

Continental Societies, Inc.® 40th Mid-Atlantic Regional Meeting



Mathews, VA Chapter Co-Host



New Point Comfort Lighthouse

Marriott City Center, Oyster Point
Newport News, Virginia
March 10-11, 2023

Myra A. Barnes, Regional Director
Gwendolyn E. Lindsay, National President

‘Our Children, Our Commitment, Our Concern’

This Meeting Booklet is dedicated to the Memory of:

Continental Virginia Kelley
&
Continental Aretha Thomas



Our Continental Sisters transitioned while serving as
Mathews Chapter President
and as Co-Host Chair to this Regional Meeting.

Our sisters' work and dedication is recognized
in bringing this meeting to fruition.

It was a Blessing to have had these two gracious women on my team,
and an Honor to have worked with them both.

Sisterly & Sincerely,
Myra

Continental Societies, Inc.®

Mid-Atlantic Region

Mission Statement

The mission of the Continental Societies, Incorporated® is to create environments within our communities that empower children to have access to quality and appropriate opportunities to reach their optimal potential.



‘Our Children, Our Commitment, Our Concern’



Continental Societies, Inc.®

Office of the 15th National President

633 Pennsylvania Ave., NW 1st Floor Washington, DC 20004

"Our Children, Our Commitment, Our Concern"



Gwendolyn A Lindsay
National President

Cheryl Grant
National 1st Vice President

C. Lillette Green-Campbell
National 2nd Vice President

National Recording Secretary

Sharon Williams Jackson
National Corresponding Secretary

Tonja Thomas
National Treasurer

Yvette Jones
National Financial Secretary

Margo Briggs
National Sergeant-At-Arms

Gail Anderson
National Chaplain

Brenda Johnson
Historian

Marilyn H. West
National Public Relations Officer

Linda Kamara
Angela Moss
Parliamentarian Team

Robin T. Browder, Esq.
Immediate Past President

Regional Directors

Christine S. Davenport
Eastern Region

Myra Barnes
Mid-Atlantic Region

Regina Deadrick
Midwest-Western Region

Dr. Beverly McCray
Southeastern Region

Honorary Members

Alexis Herman
23rd Secretary,
U.S. Department of Labor

Dr. Dorothy I. Height*
Chair Emerita
National Council of Negro Women

Marian Wright Edelman
Founder and President Emerita
Children Defense Fund

Ingrid Sanders Jones
Chair, National Council of Negro
Women, Inc.

Daphne Maxwell Reid
Actress, Entrepreneur, Photographer

Dr. Thelma T. Daley
8th National President & Chair
National Council of Negro Women
16th National President of Delta
Sigma Theta Sorority

*deceased

March 10, 2023

To My Continental Sisters of the Mid-Atlantic Region:

On behalf of the National Board of Directors of Continental Societies, Inc.®, and the 49 Chapters in the United States, Washington, D.C, and Bermuda, it is with honor and enthusiasm that I greet you on the occasion of your 40th Annual Regional Meeting in Newport News, Virginia. I know this will indeed be a historic occasion to be in person to see and sisterly embrace Continentals again.

Each Continental is like our Founding Courageous Continentals, who were bold, energetic, extraordinary, kind-hearted, visionary, and dedicated service-oriented women whose mission was to create environments that provide life experiences for children through our 5 Point Programs of Health, Education, Employment, Recreation, plus Arts & Humanities, plus scholarships to underserved children and families. You, indeed, have continued to implement and provide unique programs through your programs and services throughout your communities. You have courageously used your creative minds, talents, and partnerships to weather the storm during the COVID-19 pandemic and post-COVID-19 to touch the lives of thousands of children and their families. Thank you for implementing my national initiatives on STREAM, civics, financial literacy, camperships, and college connections. You have outdone yourself.

As Continentals, we are obligated to our founding members and the communities we serve to be the light in each child's eyes. We must continue to use our collective strength to promote positive experiences for the children and each other. As you gather, may each of you be energized and inspired by the fortitude displayed by the leaders in the region and your chapter.

Keep smiling and hugging each other, for the hug you give may be the only hug received by the one you embrace.

Regards,

Gwendolyn A. Lindsay
15th National President
Continental Societies, Inc.®



Myra A. Barnes
Regional Director

Cherie Furlow
1st Vice Regional Director

Donna Lee
2nd Vice Regional Director

Quo Vadis Washington-Brown
Regional Recording Secretary

Donna V. Gainey
Regional Corresponding Secretary

Ethel T. Windley
Regional Financial Secretary

Valerie Trent
Regional Treasurer

Betty Rhodes
Regional Sergeant-at-Arms

Hiawatha Jones
Regional Chaplain

Comatha Johnson
Regional Historian

Dr. Cassandra Shroud Conover
Regional Parliamentarian

Christine Moore
Regional Public Relations Officer

Rosa Nolen
Regional Scholarship Chair

Jean Roach
Immediate Regional Director



Continental Societies, Inc. ® Mid-Atlantic Region

March 11, 2023

Greetings, Sister of the Mid-Atlantic Region:

I am extremely grateful and blessed to be in the position to extend greetings to all of my beautiful sisters of the marvelous, magnificent and magnanimous Mid-Atlantic Region! It is a great pleasure of mine to welcome you to the 40th meeting of the Mid-Atlantic Region as we partake in the joys of sincere sisterly relations, significant scholarship and stellar service.

Our Regional Executive Board, members of the Mathews Chapter and I have been working diligently to prepare for your arrival and to ensure that your stay is enjoyable and memorable. Please do not hesitate to let us know of anything we have inadvertently overlooked as our goal is to make certain that this regional meeting is one of the best!

Above and beyond all other considerations, we want to make certain that we are about the business of the Continental Societies, Inc.® We are committed to the mission of serving children throughout this meeting; and, with that being said, we have planned several useful, informative workshops and sisterly activities all under the auspices of 'Our Children, Our Commitment, Our Concern'.

