



# The Mid-Atlantic Gazette

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

'OUR CHILDREN, OUR COMMITMENT, OUR CONCERN'

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## Upcoming Events

### **March 15th-June 5th:**

Registration period for the 64th National Conclave

### **April 15th:**

Last day to purchase souvenir journal ads for the 64th National Conclave

### **May 5th:**

HEER reports due to national via Dropbox

### **May 10th:**

National History Project due to -Cheryl D. Grant, National Historian: [fitlady514@aol.com](mailto:fitlady514@aol.com)  
-Comatha Johnson, Regional Historian: [comatha1hftb@gmail.com](mailto:comatha1hftb@gmail.com)  
-Myra Barnes, Regional Director: [csimyrab13@gmail.com](mailto:csimyrab13@gmail.com)

### **May 15th:**

Deadline for requesting ground transportation assistance from airport to hotel for the 64th National Conclave

### **June 2nd:**

Last day to make room reservations for the 64th National Conclave

### **June 24th-28th:**

**64th National Conclave**  
IP Casino Resort Spa  
850 Bayview Avenue  
Biloxi, MS 39530  
888-946-2847

### **August 21st-22nd:**

**36th Mid-Atlantic Regional Meeting**  
749 Town Center Drive  
Newport News, VA 23606  
757-873-9299  
Due: *A Basketful of Books*



## From the Desk of the Regional Director

The roots of this organization begin over 60 years ago when one woman set out to help children in the Virgin Islands. Her mission was simple—to help. Today, her mission has withstood the test of time and the very first thing that any woman seeking admittance into the Continental Societies, Inc. ® does is to take a pledge to observe and execute that mission. My sisters, have we really taken the time to analyze that pledge. The Continental Pledge. The Pledge that each of us kneeled down on that pillow and raised our right hand and promised to do? Have we taken the time to absorb the true meaning behind those four simple sentences that hold so much meaning to our very existence as an organization. Do we reflect back on the meaning of our Pledge from time to time, so that we don't forget our true purpose as a member and our responsibilities to this thing called sisterhood? Let's take a look.

### **Continental Pledge**

*It is my sincere desire, to do all within my power as a member of the Continental Societies, Inc.®, to observe and execute the objectives and purposes of the organization.*

Interpretation: I, from the bottom of my heart will do all that I am able to do (both physically and men-

tally) learn/study and carry out the mission of Continental. *Simply put, I am going to do all I can to learn our history, our governing documents so that I can help children.*

***I do solemnly pledge my wholehearted support of the programs of the group; and will, to the best of my ability, serve my chapter.***

Interpretation: I will make a serious and earnest commitment, locally, regionally and nationally to our programs. *Simply put, we are all in this together, working towards the same goals.*

***I do solemnly pledge to abide by the laws of the organization.***

Interpretation: I will make a serious and earnest commitment to follow the rules—Constitution and Bylaws, Standard Operating Procedures which includes our Code of Ethics, Protocol Manual, etc. *Simply put, it's one for all and all for one. Everybody is (or should be) treated the same way. It is written and there's a rule for that.*

***I shall earnestly endeavor at all times to make myself worthy of membership in the Continental Society.***

Interpretation: I am going to seriously with intention and conviction, try really, really hard to exhibit the qualities and abilities to make Continental proud of me. *Simply put, we have high standards and we should be mindful that*

*whatever we do (to each other), whatever we say (to each other) reflects on our organization. Sisterhood!*

Yes! My, Sisters! Sisterhood! On more than one occasion, I have heard it said that Continental is not a sisterhood but how I beg to differ! Our very Pledge sums it all up in that final statement—I shall earnestly endeavor (I will really, really try with all my heart) at all times (everywhere I go, whatever I do, with whomever I am speaking with) to make myself worthy for membership (using the Continental Virtues).

