

NEWSLETTER OF THE CONTINENTAL SOCIETIES, INC.® MID-ATLANTIC REGION

THIS PUBLICATION IS DEDICATED TO CONTINENTAL ROSE VANN, 1ST PUBLISHER OF THE MAR NEWSLETTER
 'OUR CHILDREN, OUR COMMITMENT, OUR CONCERN'

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Upcoming Events

February:

African-American Read In
Black History Month
Dental Health Month
National Sisterhood Month

February 10th: Finance Reports are due to national treasurer

February 28th: last day to submit proposed changes to national for Constitution and Bylaws

March 2nd: Read Across America Day

March 5th: African American Report Cards due to 1st Vice RD Cindy Smalls (no extensions)

April 10th: Scholarship Applications due to region

March 1st: Chapters submit nominee for the Hall of Fame Award to Regional Director

May 5th: National Program Summary Reports due to 1st Vice RD

May 15th: Regional Meeting (virtual via Zoom) Details to follow.

May 30th: Amenities Report due

NOTE: A comprehensive checklist of events for the remainder of the year is forthcoming. Please adhere to due dates.

From the Desk of the Regional Director

Dear Sisters,

Whenever there was dissention of any kind in my momma's house, she would always say, 'just love each other' and believe me, that simple piece of advise works. '**Just Love Each Other**' can prevent and cure a multitude of dissention. The problem comes in when transparency is nonexistent, when hidden agendas exist and thinking is of self and not of and about the group. Those things do not exist when we '**Just Love Each Other**'. *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.* Now, I do not have to tell you where I got those nuggets of wisdom but '**Just Love Each Other**' is what my momma would tell us when dissention entered her household. '**Just Love Each Other**'...

Moving on... as you see from recent meetings and emails, our plates are FULL with requirements and tasks that will need to be completed by deadlines that are soon upcoming. My Sisters, I am in need of each Continental in the Continental House to step up and assist your chapters in meeting our requirements. By working in your chapter, you help the entire region and the region in turn helps national. Here is how you as an individual chapter member can help: if no one is working within your chapter on securing scholarship applicants, let your president know that you will volunteer to do it; volunteer to work with the Mabs Kemp Essay Contest on one or more levels, volunteer to write a report to enter the regional program contest. If you

are your chapter's 2nd Vice President, please work with the membership to complete the membership reports. There are a number of reports due annually, i.e. Financial, Amenities, History, etc. After the Regional Executive Board meets on February 11th and due date decisions are made, I will send out a checklist of everything that is due and when it is due. Let us all work together, each member, every chapter to achieve 100% participation in all that is required of us. Please know that I see your diligent work and I appreciate everything that you do to support the mission of the Continental Societies, Inc.®

PROGRAMMING: National directives have been received and shared. Constant reminders are being distributed to all chapters. The month of February brings us back to a national scheduled project and that is the African American Read In. Please remember that this is a month-long project and one of those projects that the Mid-Atlantic usually serve thousands of children. We have to be creative this year because we are mandated by national to not have hands on contact with children. The reporting forms have been posted, in addition to tracking your volunteer hours, you will also be required to list the books and authors that you use.

Closely following the African American Read-In is Read Across America Day on March 2nd. Please prepare for this day as well and ask your 1st Vice President who is in charge of chapter programs, how you can assist. Oh, and please make sure that you track your time when you speak with her because every little bit helps! Along with your Chapter President, the 1st Vice President has the most monumental of tasks.

SCHOLARSHIP: Guidelines and applications for our MAR Scholarships have been distributed. Our MAR Scholarship Chair has been diligent in guiding us through the scholarship process. So now is the time to put those procedures in practice by selecting the applicant that will represent your chapter as the potential recipient of the regional and national scholarship. It is our hope that all chapters will send in entries for our scholarships. Please follow the directives in the 2020-2021 Call to Action.

MEMBERSHIP: Our 2nd Vice Regional Director is preparing the Raleigh, NC Chapter for a February 2021 reinstatement. In our usual sisterly fashion, we will receive all members within the Mid-Atlantic with respect and affection as our own. With that being said and to date, we have welcomed over thirty plus new members into the region. We look forward to a virtual introduction during our May 15th regional conference.

Remember to implement significant activities depicting the meanings of the Continental Virtues at each of your chapter meetings. Document your activities for our national reports. If you are using Zoom for your meetings, make a recording. Due dates are forthcoming regarding the 'Distinctive Years of Service Award' and the 'Unsung Sisterhood Award'. Start readying this data for your reports.

There is much to be done but all we have to do is to do it and remember to '**Just Love Each Other**'.