My Sisters! We are elated about our accomplishments and enthusiastic about our agenda! We have set the tone in implementing 21st century skills into our annual regional meetings while maintaining the integrity of our history! Now is the time! The future of the Mid-Atlantic Region is here and begins with us! Now is the time, knowing that the best is yet to come!

Sisterly and Sincerely,

Myra A. Barnes, Director
Mid-Atlantic Region
Continental Societies, Inc.®

'Our Children, Our Commitment, Our Concern'

Continental Societies, Inc. ®
Mathews, VA Chapter

P.O. Box 1553
Mathews, Virginia 23109

March 11, 2023

Greetings Continental Sisters,

The Mathews Chapter of Continental Societies, Inc. ® is most honored and happy to host the 40th Annual Mid-Atlantic Regional Meeting. We have worked diligently to prepare for this weekend and are certain that it will be exciting, educational, and memorable. This is an opportunity to learn, meet sisters and bring new energy to your chapter.

I would like to take a moment to acknowledge and thank all of the organizations, businesses, and individuals that have made it possible for us to support the many children of Mathews County. Although the Mathews Chapter is small in numbers, we are enormous in spirit.

I would like to personally give thanks to each and every member for their never-ending commitment to serving and changing the lives of underprivileged children.

Enjoy the Regional Meeting.

Sincerely,

D. Lorraine Forrest

D. Lorraine Forrest
Mathews Chapter President

'Our Children, Our Commitment, Our Concern'

Continental Societies, Inc. ®
Mathews, VA Chapter
P.O. Box 1553
Mathews, Virginia 23109

March 11, 2023

Greetings Continental Sisters,

The Mathews Chapter of Continental Societies, Inc. ® would like to extend a warm welcome to our Continental sisters as we gather at the Marriott City Center in Newport News, VA for the 40th Mid-Atlantic Regional Meeting.

As Continentals, it is our mission to enhance the lives of children by helping them to become productive individual's in their community with our assistance through the programs we offer them. We must continue our commitment to enrich the quality of life for children to develop their highest potentials and ensure the doors of opportunity continue to be open wide for them.

As co-hosts for this conference, we sincerely hope that you will find it to be a very fulfilling and memorable conference. You make the difference in the quality of service we provide to the children and youth in the Mid-Atlantic Region.

The members of the Mathews Chapter of Continentals would like to thank you for attending this conference and bringing your excitement. Throughout the conference, we should encourage each other to stay engaged, and keep us proactive as we work together to shape the future of our children in the world.

We want to thank everyone for their contributions, assistance, and guidance in making this conference a success.

Continentially,

Wilnet Willis

Wilnet Willis, Co-Chair
40th Mid-Atlantic Regional Meeting 2023

'Our Children, Our Commitment, Our Concern'

CITY OF NEWPORT NEWS



PHILLIP D. JONES
MAYOR

March 11, 2023



A Message from the Mayor:

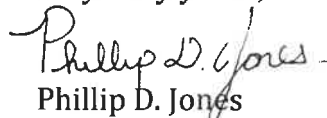
On behalf of my colleagues on City Council and the citizens of Newport News, I welcome you to the Continental Societies, Inc. 40th Mid-Atlantic Regional Meeting. We are so pleased you have chosen Newport News to hold your meeting, bringing members from across Virginia, North Carolina, and South Carolina.

Thank you Continental Societies, Inc. for your dedication and commitment to improve the quality of life for children. It takes each of us working together to make this world a better place for our youth and to enable them to be productive citizens.

Although most of your time will be spent in meetings, we are proud of our City and hope you will have an opportunity to sample some of our fine cultural and entertainment attractions during your stay in the area. The City of Newport News offers restaurants to please all tastes, and an ample selection of shopping areas with something for everyone to enjoy. Newport News offers many museums and attractions that you will find interesting, enjoyable, and educational.

Again, I extend warm greetings from the City of Newport News and hope your experiences will be positive, fulfilling and rewarding.

Very truly yours,


Phillip D. Jones
Mayor

MATHEWS COUNTY PUBLIC SCHOOLS

www.mathews.k12.va.us

Nancy B. Welch, Ed.S.
Division Superintendent

Lesley R. Hunley, M.Ed., MPA
Assistant Superintendent

January 31, 2023

Dear Friends:

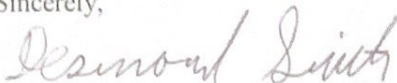
On behalf of the Mathews County School Board, I am pleased to extend my warmest welcome to everyone attending the 40th Mid-Atlantic Regional Meeting of the Continental Societies, Inc. in Newport News, Va. on March 10-11, 2023.

I commend the organizers of this year's meeting for their dedication and hard work in making this meeting a success. Through nearly a half-century of service to underprivileged children and youth across the Nation, Continental Societies, Inc. has proven its steadfast concern for the children of this great Commonwealth. It is gratifying to see Virginians such as yourself who value the nurturing and education of our children, and I thank the Mathews Chapter in particular for your numerous contributions to Mathews County Public Schools.

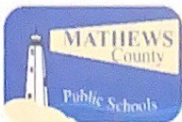
I also want to welcome those of you who have traveled great distances to be here. While you are in Newport News, I hope you enjoy your stay and you will have the opportunity to explore the area, engage in some exceptional shopping and enjoy a great meal at one of the restaurants.

Best wishes on a successful meeting.

Sincerely,


Desmond A. Smith, Cbairman
Mathews County School Board

DAS:sfm





February 6, 2023

PO Box 13463
Roanoke, VA 24034
(540) 982-1322
info@appleridge.org
www.appleridge.org

Continental Societies Inc. Mid-Atlantic Region
1820 Cougar Court
Virginia Beach, VA 23456

Dear Friends at Continental Societies, Mid-Atlantic,

We sincerely thank you for selecting our organization to receive an award at the Annual Regional Meeting in Newport News, VA. We are truly honored to have been chosen to be a part of this special event!

