCNW. We have a great deal of amazing projects in the pipeline and I look forward to celebrating and highlighting the successes and accomplishments with you and the communities we serve.

In Service.

Marie Paula Thermidor

Celebrating Black Americans



**US PRESIDENT
BARACK OBAMA**
44th President
(First Black President).



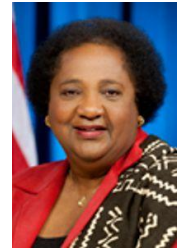
**US VICE PRESIDENT
KAMALA HARRIS**
First Black and female
US Vice President.



DOROTHY I HEIGHT
“Godmother of the
women’s movement”.
NCNW president.



JOHN LEWIS
US Representative;
politician, statesman,
and civil rights activist.



SHIRLEY WEBER
California’s First Black
Secretary of State.



CICELY TYSON
Actress known for her
portrayal of strong
Black women.



VICTOR GLOVER
First Black NASA
astronaut; to begin a full
six-month stint on the
International Space
Station.



MAE JEMISON
First Black NASA
woman astronaut who
orbited into space
aboard the shuttle
Endeavour.



KATHERINE JOHNSON
NASA mathematician
whose calculations of
orbital mechanics were
critical to the success of
the first US spaceflights.



ALFRED L CRALLE
Created the ice
cream scoop
(originally called the
Ice Cream Mold and
Disher).



AMANDA GORMAN
American poet and
activist for 2021
President Inauguration.
Her work focuses on
issues of oppression,
feminism, race, and
marginalization



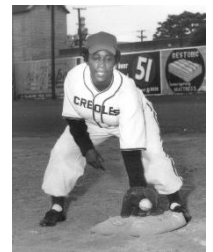
NIA DENNIS
A collegiate artistic
gymnast. She is the
2014 Pacific Rim
team champion and
junior all-around and
vault silver medalist.



SIMONE BILES
American artistic
gymnast. With a
combined total of 30
Olympic and World
Championship medals,
Biles is the most
decorated American
gymnast.



WILLIE O’REE
The “Jackie
Robinson” of hockey,
as he was the first
Black player in the
league’s history.



TONI STONE
American baseball
player. First woman
to play professional
baseball as a regular
on a big-league
team.



BLACK LIVES MATTER
Decentralized political and
social movement protesting
incidents of police brutality
and all racially motivated
violence against Black
people.



JANE BOLIN
First Black woman to attend
Yale Law School. In 1939,
she became the first Black
female judge in the US.



DR. REBECCA LEE CRUMPLER
American physician and
author. the first Black female
Doctor of Medicine in the
United States.



HENRIETTA LACKS
Her cancer cells are the source of
the HeLa cell line, the first
immortalized human cell line and
one of the most important cell
lines in medical research.

In Loving Memory

Memories of Diane Butler (by Dr. Dorothy Shepherd, SGV-NCNW organizer)

Faithful, dependable, and efficient are words that describe Diane Butler, SGV-NCNW Charter member and NCNW Life Member. "She was a mover and shaker!"

Diane served as one of the first SGV Treasurers; and a better more efficient dedicated treasurer is hard to be found. Even after her tenure, she continued to be a faithful, supportive, and active member of the organization.

She was a mother (2 children and grandchildren). She loved to coordinate her clothes and travel including attend the National Conventions.

In addition to SGV-NCNW, Diane was a devoted member of St. Stephen Baptist Church and loved Bible studies. She was a great friend and a member of Top Ladies of Distinctions during the Presidency of Dr. Shepherd. She faithfully served the San Gabriel Valley NAACP and was instrumental in organizing several SGV-NCNW section trips to the NAACP Image Awards. What a treat! Diane loved helping children and she loved the Lord. She will be greatly missed.



Memories of Gloria J. Ingram (by Shirley Banks)

"A sweet friendship refreshes the soul". Proverbs 27:9

Reliable, thoughtful, caring, giving, generous and a good listener is how Shirley Banks (SGV-NCNW past president) described Life Member Gloria J. Ingram.

"Our friendship began at an SGV-NCNW meeting where we met. Being the helpful spirit Gloria represented, she offered to assist me with stuffing envelopes. I was blown away, who asks a stranger if they can be of service when it comes to work!"