Sisterly & Sincerely,
Myra

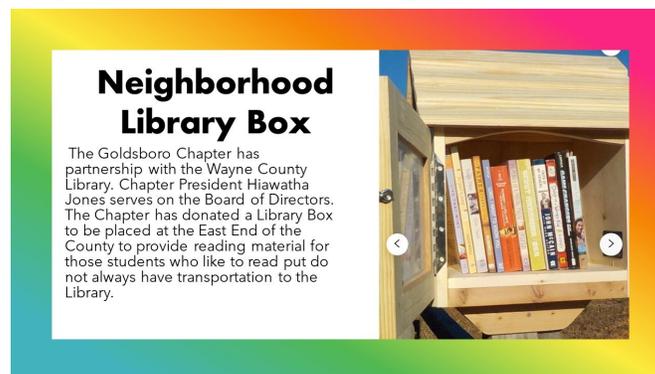


Chapter Celebrations

- ◆ **Charleston Chapter** on their collaboration with the Colgate Dental Van reaching out to Title I schools in remote areas around Charleston. Please see the newspaper excerpt below written by Colgate which includes comments from our 1st Vice Regional Director and Charleston Chapter President Cindy Smalls.

*Minnie Hughes Elementary is a title 1 school, meaning it receives federal funding because a high percentage of students come from low-income families. At Minnie Hughes, the interim principal **Cindy Smalls** shared with me that 96% of the children live below the poverty line. Situated in a rural area, Hollywood also lacks access to opportunities that are more prevalent in urban centers. As part of the BSBF program, we ship [educational materials to teachers](#) to use in their classrooms. We also have [digital assets](#), so teachers and children can access educational videos online. But most kids find the in-person mobile van visits the most compelling. **Smalls**, who has worked in education in South Carolina for 40 years and is an active member of the [Continental Societies, Incorporated](#)—a non-profit group of diverse women dedicated to helping children of all backgrounds reach their full potential—was very familiar with the real-life BSBF van. While she was initially disappointed that the kids at Minnie Hughes Elementary would not get to have that experience, the virtual van exceeded her expectations. “We weren’t sure how it was going to work, but the virtual van was wonderful,” she says. “We currently have both in-person and virtual remote students [at Minnie Hughes] during COVID, and students were able to join from both ends. We had really high engagement. Some parents sat in their cars in the school parking lot just to use our wi-fi hotspot and have access to the event. Teachers and even our school nurse said it was really helpful, and the students were so excited. We were all very impressed.”*

- ◆ **Goldsboro Chapter** on their partnership with the Wayne County Library. Thank you Continentals for an awesome out-reach program, spreading the gift of literacy to children of all ages and to adults as well!



- ◆ **Richmond Chapter** for partnering with the Richmond Christmas Mother as depicted in the article below from the *Richmond Times* highlighting their **Gift of Warmth Program**.

Highlighted Donations

Gift of Warmth Program

Mrs. Gwendolyn Drayton, member; Mrs. Beverly Davis, 2nd Vice President; Mrs. Nkechi George-Winkler, Chapter President; Mrs. Diane Bacon, member with Richmond Christmas Mother, Rhonda Harmon.

KATEY SANDERS, THE SALVATION ARMY

The Richmond Continentals partnered this year with the Richmond Christmas Mother to provide beautiful brand new coats to elementary school age students at a value of \$11,629. The chapter continues its commitment to warming bodies and providing smiles to children during the holiday season.

In the Spotlight

A Final Recognition to our 12th Past National President and 8th Mid-Atlantic Regional Director **Florence Blount-Davis** who has transitioned to The Light of Eternal Life. A National Memorial and Tribute was held in January 2021. She will be dearly missed in the Mid-Atlantic Region. Rest in Peace, My Sister!



A Final Recognition to our 4th Past National President **Evelyn L. Means** who has transitioned to the Light of Eternal Life. A National Memorial and Tribute was held in January 2021. Rest in Peace, My Sister!

- ◆ Prayers of Comfort to **Continental A. Rawiya Nash** in the loss of Continental Guy Frank L. Nash.
- ◆ Prayers of Comfort to **Mr. Peter Lewis & Family of Camp Apple Ridge Farm** on the passing of his son Mr. John Lewis. The Mid-Atlantic Region has partnered with Camp Apple Ridge for 16 years.
- ◆ Prayers of Healing to our **National President Robin T. Browder** who has had a second surgery and continues to recuperate and to **National Ad Hoc Legal Advisor Cassandra Stroud Conover** who is recuperating from back surgery; **Continental Brenda Poole** for Prayer of Healing and other sisters within the region who are recuperating.
- ◆ Prayers of Strength to **Continental Delores Plummer** and Family as caregivers to Continental Guy John Plummer.
- ◆ Prayers of Strength to **Continental Lorraine Forrest**, caregiver of her brother Mr. Leroy Forrest.