For nearly 40 years, Apple Ridge Farm has played a vital role in helping underserved children attend summer camp at no cost to them or their families. It is because of all of you that we can continue to provide educational enrichment and exhilarating outdoor activities to some of the most vulnerable youth who reside in public housing.

This past summer, we celebrated our 34th consecutive Academic Summer Camp, where for six whole weeks, children explored nature, practiced reading and conflict resolution skills, received academic enrichment from caring and qualified teachers in Science, Technology, Engineering & Math, and enjoyed good, old fashioned, wholesome fun on our 96-acre oasis in Floyd County. Our Environmental Education Center has also hosted over 700 students from 6 school districts and many private schools.

Today, unfortunately, children need us now more than ever. Over the pandemic, the time our students lost from in-person instruction and social interaction has wreaked havoc on their young impressionable lives. In response, over the past two years, Apple Ridge Farm has dramatically expanded our programs to include additional in-school and after-school engagement throughout the year! None of this is possible without folks like you. You make the vision that our founder, Peter Lewis, had all those years ago come to life.

Because of you, we can offer more of these life-changing experiences to the children that need them most. Thank you for making a difference in the lives of children in our region!

Sincerely,

Josh Thoemke
Executive Director
Apple Ridge Farm


India Houston
Director of Administration & Development
Apple Ridge Farm



Apple Ridge Farm
Helping Kids Grow

OUR DREAM

POOH

NINJA

CHILL



Thank You
For Helping Kids Grow!



**CONTINENTAL SOCIETIES, INC.®
40th Mid-Atlantic Regional Meeting**

**MEETING-AT-A-GLANCE
March 10 - 11, 2023**

FRIDAY, MARCH 10, 2023		
TIME	EVENT	LOCATION
12:00 pm – 10:30 pm	Registration Set Up & Opening Vendor Set Up & Opening	Pearl Foyer
3:30 pm – 4:30 pm	Regional Executive Board Meeting	Blue Point Room I
4:30 pm – 7:00 pm	Meet & Greet: National & Regional Officers Professional Development Workshops	Pearl Ballroom II & III
7:00 pm – 10:30 pm	Mathews Chapter Hospitality Food, Fun & Fellowship	Blue Point Rooms II & III
9:00 pm – 10:30 pm	Simultaneous Regional Committee Meetings Regional Community Service Project	Pearl Ballroom II & III

SATURDAY, MARCH 11, 2023		
TIME	EVENT	LOCATION
7:00 am – 8:45 am	Rise and Shine Continental Breakfast Buffet	Pearl Ballroom II & III
7:00 am – 9:00 am	Registration	Pearl Foyer
8:00 am – 5:00 pm	Vendors	Pearl Foyer
9:00 am – 9:30 am	Welcome & Greetings Ceremony	Pearl Ballroom I
9:30 am – 10:00 am	Regional Memorial Service	Pearl Ballroom I
10:00 am – 11:30 am	Plenary Session I	Pearl Ballroom I
11:30 am – 11:45 am	Official Group Photo	Rotunda Staircase
12:00 pm – 2:00 pm	Annual Awards Luncheon	Pearl Ballroom II & III
2:15 pm – 4:30 pm	Plenary Session II	Pearl Ballroom I



CONTINENTAL SOCIETIES, INC. ®
40th Mid-Atlantic Regional Meeting

STANDING RULES

1. All persons attending the 40th Mid-Atlantic Regional Meeting shall register with the Registration Committee and receive a badge identifying Continental Members and guest.
2. Badges shall be worn in all meetings of the 40th Mid-Atlantic Regional Meeting.
3. All attendees shall be seated in designated areas during the business sessions.
4. The Delegate Assembly shall consist of:
 - One delegate elected by each chapter
 - Members of the Regional Executive Board
5. The Plenary Council shall be comprised of all members of the Mid-Atlantic Region in good standing on the National, Regional and Local levels in attendance at the 40th Regional Meeting.
6. Following the reports of the Credentials Committee, the Standing Rules and the Adoption of the Agenda, the 40th Regional Meeting shall be officially organized for conducting business.
7. The Regional Director shall be empowered to appoint such persons and committees as necessary for the conduct of the Regional business including:
 - A Minutes Approval Committee, of not less than three members, who shall amend and approve the 40th Regional Meeting Minutes prior to its circulation to the membership.
 - Timekeepers
8. The Delegate Assembly shall be entitled to make motions, discuss and vote. When directed by the Regional Director, voting members of the Delegate Assembly shall vote by voice, vote cards, raising of hands or standing.
9. Members of the Plenary Council shall speak to issues presented to the general body and vote on those issues when appropriate and/or as directed by the chair.
10. Members wishing to speak, shall rise, be recognized by the Regional Director, and address the chair by identifying herself by name and name of chapter.



CONTINENTAL SOCIETIES, INC. ®
40th Mid-Atlantic Regional Meeting

STANDING RULES, continued

11. Visiting Continentals may not address the Delegate Assembly or the Plenary Council (in session) if not invited or sanctioned to do so by the Regional Director. Visiting Continentals may render written notices which shall be given to the First Vice Regional Director signed by the person under whose authority the notice is issued.
12. **IN DEBATE:**
 - Members must limit their remarks to the merits of the question; personal remarks will not be in order.
 - A member shall speak only twice to a question and for no longer than two minutes.
 - Member may speak a third time, on any one question, only with the consent of the chair or upon a majority vote of the members present and voting.
13. With exceptions of announcements given by the Host Chapter or Meeting Chairperson, notices shall be given to the First Vice Regional Director in writing and signed by the person under whose authority the notice is issued.
14. Cell phones shall be placed on vibrate or turned off. Texting, tweeting and/or posting to any social media outlet regarding any information discussed in business meetings are prohibited.
15. There will be no photographing, videotaping, or recording of business session excepting those previously authorized by the chair.