Gloria lived her life full of energy and passion; she shared it with anyone who dared to join her. She loved soul line dancing and invited others to join her where she taught the Electric Slide and other dance routines. BJ's was one of her favorite restaurants where we loved to share stories about families and grandchildren. She was married to Len Ingram, had 2 daughters and 4 grandchildren.

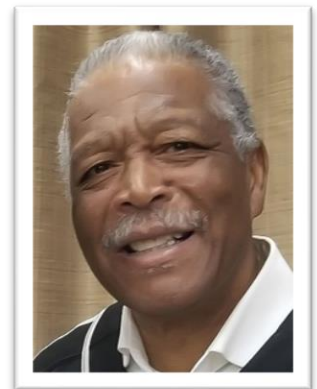
Gloria believed in hard work and going the extra mile while committed to SGV-NCNW's goals. She served as the section's 1st Vice President, chaired the 2015 SGV-NCNW 25th Anniversary Celebration (a grand elegant event held at Pacific Palms), chaired the summer Concert Under the Stars (successful fundraising events), and taught our members line dancing at our section Kwanzaa events. Gloria also loved cruises, enjoyed plays, and was as ghost writer for a local Inland Empire newspaper. She is truly missed.



Memories of Joe A. Mathis

Supportive, youth advocate, educator, and knowledge seeker are words that describe Joe A. Mathis, SGV-NCNW's associate and long-time supporter. Those who worked with Joe at the CA African American Museum where he was a docent said he "was a consummate gentleman and a deeply knowledgeable guide who cherished African American art, history, and culture. For more than twenty years he shared that passion with CAAM's visitors, staff, and his fellow docents".

His nieces and nephews echoed that sentiment when they told of the interest he took in them and the things he imparted/invested into their lives. He supported his wife Marcelle in her work at SGV-NCNW as Health Director. His mother, Clara Mathis is also a treasured member of our organization. All who knew him will miss his intelligence, kindness, dedication, and creativity.



Beverley Morgan-Sandoz Discusses the Commission on the Status of Women

(By Annette Spence)



Who is Beverley Morgan-Sandoz?

Describe your achievements or contributions:

Response: I'm a resident of Pasadena, CA by way of Los Angeles, San Francisco, Chicago, and Cincinnati. I am a graduate from the University of Chicago, School of Social Service Administration. My professional life has been spent planning and administering programs that serve women and their families, with a focus on young children. A major achievement

was that I directed a national study on services to families with developmentally disabled children. This resulted in a report with recommendations to the Federal government. I served on a California State committee, having been appointed by the then Governor.

I'm a mother, an aunt, a sister, an AKA. My deceased husband was Judge John H. Sandoz, known for his compassionate judgments and decision-making. I was appointed to the **Commission on the Status of Women (CSW)** by Councilmember Tyron Hampton and was elected Chair in August 2020.

What inspired you to join the CSW? Services? Reason to support CSW?

Response: The desire to give back. There's a saying "bloom where you're planted." I took this to mean, do good, and contribute where you are. The Commission's mission to advise the City Council on the special needs and concerns of women of all ages, races, religions, ethnic and cultural backgrounds, and economic and social circumstances, is something I am passionate about.

Commission's achievements?

Response: We are an advisory body with limited funds. Our accomplishments result for our commitment, volunteer efforts and the support of the community. Some of our achievements include:

- A resolution presented to and adopted by City Council that recognized the goals of the United Nations Convention on the Elimination of Discrimination Against Women (CEDAW)
- Survival Guide listing services in Pasadena.
- Recognition of Women's achievements through Herstory, an event open to the public. This year's event (which will be virtual, is scheduled for April 21 and will focus on strategies to assist women in obtaining appointments to Boards and Commissions and in running for public office. We seek women's groups as sponsors for the event.
- A 2015 report on the status of women in Pasadena. We are in the process of seeking to update the report, which will be done in collaboration with Mount Saint Mary's University.

Why support the Commission?

Response: We are the only Commission specifically targeted to identify and provide recommendations on issues effecting women. Each City Council member appoints one Commissioner and the mayor appoints two for a total of nine. SGV-NCNW is developing a Leadership Institute

to assist those interested in serving on various Commissions and Boards.

The Commission identifies hot topics and then seeks experts to provide information. The information enlightens Commissioners and supports any recommendations we might make.

Hot topics identified for 2021 include:

1. Human trafficking
2. Strategies for engaging young girls and young women in decision-making
3. Domestic Violence and Homelessness
4. Access to the informational/digital divide
5. Wage equity
6. COVID 19
7. Police Oversight Commission

Most surprising about the Commission?