NOTABLE ACHIEVEMENTS

- ◆ Kudos to Continental Rosa Nolen appointed to the Board of the United Christian Campus Ministry of North Carolina Central University.
- ◆ Kudos to Continental Lonita Whitted who was recently honored by Phi Delta Kappa for her 50 Years of Dedicated Membership and Service
- ◆ Kudos to Continental Nkechi George-Winkler appointed as Chair to the Board of WTVR-TV6.
- ◆ Kudos to Continental Marilyn West appointed as Chair of the Richmond Transportation Authority Board.
- ◆ Kudos to Advisory Board Member Crystal Foster Fitzgerald appointed to the Board of Friends Association for Children.
- ◆ Kudos to Continental Sister, Dr. Lornel Tompkins appointed by Governor Northam to the State Air Pollution Control Board.

WELCOME TO OUR RECENTLY INDUCTED SISTERS

CS Carla Jordan
Northern Virginia Chapter



CS Lura Barnhill
Roanoke Chapter



CS Karla Goings
Roanoke Chapter



CS Sherri Journiette
Roanoke Chapter



CS NaShayla Nelson
Tri-Cities Chapter



CS Dana C. Farrar
Tri-Cities Chapter



CS L. Khadijah Muhammad
Northern Virginia Chapter



CS Natonya Robinson
Tri-Cities Chapter



CS Brenda Keeling
Roanoke Chapter



CS Sarah Saunders
Roanoke Chapter



CS Kai Washington-Brown
Roanoke Chapter



CS Bessetta Brown
Tri-Cities Chapter



CS Barbara Hill
Tri-Cities Chapter

Continental Virtues



Commitment working hard to attain and sustain a relationship to sisterhood and to carry out our mission to children.

Optimism is having the type of attitude that keeps us focused on the positive characteristics of a person and our organization.

Nurturance is the physical and emotional support that we share with our sisters and our organization at all times but particularly during not so good times.

Temperance is self-control of our actions, thoughts, and feelings in order to maintain pleasant relationships with our sisters.

Integrity is being true to ourselves. We respect and follow the Constitution and By-Laws and all other regulations imposed by our organization.

Nobleness is always taking the high road. To be noble is to complete a task not for personal reward or gain but to help someone else.

Endurance is having the fortitude to keep working toward the mission and goals of the Continental Societies, Inc.® It is the ability to be resilient when something hurtful is done or said to you.

Niceness is being pleasant or having an agreeable manner when dealing with others. Find the good in every sister, then compliment her on her positive qualities. Never put down someone else's idea, without having a better idea to replace it with.

Trustworthiness is a precious gift that Continental sisters rely upon when working with each other (i.e. in maintaining finances, in keeping confidences, etc.)

Adaptability is the willingness to change for the betterment of the organization. Be flexible.

Love is the greatest of all virtues! Love is being appreciative and wanting the best for of our organization and our sisters.



Particularly Protocol

The Continental Song is sung to the tune and arrangement of *Let Me Call You Sweetheart*. The beautiful words were written by Continental Sarah Hood of the Washington, DC Chapter. Protocol requires Continental members to **cross arms (right arm over left)** and **join hands in a circle** to sing the Continental Song, **swaying to music first to the right**. In the last verse after the word *care*, members **uncross arms and join hands**; after the word *always*, **members raise joined hands**. If you have never participated in this ritual at National Convention, then you are truly missing one of the most heart-felt moments of Continental life.

Continental Song

Continental women we shall always be,
Charity the foreword you can plainly see,
We keep forever watchful
With an eye so keen,
We strive to aid the needy
As a charity team.

Continental women we shall always be,
Respect for one another and humanity;
High ideals we stand for as we go along.
Enriched with charitable gestures
And a heavenly song.

With outstretched hands we seek
Those in our land so dear,
Desiring understanding and a word
Of cheer;

We love you Continentals
For your love and care (*)
May God be with us Always (**)
Teaching us to share.



Historical Hallmarks

Recreation is one of the components in our Five-Point Programmatic Thrust. . .Soooo. . .Let's Play! Here's how it works! The first Continental Sister who sends in the correct answer to the following trivia question will get special recognition in each 2020-2021 issue of *The Mid-Atlantic Gazette*, recognition on our regional website, special seating/recognition at our 36th Regional Program & Awards Luncheon. Send your response, cited reference, with your name and your chapter's name to marcontinentals1984@gmail.com. Ready? Here we go. . .

The Mid-Atlantic Region recognizes Chapter Anniversaries at every 5-year increment. When was the first Anniversary Plaque awarded? Who was the Regional Director at this time? Give one other known fact about the Chapter Anniversary plaque.
Good Luck!!!

'Think On This'

Submitted by Continental Betty S. Rhodes, Regional Chaplain

1 John 3:11

"For this is the message that ye heard from the beginning that we should love one another "

LOVE is the gift it cost us nothing to buy, and the present that keeps on giving. If the opportunity arises to give LOVE to someone, always take it, for you never know if your kindness might be the only good thing that person has experienced that day.

Pay LOVE forward whenever you can. You will not ever run out of LOVE, so spend it freely.

If we LOVE God, we are led to LOVE others. The two go hand and hand. Let us show more LOVE this month.