***Robert Rules of Order Newly Revised, 12th Edition* shall govern the conduct of business where they are applicable and not in conflict with the Continental Societies, Inc.® Constitution and Bylaws (2021 REVISION) or these Standing Rules.**

Myra A. Barnes
Myra A. Barnes
Regional Director

Ursula A. Short
Ursula A. Short
Regional Parliamentarian

Non-public
information

Available
during
meeting only

Non-public
information

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during
meeting only

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**CONTINENTAL SOCIETIES, INC.®
40th Mid-Atlantic Regional Meeting**

**‘Our Children, Our Commitment, Our Concern’
March 11, 2023**

**A G E N D A
PLENARY SESSION I**

Procession of the Dais

Call to Order	Myra A. Barnes, Regional Director
Continental Pledge	Plenary Council in Assembly
Invocation	Hiawatha Jones, Regional Chaplain
Opening Song	Regional Choir
Seating of the Delegates	QuoVadis Washington-Brown, Regional Recording Secretary
Introduction of the Dais	Gloria Randolph-King, Protocol Chair
Introduction of National Officers & First Time Attendees	Myra A. Barnes, Regional Director
Regional Credentials Report (preliminary)	Betty Rhodes, Sergeant-at-Arms
Reading of Standing Rules	Ursula Short, Regional Parliamentarian
Adoption of Standing Rules	Myra A. Barnes, Regional Director
Adoption of Agenda	Myra A. Barnes, Regional Director
Approval of 2022 Regional Meeting Minutes	Myra A. Barnes, Regional Director
Expressions from the National President	Gwendolyn Lindsay
<u>Report of the Mid-Atlantic Regional Officers</u>	
State of the Mid-Atlantic Region	Myra A. Barnes
First Vice Regional Director	Cherie Furlow
Second Vice Regional Director	Donna Lee
Recording Secretary	QuoVadis Washington Brown
Financial Secretary	Ethel T. Windley
Treasurer	Valerie Trent
2023-2024 Budget, Presentation & Adoption	



**CONTINENTAL SOCIETIES, INC.®
40th Mid-Atlantic Regional Meeting**

**‘Our Children, Our Commitment, Our Concern’
March 11, 2023**

A G E N D A

PLENARY SESSION I, continued

Chaplain
Historian
Parliamentarian
Public Relations Officer
Sergeant-at-Arms
Economic Development Chair
Immediate Past Regional Director

Hiawatha Jones
Comatha B. Johnson
Usula Short
Christine Moore
Betty Rhodes
Comatha B. Johnson
Jean Roach

Announcements

Myra A. Barnes, Regional Director

Adjournment of Plenary Session I

Myra A. Barnes, Regional Director

2023 Official Mid-Atlantic Regional Photo Session

2023 REGIONAL RECOGNITION & AWARDS LUNCHEON



**CONTINENTAL SOCIETIES, INC.®
40th Mid-Atlantic Regional Meeting**

**‘Our Children, Our Commitment, Our Concern’
March 11, 2023**

A G E N D A

PLENARY SESSION II

Call to Order	Myra A. Barnes, Regional Director
Roll Call	QuoVadis Washington Brown Recording Secretary
Continental Prayer National Nominating Committee Message	Dr. Cassandra Conover, Member Donna V. Gainey, Member
Report of the Regional Tellers Committee	Bethany Mickles, Chair
Installation of 2023-2025 Regional Officers	Lillette Campbell, National 2 nd Vice President
Establishment of 2025 Regional Nominating Committee	
Regional Credentials Report & Presentation of CAT Award	Betty Rhodes, Sergeant-at-Arms
Passing of the Torch Invitation to 2024 Regional Meeting	Mathews Chapter Tri-Cities Chapter
Announcements	
Chapter Roll Call, Continental Song & Continental Motto	
Official Closing	Myra A. Barnes, Regional Director



CONTINENTAL SOCIETIES, INC.

40th Annual Mid-Atlantic Regional Meeting

Co-Host: Mathews Chapter

NAME: Myra A. Barnes

POSITION/TITLE: Regional Director

COMMITTEE MEMBERS: Regional Executive Board Members: Cherie Furlow (1st Vice Regional Director, Northern Virginia); Donna Lee (2nd Vice Regional Director, Roanoke); QuoVadis Washington Brown (Recording Secretary, Roanoke); Ethel Windley (Financial Secretary, Newport News-Hampton); Valerie Trent (Treasurer, Northern Virginia); Betty Rhodes (Sergeant-at-Arms, Wilmington); Hiawatha Jones (Chaplain, Goldsboro); Comatha Johnson (Historian, Goldsboro); Ursula Short (Parliamentarian, Rocky Mount Metropolitan); Christine Moore (Public Relations Officer, Charleston); Rosa Nolen (Scholarship Chair, Durham); Comatha Johnson (Economic Development, Goldsboro); Jean Roach (Immediate Past Regional Director, Newport News-Hampton)

OFFICER GOALS:

To ensure that each chapter within the Mid-Atlantic Region supports the mission of Continental Societies, Inc.® through the following:

- **Stellar Service:** Encourage participation in the Five-Point Programmatic Thrust to serve children and to support the mission of the organization.
- **Sincere Sisterly Relations:** Increase membership within the region and promote camaraderie.
- **Significant Scholarship:** Expand opportunities for members to increase their knowledge and understanding of our organization as well as strengthen public awareness of the organization to gain understanding and acceptance.