Response: How dedicated the Commissioners are and how much can be achieved with limited funds.

Commission's biggest challenges?

Response: We, Commissioners, have to recognize the limitations of the Commission. We do not provide direct services. We recommend, not implement. It's difficult when you see a problem not to want to solve it right away. For example, we had a presentation on homelessness. We all wanted to help with the count, find out why people were homeless, create more low-income housing etc. But these actions are outside our scope. What we can do is hear from organizations and formulate recommendations for the Council and we ask Departments to tell us how they are meeting the need, thus helping to hold the city accountable.

What should people know about the Commission?

Response: The meetings are open to the public (now virtual). The meetings are the first Wednesday of each month and begin at 6 PM. The public can address the Commission on issues on the agenda through the public comment procedure. There is an application process for appointment to the Commission. The City's Parks, Recreation and Community Services Department provides staff to the Commission.

What attracted you to NCNW?

Response: That's an interesting question. When I considered the name, I saw it as a throwback to an earlier time and wondered how relevant it could be to today's issues. But then I met women who were involved with the group and they were very much aware of today's issues and were forward thinking and action oriented. This was exciting to me. It changed my thinking and so I joined.

Partnerships between CSW and SGV-NCNW?

Response: Both NCNW and CSW are concerned about the community. Both organizations seek solutions to problems. We are aware of disparities and inequities and seek remedies to resolve them. We each encourage and promote civic engagement. The Commission is an example of this as we are appointed by elected officials and are tasked with providing them with recommendations to resolve issues.

CSW and SGV-NCNW are naturally partners.

SGV - Committed to Serving the Community



SGV remains committed to the underserved of our community. On Saturday, January 30, under the leadership of Chair Beverley Morgan-Sandoz and Co-chair Cheryl Robinson, SGV members brought baby clothing items for Serenity Foster Care and hygiene items for the San Gabriel Valley Coalition for the Homeless to a local parking lot. The need among families and children remains great. Thank you for your continuous giving.



Hygiene items packaged for delivery to SGV Coalition for the Homeless.

SGV's Future: Young Legends Celebrate Black History

Young Legends, SGV-NCNW's Youth Section, is dedicated to providing students with relevant tools for life and preparing them for leadership. This organization helps youth develop cultural pride and a strong sense of self, resiliency and social skills.

Under the guidance of Youth Director Darinisha Williams, programs and activities are designed to enhance the educational and leadership skills of middle and high school youth. The goal is that the youth will be better prepared for college/post secondary education, exhibit strong leadership

skills, a strong sense of culture pride, self esteem, and feel empowered to make positive choices for their futures and others they might lead. Emphasis is placed on NCNW's Four for the Future pillars.

Young Legends was chartered as a section on March 8, 2008. In 2021, SGV is partnering with 100 Black Men of Inland Empire to bring their Hands on Banking Skills Program to youth throughout Southern CA. We invite your students to participate in this program as well as join Young Legends.



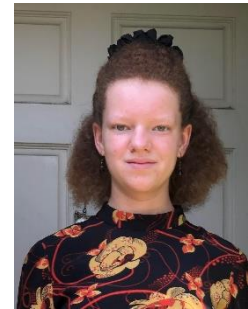
Ben Hammond



Ricara Jakewell



Maya Melvin



Bowie Moss



Shamaya Nash



Josiah Thermidor



Bryson Washington

Black History



Starring Young Legends

Mark your calendars and join our Young Legends

Saturday, February 27, 2020

3:00 PM via Zoom

Bring the Family!!

Contact us: sgvncnw@gmail.com

Fit4Life: Protect Your Magic (by Marcelle Penn Mathis)



As we enter Black History Month, Queens, be sure to try to “protect your magic”. Incorporate as many of these 7 wellness tips as you can into your daily and weekly routine!

