



**ncnw**  
san gabriel valley section

# Sisters-to-Sisters Newsletter

May 2022 - Mother's Day Edition

San Gabriel Valley Section National Council of Negro Women, Inc.  
P.O. Box 413 Walnut, CA 91788 Phone (909) 598-5539 Website www.ncnwsgv.com

## A STRONG WOMAN VS A WOMAN OF STRENGTH Author Unknown

A strong woman works out every day to keep her body in shape...  
but a woman of strength kneels in prayer to keep her soul in shape...

A strong woman isn't afraid of anything...  
but a woman of strength shows courage in the midst of her fear...

A strong woman won't let anyone get the best of her...  
but a woman of strength gives the best of her to everyone...

A strong woman makes mistakes and avoids the same in the future...  
A woman of strength realizes life's mistakes can also be God's blessings and capitalizes on them...

A strong woman walks sure footedly...  
but a woman of strength knows God will catch her when she falls...

A strong woman wears the look of confidence on her face...  
but a woman of strength wears grace...

A strong woman has faith that she is strong enough for the journey...  
but a woman of strength has faith that it is in the journey that she will become strong.



## From President Marie Paula Thermidor

There is no love purer than a mother's love for her children. On Mother's Day we celebrate and honor all the amazing mothers, grandmothers, aunties, bonus moms, and mother figures whom we love and inspires all of us every day.

The poem below by **Mitchell M. Gissendanner**, resonates with me because it exemplifies and embodies the power and beauty of motherhood.

"Black, beautiful, intuitive, and strong,  
The matriarch, the stabilizer, the Earth's backbone.  
From the beginning she excels,  
determined to survive.  
In her womb the seed of trillions through the ages she will provide.  
Unfazed by obstacles, perpetual is her drive.  
Kings, queens, all royalty alike are inherently in her bloodline.  
Against all odds she presses on.  
Not a moment does her love wane.

She looks down through the annals of time  
And realizes she must maintain  
Her aura of invincibility, her spirit of strong will,  
Her disposition of I will succeed  
Regardless of the mountainous hills.  
She is black, bold and beautiful.  
Her strength personified from birth,  
She is the matriarch, she is our mother,  
the backbone of the earth."

As I read this poem it also served as a reminder to me of all the phenomenal women of SGV-NCNW, many of whom this poem depicts and how much of an inspiration they are.

Happy Mother's Day to all the phenomenal mothers!!

May this blessed day be filled with happiness, joy, laughter, and love as you celebrate your special day!

Love,  
*Marie Paula Thermidor*

Pictured left - President Thermidor with sons Julius, Joshua, Josiah



## Honoring Mothers

### Are You My Mother?

By Beverley Morgan-Sandoz

She had on boots that didn't fit  
A plastic bag that seemed to contain  
All her worldly possessions  
The clothes she wore were dirty, disheveled

"Spare a bit of change?", she said  
To each passerby  
They nodded and continued on their way  
Once in a while someone would give her a coin  
She heaped praise on the giver

Then for some reason known only to herself  
She'd let loose a torrent of cuss words  
Like sewage spewing from a broken water main

But... if you took the time, if you looked closely  
At her face  
You would see worry lines  
And you'd sense a weariness about her

And you would wonder  
Whose child was she  
Whose bubbling baby, little princess, sweetie pie,  
little miss, pumpkin  
Baby girl, baby sister, black gal?

Who would claim her  
Where was the home that had to take her in  
If she knocked  
Where was the person who gave her life and  
would say  
"Yes"  
To her question.

### From Beverly Morgan-Sandoz

Commentary: I wrote this poem about a homeless woman as a remembrance of my mother's unflinching belief that no matter how little we had (and we were dirt poor) you always had enough to share. She would have given the woman whatever she had, taken her in...and responded "yes" to her question.



Beverley Morgan-Sandoz

Youth fades; love  
drips; the leaves of  
friendship fall;  
A mother's secret hope  
outlives them all.