PLAN OF ACTION TO MEET GOALS:

- **Stellar Service:**
 1. Establish regional community service projects that not only accomplishes the Continental mission but also increases public awareness and establishes community partnerships
 2. Build and maintain relationships with current community stakeholders that share similar mission with Continental
 3. Consistently aim for 100% participation from chapters by encouraging, recognizing, and appreciating each and every member's contribution
- **Sincere Sisterhood:**
 1. Promote the Continental Virtues through awareness and meaning
 2. Increase membership through an organized and focused program of recruitment, reclamation and retention
 3. Consistently aim for 100% participation from regional membership by encouraging, recognizing, and appreciating each and every member's contribution

➤ **Significant Scholarship:**

1. Disseminate information on the rich history of our organization as well as protocol, Constitution and Bylaws, Standard Operating Procedures and other governing documents and doctrines
2. Promote the acquisition of Continental knowledge so that members may develop an appreciation for and take pride in our organization
3. Consistently aim for 100% participation from regional membership by encouraging, recognizing, and appreciating each and every member's contribution

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

➤ **Stellar Service:**

1. Established regional community service projects, i.e. 'A Basketful of Books'
2. Established partnerships with United Nations Children's Education Fund (UNICEF), National Council of Negro Women
3. Enhance participation in HEER Plus Arts and Humanities and national and National President's Initiatives
4. Incorporated 21st Century skills as first administration to electronically submit HEER programs, ultimately saving the region time and money from postage and shipping
5. Maintained a solid treasury (begin with less than \$2,000.00 to date, maintained more than \$14,000, budget constraints, monthly reporting, fundraising for programs)
6. Constant reminders to chapters of upcoming and current programs, projects through a monthly newsletter and monthly calendar

➤ **Sincere Sisterly Relations:**

1. Established PROJECT: 3R3 as a regional membership initiative to promote recruitment, reclamation and retention. Outcome 4% increase in membership (198 to 205) and 25% increase in chapters (12 to 15 and presently one interest group)
2. Sustained the Continental Virtues as a much-needed resource for sisterly relations and concern for the morale in this organization
3. Promoted sisters' accomplishments through monthly publications

➤ **Significant Scholarship:**

1. Established the Council of Presidents to promote awareness, trainings, etc.
2. Created, published and circulated a monthly calendar
3. Created, published and circulated a monthly newsletter
4. Collaborated in the reconstruction of the regional website
5. At its highest involvement: 67% of chapters submitted HEER Plus Arts and Humanities Program, 58% of chapters submitted Camp Reports and 50% chapter participation in the Mabs Kemp Essay Contest.

The completion date for this administration will terminate on June 30, 2023. The completion dates for my personal commitment to stellar service, sincere sisterly relations and significant scholarship? Never!

Myra A. Barnes,

13th Mid-Atlantic Regional Director



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Cherie D. Furlow

POSITION/TITLE: 1st Vice Regional Director

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

Chapter	1 st Vice President
Aquia	Gloria Yarbrough
Charleston	Crystal Rouse
Durham	Forsythia Powell
Goldsboro	Vernal Best
Mathews	Lorraine Forrest
New Bern	Andrea Becton Cross
Newport News-Hampton	Evelyn Holmes
Norfolk-Virginia Beach	Shani Twyman
Northern Virginia	Carrie Knighton
Raleigh	Karen Barker
Richmond	Goldie Pettaway
Roanoke	Bethany Mickles
Tri-Cities	Stephanie Harvell
Wilmington	Betty Rhodes

OFFICER’S GOALS FOR 2022-2023:

The mission of the Continental Societies, Inc.® is to create environments within our communities that empower children to have access to quality and appropriate opportunities to reach their optimal potential.

We accomplish our mission through our programs. We have a 5- Point Programmatic Thrust that we follow. Any program or project that you can think of that pertains to children will fall under the 5-Point Programmatic Thrust.

5-Point Programmatic Thrust: HEALTH, EDUCATION, EMPLOYMENT, RECREATION, ARTS & HUMANITIES

PLAN OF ACTION TO MEET GOALS:

We are working with each chapter to meet the HEER +1 goals for the children in their community. We hope to do better than in previous years. But if we just reach one child our goals have been accomplished.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

Reach more children than previous years. (2022-2023)



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Donna W. Lee

POSITION/TITLE: 2nd Vice Regional Director
Chairperson, Mid-Atlantic Region Membership Committee

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

<u>Chapter</u>	<u>Name</u>
Aquia, VA	Johnda Scott-Adams
Charleston, S.C.	Florence Gibbs
Durham, N.C.	Diane Sanford
Goldsboro, N.C.	Comatha Johnson
Mathews, VA	Gaylen Davis
New Bern, N.C.	Pamela Woods
Newport News/Hampton, VA	Ethel Windley
Norfolk/ VA Beach, VA	Cassandra Baker-Wright
Northern VA, VA	Felicia Davis-Hipkins
Raleigh, N.C.	Vanessa Clark
Richmond, VA	Beverly Davis
Roanoke, VA	Sheila Herron
Rocky Mount Metro, N.C.	Phyllis Hawkins
Tri-Cities, VA	Maureen Smith-Scott
Wilmington, N.C.	Angelia Rhodes

OFFICER GOALS FOR 2022-2023:

- Continue to Recruit, Reclaim and Retain members of the Mid-Atlantic Region
- Promote extension and retention of membership and formation of new chapters
- Maintain a current roster of each membership category
- Chapter 2 nd Vice Presidents develop and collect current membership data
- Assist chapters with ordering of all organizational formal jewelry
- Keep Regional Director, 2 nd National Vice President and local chapters informed of current prices, rules, regulations regarding the ordering of Official organizational jewelry
- Make sure all chapters know the importance of submission of financial forms for payments/ Dues /assessments are done in a timely manner so that the induction / initiation processes flow positively

PLAN OF ACTION TO MEET GOALS:

- Chapters were encouraged to adhere to the National guidelines for Membership Intake Activities. They were offered assistance with Virtual Induction
- Chapters were encouraged to submit payments /dues/assessments in a timely manner. No ribbons or certificates would be mailed until the payment was confirmed with the financial officers.
- Seek and reach out to other communities that are within the states of this region.
- Share the Mid-Atlantic Region Project: 3R3 (Recruit, Reclaim Retain) 3
- Create a regional brochure to let others know our mission and who the Continentals are.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE:

- Most Chapters submitted payments /dues /assessments in a timely manner
- Chapters adhered to National guidelines and completed Membership Intake by the end of the year. One chapter sought special permission for an extension.
- Assisted our Regional Director with a Virtual Presentation “The Role of the Region” to an Interest Group in Pollocksville, N.C. during the month of February.
- Plans are already underway for the Tri-Fold Brochure which may be completed by the Regional Meeting
- Other achievements include 100% participation on Continental Sunday. Five chapters worshipped virtually and ten chapters worshipped In- Person. The total Continental Sisters was 113, Continental Guys totaled 5 and 2 children participated. Our total donations to Youth Departments were \$2,460.00.
- Chapters were encouraged to be creative in highlighting our Continental Virtues each month.
- Regional Membership growth saw an increase of 11 new members.