#1. Meditate

#2. Make a list of all the things that you’ re grateful for

#3. Exercise

#4. Make room for joy

#5. Say no

#6. Dedicate one day out of the week as your own personal day

#7. Incorporate healthy habits

*Selected by Marcelle Penn Mathis, Director, Fit 4 Life Committee
Taken from Black Women for Wellness Winter Wellness Guide 2021*

Prayers for Our Members - *Just to let you know we care*

BEREAVEMENT

- Family of Diane Butler
- Family of Gloria Ingram
- Marcelle Penn Mathis, Clara Mathis
& family of Joe Mathis

ILLNESS

- Gertrude Guillory
- Edward Koeller

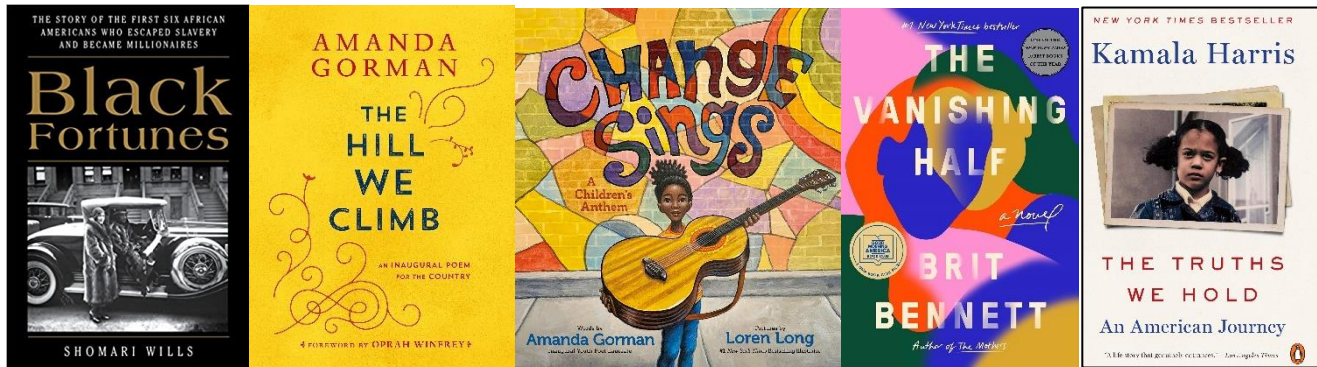
During these times we remember to lift our sisters and brothers up in prayer. Praying you will be comforted by the many prayers and thoughts of love sent your way.

“And this is the confidence that we have in him, that, if we ask any thing according to his will, he hears us”.

1 John 5:14



Books by African American Authors - Worth Giving or Getting



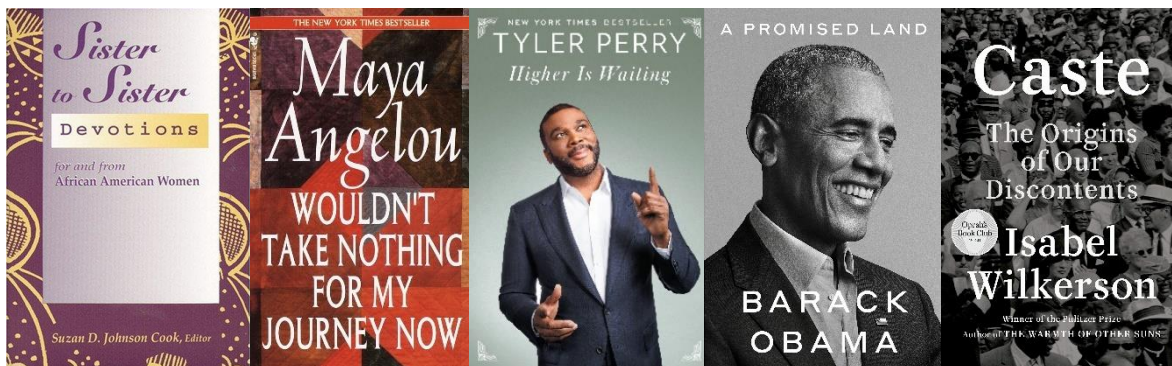
Black Fortunes: Between the years of 1830 and 1927, as the last generation of blacks born into slavery was reaching maturity, a small group of industrious, tenacious, and daring men and women broke new ground to attain the highest levels of financial success
(Recommended by Nadiyah Young)

National Youth Poet Laureate Amanda Gorman's powerful and historic poem "The Hill We Climb," read at President Joe Biden's inauguration, is now available as a collectible gift edition.

Coming September 21, 2021: **Change Sings** - A children's lyrical picture book debut from Amanda Gorman and #1 New York Times bestselling illustrator Loren Long. In this stirring, much-anticipated picture book, anything is possible when our voices join together. As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes—big or small—in the world, in their communities, and in most importantly, in themselves.