- OLIVER WENDELL HOLMES

Oliver Wendell Holmes

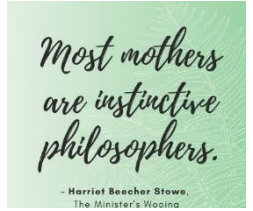


# Honoring Mothers

*Brenda Anderson shares what her mother Elmae Robinson taught her children*



Brenda Anderson



Harriet Beecher Stowe

My mother aka "MaDear" always taught my brother and I that a good education will allow you to be able to take care of yourself no matter what comes your way. As a teacher for over 30 years before retiring, she was the example we used in deciding what our future was going to be.



*Dr. Dorothy Shepherd shares her Mother Mrs. Doll Carter's teachings*



Dr. Dorothy Shepherd



### My Mother's Teaching

Mrs. Doll Carter married over 50 years taught always to dress for success and never hate but educate.



# Honoring Mothers

Valerie Tawiah writes about her Mother "Mrs. Emma Jones McCoy"



Valerie and her mother laughing about a new hat her best friend made for her. The group of ladies Missionary Sisters attended a Tea Party for her 99th Birthday.



Valerie's mother being escorted by her grandson Mr. Kofi Tawiah to her 98th birthday party in St. Louis Missouri at the train station.



Valerie Tawiah

**Mrs. Emma Jones McCoy (1913-2013)**, was the Matriarch of her family, She was Faithful, dedicated service to Family, Church, Community and Country. She was referred to as "Mu Dear", Moma, Aunt Emma and Ms. Emma. During her life she experienced living through the great depression, made bombs during World War II. As a child she grew up on a farm, picked cotton, and cut down trees. Her father was a minister who believed in all children learning to earn an honest living.

My mother left the south to find a better way of life; she moved to San Francisco and shared an apartment with her younger sister Willie. Mrs. Emma worked as a cook for the Mayor. Moma had to return to Arkansas, to take care of her mother, after that she moved to St. Louis MO.

Once my mother began to age, my family decided it was time for her to live with us in California. My mother's last days in life were her best. We spoiled her to the very end with much love, care, traveling, and Church as a Missionary for over 55 years.

**Mothers Legacy in Life** was Help someone else in life, Serve and Honor the Good Lord, May the Work that I have done, speak for itself quietly.



**IF I HAVE DONE ANYTHING IN LIFE WORTH ATTENTION, I FEEL SURE THAT I INHERITED THE DISPOSITION FROM MY MOTHER.**

- Booker T. Washington

Booker T Washington



# Honoring Mothers

Betty Williams shares her Mother Irma Handy and family



Wishing my beautiful Mom a Happy Heavenly Mother's Day. Your inspiration and love made me who I am today. Love you Mom



My gift from God, my Joy



Happy Mother's Day to my beautiful aunt who celebrated her 91st birthday on April 23rd. I was there to celebrate her in Baltimore, MD.



Crawfish 🦞 boil  
Family celebrating fun times and good times in Texas.



Betty Williams

I believe the choice to become a mother is the choice to become one of the greatest spiritual teachers there is.

- Oprah Winfrey

Oprah Winfrey

## Honoring Mothers

*Denise McPheeters shares family values and wisdom*



Denise enjoys a day with her grandchildren.



Denise and her triplet brothers.



I love being a grandmother (Nana) and it gives me the opportunity to pass on family values and wisdom I was blessed with. As I reflect on this Mother's Day, some words of wisdom passed on to me from my mother and my grandmother that I live by and have also passed on to my son, grandchildren, siblings, nieces and nephews are:

- Always do your best and be your best, even when no one is looking
- You catch more with honey than with vinegar so be kind to others, even when it is not easy
- Live by the Golden Rule "Do unto others as you will have them do unto you"
- Trust God always
- Always respect your elders
- Honesty is the best policy
- It is important to reciprocate in kind as a show of love and appreciation
- Don't be afraid to be yourself
- You are stronger than you think

[L]ove as powerful as your mother's for you leaves its own mark. ... to have been loved so deeply, even though the person who loved us is gone, will grant us some protection forever.

— J.K. ROWLING, HARRY POTTER AND THE SORCERER'S STONE

EVERYDAY HEALTH  
J.K. Rowling

# Honoring Mothers

*Annice Jackson shares values her Mother Bessie Hubbard taught*



Mother  
Bessie Hubbard



The Hubbard children: Quinton, Harding,  
Annice



Annice with my precious  
granddaughter Chloe

My mother taught us to 1) always remember to pray; 2) live in such a way that others enjoy your company; and 3) live a life of service/giving back to others. My siblings and I try to live by those values as well as teach/practice them before our children. I hope to one day teach them to my granddaughter Chloe.