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: QuoVadis Washington-Brown

POSITION/TITLE: Regional Recording Secretary

COMMITTEE MEMBERS (LIST NAME & CHAPTER): Regional Director Myra A. Barnes and Mid-Atlantic Region Executive Board

OFFICER GOALS FOR 2022-2023:

- Record Executive Board Meeting minutes for MAR Executive Board.
- Transcribe and provide minutes of Executive Board Meeting to be distributed to Regional Director and MAR Executive Board.
- Maintain minutes, meeting agendas, and Executive Board Attendance Sheets for the record.
- Communicate and collaborate with the Regional Director for any other pertinent assignments.
- Participate in all Regional Conference calls or meetings (virtually).
- Serve as Regional Corresponding Secretary in her absence.

PLAN OF ACTION TO MEET GOALS:

- To maintain continuity of this position, suggestions are:
- Maintain copies of all records, minutes, agendas, and attendance records for Executive Board.
- Maintain all records in chronological order.
- Maintain Zoom recordings of Executive Board Meetings as viable records.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

- Continue to record all meeting minutes for MAR Executive Board. **Ongoing**
- Continue to maintain all meeting minutes, agendas, attendance records. **Ongoing**
- Continue to keep copies of reports submitted until transitioned to new officer. **Ongoing**
- Continue to provide support for the Regional Director. **Ongoing**



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Ethel Taylor Windley

POSITION/TITLE: Financial Secretary

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

Regional Director – Myra A. Barnes, Norfolk-Virginia Beach Chapter

Treasurer – Valerie Trent, Northern Virginia Chapter

Financial Secretary – Ethel T. Windley, Newport News-Hampton Chapter

OFFICER GOALS FOR 2022-2023:

- Assist the Financial Team in preparing for the internal/external audit
- The reconciliation of MAR and National Rosters is cumbersome; still needs assistance from Regional Chapter Presidents and Financial Secretaries
- Develop a fillable Dues and Assessments Transmittal Form
- Receive, record and receipt all funds for the Mid-Atlantic Region
- Purchase a two-part receipt book for the Mid-Atlantic Region
- Submit all funds received to the MAR Treasurer along with the Incoming Funds Transmittal Form within three days of receipt
- Maintain an Incoming Funds Received Report
- Sign vouchers along with the President or Treasurer in order to expedite payment
- Provide 2022-2023 Dues and Assessments Transmittal Form by the 1st of September to each Chapter in the Mid-Atlantic Region
- Serve on the Budget and Finance committee in preparing the annual budget.

PLAN OF ACTION TO MEET GOALS:

- Support Financial Team with gathering documentation for accomplishing the annual internal/external audits
- Reconciling MAR and National Rosters as required the assistance of all Financial Secretaries throughout the Region to provide updated information whenever there is a change to the census of the Chapter. Rosters should be emailed to Financial Secretary when the Dues and Assessments Transmittal Forms and check are mailed

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

- Current year's activities were accomplished with no adverse outcomes
- The reconciliation of MAR and National Treasurer is cumbersome; still needs assistance

Non-public
information

Available
during
meeting only

Non-public
information

Available
during
meeting only



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Valerie Trent

POSITION/TITLE: Mid-Atlantic Regional Treasurer

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

Regional Director – Myra A. Barnes, Norfolk-Virginia Beach Chapter

Treasurer – Valerie Trent, Northern Virginia Chapter

Financial Secretary – Ethel T. Windley, Newport News-Hampton Chapter

OFFICER GOALS FOR 2022-2023:

1. Assist with the development of a Mid-Atlantic Regional Budget.
2. Receive and deposit all funds in Truist Bank.
3. Maintain accurate financial records.
4. Prepare financial reports for the monthly meeting.
5. Prepare Regional Financial files for Annual Audit annually and external audit when there is a change in Regional officers.
6. Work in tandem with the Regional Director, Financial Secretary, and membership to meet the financial needs of the Region.
7. Prepare and present Budget and Financial reports at the Mid-Atlantic Regional Meeting March 2023.
8. Review chapter 990's and prepare the Mid-Atlantic Region's 990.
9. Work with National to complete the VIRGINIA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES – CHARITABLE ORGANIZATION FORM 102.

PLAN OF ACTION TO MEET GOALS:

1. Work in partnership with the Executive Board officers to develop the Regional Budget.
2. Review Bank documents for accuracy.
3. Receive approved vouchers and disburse payment of bills accordingly.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

- | | |
|--|--------------|
| 1. Annual Budget will be developed. | Winter 2022 |
| 2. Financial records will be maintained. | Ongoing |
| 3. Collaboration with Regional Director, Executive Board and Members to meet the Region's financial requests and requirements. | Ongoing |
| 4. Present the Financial Report and Budget at the Regional Meeting. | March, 2023 |
| 5. Participate in Monthly Executive Board Conference Calls. | As Scheduled |

Non-public
information

Available
during
meeting only

Non-public
information

Available
during
meeting only



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

Name: Hiawatha Jones

Position/Title: Regional Chaplain

COMMITTEE MEMBERS (LIST NAME & CHAPTER): **Aquia Chapter**, Brenda Clark; **Charleston Chapter**, n/a; **Durham Chapter**, Lillie Edwards; **Goldsboro Chapter**, Robin Freeman; **Mathews Chapter**, Martha Ann Williams; **New Bern Chapter**, Vacant; **Newport- News, Virginia Chapter**, Phyllis Overton; **Norfolk-Virginia Beach Chapter**, Eileen Varner; **Northern Virginia Chapter**, Brenda Adams; **Raleigh Chapter**, Dianne Wynn-Criss; **Richmond Chapter**, Christal Bacon; **Roanoke**, Lorena Wilson; **Tri-Cities**, Bessetta Parker; **Wilmington Chapter**, n/a; **Rocky Mount Metropolitan**, Patricia Johnson.