I believe that the last sentence describes sisterhood because nothing can be accomplished without it! We have to work together harmoniously in order to carry out our programs for children. Sisterhood is working together. Sisterhood is not speaking negatively about your sisters. Sisterhood is not attempting to blackball another member. Sisterhood is not spreading gossip and lies about your sister. Sisterhood is not promoting hidden agendas. Remember the Continental Pledge when we promised to observe, execute, support, serve, abide by, and make ourselves worthy! Sisters, all that is negative is hurtful to our organization. Remember there is our *Continental Motto* that teaches us *whatever we send into the lives of others, comes back into our own.*

Sisterly & Sincerely,

*Myra*

# Chapter Celebrations

- ◆ **Mathews Chapter** worked diligently on the 36th Regional Meeting and was more than prepared to host the Mid-Atlantic sisters on March 13th and 14th. They have postponed their plans and are anticipating our arrival in August. Special Thank you to Chapter President Virginia Kelley and Co-Chairs Lorraine Forrest and Wilnet Willis.
- ◆ Please keep in your thoughts and prayers, the **Newport News-Hampton Chapter** who recently loss Sister Faye Slidge.
- ◆ **Wilmington Chapter** first to complete and send in their Annual Sisterhood Report! Appreciation to the following MAR chapters for completing Sisterhood Reports: **Charleston, Durham, Goldsboro, New Bern, Newport News-Hampton, Norfolk-Virginia Beach, Richmond, Roanoke, and Tri-Cities.**
- ◆ Please keep the **Northern Virginia Chapter** in your thoughts and prayers who recently loss Sister Carol A. Johnson.
- ◆ Thank you to all chapters for participating and turning in HEER reports, Camp reports, scholarships and essays.



(left) **CS Angelia Rhodes** of the **Wilmington Chapter** poses with students after AARI activity.

(bottom left) **CS Mary Hunter, Newport News-Hampton Chapter** with students from Machen Elementary School.

(bottom right) The **Goldsboro Chapter** reached 5,000+ children in four school. **CS Carole Battle** engages with students below.





- ◆ A Final Recognition to CS Faye Slidge who transitioned to the Light of Eternal Life last month. Rest in Peace, My Sister!
- ◆ A Final Recognition to CS Carol A. Johnson who transitioned to the Light of Eternal Life last month. Rest in Peace, My Sister!
- ◆ The Regional Economic Development Committee, chaired by CS Comatha B. Johnson along with members CS Florence Gibbs, CS Michelle Holston and CS Rosa Nolen for encouraging participation in the 2019-2020 Stay-at-Home Ball Fund-raiser. Thank you to the following sisters for donating to the 2019-2020 Stay-at-Home Ball Fundraiser, representing eleven of twelve chapters within the region:

**Roanoke**  
 QuoVadis Washington-Brown  
 Loretta Freeman  
 Gloria Randolph King  
 Antoinette Harbor  
 Nancy Andrews  
 Birdie Edwards  
 Shelia Herron  
 Linda Journiette  
 Dorothy Lavender  
 Donna Lee  
 Bethanie Mickles  
 Paula Morgan  
 Shirley B. Poindexter  
 Vicky Smith  
 Eunice Younger

**Charleston**  
 Cindy Smalls  
 Marva Black  
 Rosalyn Dewitt  
 Florence Gibbs  
 Sheila Grier  
 Christine Moore  
 Deborah Price

**Goldsboro**  
 Comatha B. Johnson  
 Hiawatha Jones  
 Vernal Best  
 Carole Battle  
 Thelma Black  
 Minnie Carney  
 Jeannette Dixon  
 Robin Freeman  
 Cheryl McCullough  
 Tonya Sampson

**New Bern**  
 Inez Holloway  
 Ava Midgette  
 Andrea Benton Cross  
 Phyllis Robinson  
 Monica Simmons  
 Gail Anderson  
 Willie Franklin  
 Pamela Woods

**Wilmington**  
 Betty Rhodes  
 Karen Jacobs Cherry  
 Vermetta Corbett  
 Deborah Holmes  
 Magdalene Johnson  
 Riwaya Nash  
 Carolyn Nelson  
 Edna Perrymon  
 Dollie Pollock  
 Angelia Rhodes  
 Jacalyn Rhodes  
 Larniece Spencer  
 LaVora Washington