Annice Jackson



A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dares all things and crushes down remorselessly all that stands in its path.

- AGATHA CHRISTIE, "THE LAST SEANCE"

Agatha Christie

## Here's To Women's Health This Mother's Day

Article by Kristin Carrol

Edited from <https://amexpharmacy.com/>



Mother's Day marks the kick-off of National Women's Health Week (May 8-14): a week designed for women across the nation to make their health a top priority and take simple steps to live safer and healthier lives. It encourages women to take time for their health and receive regular checkups, eat healthier, get enough sleep, manage their stress, and stay active with fitness and exercise.

We as busy moms and care givers know, it's easy to get caught up in the daily tasks of work and family life. Between work, cooking and cleaning, paying bills, shuttling everyone to where they need to be, spending quality time with your spouse, and absolutely everything in between, you might laugh at the thought of "me" time. **So often, we as women, try to do the impossible.** We try to be everything to everybody, putting the needs of our family above our own. But as a result, our health and fitness suffer, leaving us to be no good to anyone. If you're guilty of neglecting one of the most important people in your family, pull out that to-do list and add yourself back at the top. Not only will you reap the benefits, but so will everyone around you. Here's why:

### **An Active Mom/Woman is a Happy Mom/Woman**

Besides the obvious physical benefits, activity and exercise can have a profound effect on your mood and overall state of mind. Whether it's a 5-mile morning run or a brisk walk around the block, exercise has been found to stimulate the body's production of endorphins and increase serotonin, making you feel happier and more elated, while also decreasing cortisol and other stress hormones that bring about feelings of anxiety and sadness. Sun, fresh air, and nature are also critical mood enhancers, so activities outside are especially encouraged. The activity will serve as a stress-reliever and give your roaming mind a rest! You'll be

beaming happiness at home, and rest assured, your family will notice.

### **A Better Mood**

Women are expected to be the Energizer Bunny: going, going, going all day long. Although we sometimes feel like robots (and our families think we are at times) we eventually wear ourselves thin and get run down with fatigue. Exercise and proper nutrition are vital. Thirty minutes of daily exercise can keep our energy levels high all day long, and proper nutrition can build a healthy immune system that wards off germs. In addition, exercise can aid a good night's sleep and keep our mind sharp and focused.

### **Women are Needed at Every Milestone**

One of the best gifts you can give your family is your health and longevity to assure that you'll be there for all of their life's milestones. This alone should ease your "self-indulgent" guilt and make taking care of yourself a top priority. Regular physical activity has a variety of health benefits that work to increase your health and longevity including: helping the circulatory system deliver oxygen and nutrients around the body, reducing the rate of bone loss, lowering the risk of heart disease, diabetes, and cancer, building and maintaining healthy bones, muscles and joints, and staving off Alzheimer's disease, ADHD, dementia and a variety of other cognitive disorders. Assure your family that you're taking all of the necessary measures to be there for them as long as possible – it's one of the greatest gifts you can give them.

### **Women are Role Models – In Every Sense**

Children watch and imitate their parents, looking to them as role models. With 1/3 of children and adolescents in the United States being overweight, parents have a duty to make activity and nutrition a priority in their family. Moms have an opportunity to be the drivers of overall activity and participation in our households, so we need to practice what we preach!

So this Sunday, consider lacing up those gym shoes and kicking off National Women's Health Week with a bang. This Mother's Day feel EXTRA good about yourself, your role in your family, and the amazing life you have ahead of you.

**HAPPY MOTHER'S DAY!**





# UPCOMING Events

SGV-NCNW GENERAL MEETINGS: 1<sup>ST</sup> SATURDAYS @ 9:30 AM VIA ZOOM



**SAVE THE DATE:**

**Membership Luncheon &  
SGV-NCNW 32<sup>nd</sup> Year Anniversary Celebration  
August 6, 2022**

**SAVE THE DATE:**

**New Member Orientation (virtual)  
May 24, 2022 6:30 pm  
(All members welcome to attend)**