Officer's Goal for 2022-2023

- To collaborate closely with the MAR Regional Director and Board to determine the spiritual needs of the Region.
- To be the comforting catalyst to promote spiritual guidance and leadership throughout the Region
- To incorporate the Continental Prayer as a monthly routine.
- To assist the 2nd Vice President with the implementation of the Continental Virtues as needed.

Plan of Action

- Established a Quarterly Meeting schedule to discuss the following:
 - To share pertinent information relative to Chaplain for distribution to their Chapters.
 - To develop a prayer list, special requests, share good news and discuss concerns within each chapter.
- Established a Prayer Line via tele-conference.
To share individual prayer needs as well as Chapter needs.
To build prayer conference with each Chaplain
- Continue the inspirational monthly "Think on This" message.
- Continue a Voice Note system of communication with each Chapter Chaplain.
- Continue a prayer line comprised of Chapter Chaplains.

Anticipated Outcomes and Achievements for the 2022-2023 Year:

- A strong Region of Continental Sisters built on the foundation of 1 Peter 4:8:
"And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins."

REGIONAL CHAPLAIN’S REPORT, continued

- Promote a camaraderie of Sisterly relationships that will build a greater foundation for completing our commitment to the community and the children.

- To build an even stronger and prodigious Mid-Atlantic Region composed of Women empowering women to excel through the power of God’s love, hope and wisdom.

2022-2023 AMENITIES REPORT

MEMBER’S NAME	AMENITY (Sickness, death, etc.)	WHEN (INCLUDE DATE)	CONTINENTAL MEMBER OR RELATIVE (PLEASE SPECIFY)
Continental Shirley Clark Aquia Chapter	Death	May 2022	Brother- James Earl Wallace
Continental Virginia Kelley Mathews Chapter	Death	June 14, 2022	Member, President of Mathews Chapter
Continental Dana Briggs Richmond Chapter	Death	July 2, 2022	Uncle Perry Briggs, Jr.
Continental Beverly Davis Richmond Chapter	Death	July 17, 2022	Continental Guy Langton Davis
Continental Hazel Jones Roanoke Chapter	Death	August 20, 2022	Continental Guy Clifton Jones
Continental Hazel Rouse Newport News Chapter	Death	August 23, 2022	Continental Guy Marshall Rouse
Continental Shirley Clark Aquia Chapter	Death	August 2022	Brother- Kenneth Wade Wallace
Continental Phyllis Overton Newport News Chapter	Death	September 26, 2022	Continental Guy Norman Overton
Continental Margret Davis Trotter Norfolk-Virginia Beach Chapter	Death	October 5, 2022	Continental Member
Continental Annie Reed Durham Chapter	Death	October 25, 2022	Continental Member
Continental Wendy Battle Richmond Chapter	Death	November 4, 2022	Continental Member
Continental Marilyn West Richmond Chapter	Death	January 2, 2023	Continental Guy Edward West
Continental Catherine Armwood Durham Chapter	Death	January 19, 2023	Continental Guy Aaron Armwood
Continental Shirley Clark Aquia Chapter	Death	January 2023	Sister Marva Matthews
Continental Robin Browder Northern Virginia Chapter	Death	January 25, 2023	Mother



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Comatha B. Johnson

POSITION/TITLE: Mid-Atlantic Region Historian

COMMITTEE MEMBERS (LIST NAME & CHAPTER): Comatha B. Johnson- Chairperson, Goldsboro Chapter

(All Chapter Historians or Designee and Regional Director)

OFFICER GOALS FOR 2022-2023:

1. Collaborate and communicate with the Regional Director and provide reports during monthly Executive Committee Meetings
2. Communicate with Chapter Presidents/Designee/Historians and collect pertinent history information
3. Compile data of all chapter histories received
4. Communicate with National Historian, participate in scheduled meetings and comply with request

PLAN OF ACTION TO MEET GOALS:

1. Compose and forward letter to Chapter Presidents/Historians with details for reporting chapter history
2. Provide an outline document for typing history information requested
3. Collect and review all chapter histories
4. Collect other pertinent data to reflect an accurate account of all MAR business/activities
5. Perform other role related duties as requested by the Regional Director and National Historian

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

1. Organize history data by chapter
2. Compile document containing all history information for each chapter
3. Compile other relevant information of regional business and activity and include in document
4. Get annual history document printed for distribution at the Regional Meeting
5. Goals and action plan for this office will be achieved and annual MAR history documented prior to Regional Meeting.



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Betty Rhodes

POSITION/TITLE: Sergeant-At-Arms

COMMITTEE MEMBERS (LIST NAME & CHAPTER): Sergeant-at-Arms for chapters within the Mid-Atlantic Region

OFFICER GOALS FOR 2022-2023:

1. Assist the Regional Director in maintaining order at all business meetings.
2. Monitor the admittance and exit of authorized persons.
3. Distribute agendas, reports, documents, and materials to officers and members.
4. Acquire and maintain properties needed at Regional Meeting.

PLAN OF ACTION TO MEET GOALS:

1. Confer regular with the Regional Director on the tasks assigned/completed.
2. Maintain Property Check list and update Property Inventory.
3. Assist packing with transfer of properties.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

1. Enhance orderly conduct at our 2023 meeting.
2. Collect, organize and ensure that all reports are handles properly.
3. Onsite training will be provided.