**Mathews**  
 Gaylen Davis  
 Virginia Kelley

**Norfolk-Virginia Beach**  
 Myra A. Barnes  
 D'Borah Bunn  
 Michelle Holston  
 Janice Johnson

**Newport News-Hampton**  
 Jean Roach  
 Ethel Windley  
 Mary Hunter

**Tri-Cities**  
 Nieta Scott-Dunmore  
 Adrienne Johnson

**Washington, DC**  
 Romaine Nelson

**Durham**  
 Rosa Nolen  
 Forsynthia Powell  
 Dianne Sanford  
 Delores Plummer

**Northern Virginia**  
 Robin Browder

**Additional Financial Supporters**

Continental Jennifer Adams    Continental Frances Batts    Continental Patricia Baker  
 Continental Deloris Belle    Mrs. Patricia Beier    Continental Bella Brooks    Continental Marjorie Brooks  
 Continental Patricia Spence    Continental Paula Thompson    Mr. Thomas Washington    Continental Martha Willis  
 Continental Wilnet Willis    Continental Lorena Wilson

**For Continental Sisters and Friends who played a part,  
 We Thank you all from the bottom of our heart.**

- ◆ Thank you to Continental Sisters D'Borah Bunn, Michelle Holston and Janice Johnson for donating to the *20 for 2020* National Fund-raiser.
- ◆ Thank you to all donors and chapters for participating in *MAR Continental Collections for UNICEF*. Sisters, you've outdone yourselves with this first time project!
- ◆ Thank you to all Chapter Presidents for promoting all Sisterhood Initiatives and Economic Development endeavors. You are the key to regional and chapter success. Keep up the GREAT work!
- ◆ Thank you to 1st Vice RD Cindy Smalls, 2nd Vice RD Nieta Scott-Dunmore, Regional Scholarship Chair Rosa Nolen for their positive attitudes and steady commitment towards our Programs, Membership, and Scholarships.
- ◆ Hats off to CS QuoVadis Washington Brown for her work during the regional meeting planning **and** who works in the Health profession and has been working tirelessly during this pandemic. If there are other health professionals in the MAR, please contact the RD for recognition as well. We appreciate your dedication and hard work during this time.

# THANK YOU

## Our Children



Red, White and Green  
Stay at Home Ball

SUPERB RESULTS  
**\$3,640.00**

## Our Commitment



**20 for 2020**

Thanks to this year's donations  
we now have

**18 members**  
representing  
**9 chapters**  
in the region.

PROGRESSING  
**\$60.00**

## Our Concern



LOOKING GOOD  
**\$589.27**

**TOTAL RAISED**  
**\$4,289.27**

## Particularly Protocol

### Dress Codes

Although the Continental Societies, Inc.® has a 'relaxed' dress code, the general protocol is that dress, jewelry and make-up should always be appropriate for the occasion.

Business attire is required at business meetings, including regular chapter meetings (business casual), plenary sessions during regional meetings and at National Conclave.

During Rituals and Ceremonies of the Continental Societies, Inc.®, the Continental pin is always appropriate. During Rituals and Ceremonies of the Continental Societies pants are not permitted/recommended. Appropriate attire is defined for the following ceremonies:

Ceremony	Attire
New Member Induction	White for New Members Black for current members
New Chapter Induction	Black
Installation of Officers	Black
Conclave Memorial Service	White (no pants)
Memorial/Funeral Service for a Continental	Black
Conclave Opening Ceremony Conclave Closing Ceremony	White (no pants)
Rededication Ceremony	White (no pants)

## 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 2019-2020 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. . .

*Did you know the African American Read-In was first introduced and implemented in the Mid-Atlantic Region, five years before the project became a national initiative? What year was the African-American Read-In implemented in the Mid-Atlantic Region? Who introduced this project to the region and which chapter was she in? Who was regional director at the time of implementation? Who was the national president who implemented the African-American Read-In as a national initiative?*

Good Luck!!!

## Sisterhood

**Adaptability** is the willingness to change for the betterment of the organization. Adaptability means being flexible and able to change as circumstances require it. We will face challenges and if we are to honor our values and goals, we must adjust and keep going, hopefully learning from the process. Adaptability requires a willingness to let go. In a democratic society, the majority rules. Adapt and go with the flow!

*"Be like a flower that gives its fragrance even to the hand that crushed it." Hazrat Ali*