The Vanishing Half (Fiction): Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, **The Vanishing Half** considers the lasting influence of the past as it shapes a person's decisions, desires, and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins. (Recommended by Betty Williams)

From Vice President Kamala Harris, **The Truths We Hold**, a book about the core truths that unite us, and the long struggle to discern what those truths are and how best to act upon them, in her own life and across the life of our country. (Recommended by Caroline Hill)



Sister to Sister Devotions: This powerful, best-selling book of meditations is a source of strength, renewal, healing, and celebration as readers share the contributors' stories of parenting, marriage, the death of a family member, and relationships in general. Suzan D. Johnson Cook captures the soul of sisters who need to tell their story. (Recommended by Betty Williams)

Wouldn't Take Nothing for My Journey Now: This is Maya Angelou, one of the best-loved authors of our time, talking from the heart, down to earth and real, but also inspiring. This is a book to be treasured, a book about being in all ways a woman, about living well, about the power of the word, and about the power of spirituality to move and shape your life. Passionate, lively, and lyrical, Maya Angelou's latest unforgettable work offers a gem of truth on every page. (Recommended by Betty Williams)

Higher Is Waiting: In this intimate book of inspiration, Tyler Perry writes of how his faith has sustained him in hard times, centered him in good times, and enriched his life. It is a spiritual guidebook, a collection of teachings culled from the experiences of a lifetime, meant to inspire readers to climb higher in their own lives and pull themselves up to a better, more fulfilling place. (Recommended by Betty Williams)

A Promised Land: In this first volume of his presidential memoirs, Barack Obama tells the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency—a time of dramatic transformation and turmoil.

Caste: Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings. (Recommended by SGV-NCNW Book Club)

UPCOMING Events

SGV-NCNW GENERAL MEETINGS: 1ST SATURDAYS @ 9:30 AM VIA ZOOM

Walk in Our Ancestors' Shoes

Hospitality Fundraiser

- ❖ During the month of February, donate to SGV-NCNW by matching your dollars with the shoe size (yours, your children, spouse, pet, or other family member).
- ❖ All funds donated help meet the needs of our members.

Contact: Joann Koeller jck.ew@earthlink.net Nadayah Young canwilson709@gmail.com

**Hospitality Fundraiser
Month of February**

TO ALL SGV-NCNW MEMBERS!
PLEASE SAVE THE DATE FOR OUR
SGV-NCNW INAUGURAL SISTER CIRCLE

SATURDAY FEBRUARY 13, 2021

MORE DETAILS TO FOLLOW

Sisters Modally Mobilized

**Sister Circle
Feb 13, 10:00 AM - 12:00 PM**

FOOTHILL ALUMNAE CHAPTER PRESENTS:

**Beyond COVID-
Opening Up After
Being Closed In**

Join us for our 5th Annual Health Symposium!
Time: 9:15am - 12:30 pm
FEBRUARY 20, 2021 | WEBINAR

**Foothill Delta Health Event
Feb 20, 8:30 AM - 2:30 PM**

NEW YORK TIMES BESTSELLER

**My
Grandmother's
Hands**

*Racialized Trauma and the Pathway to
Mending Our Hearts and Bodies*

RESMAA MENAKEM
MSW, LICSW, SEP

**Book Club Meeting
Feb 21, 3:00 PM – 5:00 PM**

Coming March 20, 2021 – 5:30 PM

The FORGETTENS

The
Negro Women
Who
Led Our
Suffrage

Written and directed by
Gwen Mukes

A zoom presentation

**Play - The Forgettens
Mar 20, 5:30 PM – 7:30 PM**

San Gabriel Valley Section
ncnw
commitment | unity | self-reliance

**BLACK HISTORY
MONTH TRIVIA :
SGV EDITION**

Join us for a night of fun &
Celebration Of Black Women Excellence

Saturday
February 27th, 2021
6pm

**Black History Month Trivia
Feb 27, 6:00 PM – 8:00 PM**

Black History
Talent Show
Starring Young Legends

Mark your calendars and join our Young Legends
Saturday, February 27, 2020
3:00 PM via Zoom
Bring the Family!!
Contact us: sgvncnw@gmail.com

**Black History Youth Talent Show
Feb 27, 3:00 PM – 5:00 PM**

(909)598-5539

www.ncnwsgv.com
IG/Facebook/Twitter @SGVNCNW

sgvncnw@gmail.com