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Ursula Short

POSITION/TITLE: Regional Parliamentarian

COMMITTEE MEMBERS (LIST NAME & CHAPTER): Ursula Short, Rocky Mount Metropolitan, NC and parliamentarians within the Mid-Atlantic Region

OFFICER GOALS FOR 2022-2023: To be assist and be a resource to the Regional Director and chapter Parliamentarians on the rules of Parliamentary Procedure

PLAN OF ACTION TO MEET GOALS: Attend all regional executive committee meetings and regional conferences; present workshops on parliamentary procedures for chapter officers and parliamentarians.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

A workshop was presented on Parliamentary Procedure 101 to the chapter presidents and vice presidents attending the monthly President's Council convened by Madam Regional Director. The workshop presenter is a member of National Association of Parliamentarians. The Standing Rules for the Regional Meeting was written and presented. It is my honor to serve the region.



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Gloria Randolph-King, Roanoke VA Chapter

POSITION/TITLE: Chair, Protocol Committee

COMMITTEE MEMBERS: (LIST NAME & CHAPTER)

All Protocol Chairs of chapters in the Mid-Atlantic Region

OFFICER GOALS FOR 2022-2023:

- To assist the chapters with their protocol understanding.
- To assist where needed with the induction of new members.
- To assist in the implementation of the regional meetings and programs.
- To attend, participate and formulate ideas at the monthly Regional Executive Board meetings.
- To be of assistance to the Regional Director when needed.

PLAN OF ACTION TO MEET GOALS:

- Assist chapters in planning and implementing ritualistic ceremonies.
- Create a regional protocol manual to be included in the Regional Policies and Procedures Manual.
- Meet with the Protocol Chairpersons at least once a year.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE:

- Goal is to observe Inductions. This year, most of the chapter inductions were in person and it was difficult to attend them.
- Assist the Regional Director and the Co-Host Chapter with the in person Regional Meetings. **ongoing**
- Email chapters to secure protocol assistance at the 2023 Regional meeting in Newport News.
- Involve more of the protocol chairpersons in planning and implementing at Regional meeting.



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Christine Moore

POSITION/TITLE: Public Relations

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

Cherie Furlow, NOVA

OFFICER GOALS FOR 2022-2023:

To host and maintain the region's website at www.midatlanticregioncontinentals.org

To assist the region with information technology needs

To provide technology advice and assistance to chapters in the region, as time permits

To begin upgrading the regional website to become *responsive*. This means to make it better adaptive to sizing for mobile devices.

PLAN OF ACTION TO MEET GOALS:

As for the website, the plan is to bring it up to date with events and material before March 10. Then after the Regional Conference, we want to add fresh information such as highlighting our student recipients.

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

Updates of information will occur before the end of March

Upgrading to responsiveness will occur during the summer, with consultation with the Regional Director.



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Rosa Nolen

POSITION/TITLE: Mid-Atlantic Region Scholarship Chair

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

Aquia	Frances Barr
Charleston	Florence Gibbs
Durham	Forsythia Powell
Goldsboro	Dr. Yolanda Williams
Mathews	Gaylen Davis
New Bern	Wanda Poole
Newport News-Hampton	Ethel Windley
Norfolk-Virginia Beach	Dr. Michele Dabney
Northern Virginia	Kadijah Muhammad
	Karla Wiggins
	Linda Cobb
Raleigh	Karen Barker
Richmond	Dionne Johnson
	Timika Vincent
	Pamela Boston
Roanoke	Gloria Randolph King
Rocky Mount Metropolitan	Natalie Rogers
Tri-Cities	Natonya Robinson-Williams
Wilmington	Vernetta Corbett

OFFICER GOALS FOR 2022-2023: To seek more avenues and other resources to: (1) aid students in improving the writing of the of the essay portion of their scholarship application; (2) seek more diverse avenues to increase the number of students applying for scholarship applications; (3) encourage the National Scholarship committee to continue to offer webinars pertaining to scholarship.

PLAN OF ACTION TO MEET GOALS:

- (1) Provide early notification to chapters about the dates student/parent webinars are available;
- (2) Find methods to motivate all chapters to locate students to submit scholarship applications (currently 15 percent of the chapters submit no student applications)

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

- (1) Increased parent/student participation at scholarship webinars; (frequently thru-out 2023)
- (2) Participation in scholarship by submissions by 100% of the chapters; (completion 2-2024)



CONTINENTAL SOCIETIES, INC.®
40th Annual Mid-Atlantic Regional Meeting
Co-Host: Mathews Chapter

NAME: Comatha B. Johnson

POSITION/TITLE: Economic Development Committee-Chairperson

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

2019-2021	2021-2023
Comatha B. Johnson, Chairperson	Comatha B. Johnson, Chairperson
Myra Barnes, Norfolk-Virginia Beach Chapter	Myra Barnes, Norfolk-Virginia Beach
Cherie Furlow, Northern, VA Chapter	Kia Washington-Brown, Roanoke, VA Chapter
Christine Moore, Charleston, SC Chapter	Gerardette Furlow, Raleigh, NC Chapter
Rosa Nolen, Durham, NC Chapter	Rosa Nolen, Durham, NC Chapter
	Betty Rhodes-Wilmington, NC Chapter

OFFICER GOALS FOR 2022-2023:

1. Spearhead and coordinate Regional Fundraising Activities
2. Validate funds raised with Financial Officers
3. Document cumulative financial report for membership as Chairperson during this Administration at the end of Tenure.

PLAN OF ACTION TO MEET GOALS:

1. Meet with EDC Committee to discuss role
2. Develop financial plan and share with Regional Leaders and Membership
3. Implement Fundraising projects for the Region
4. Confirm income received with Finance Officers and Regional Director
5. Report to membership at the Regional Meeting

ANTICIPATED ACCOMPLISHMENT/OUTCOME AND COMPLETION DATE

2020 Income: Virtual Fundraiser	\$ 2,401.60
Stay at Home Ball	1,821.00
Total	4, 222.60
UNICEF	<u>554.27</u>
Grand Total for year 2020	\$4, 776.87
2021 Income: Pre-Mother’s Day	\$2, 910.00
2022 Income: Pre-Mother’s Day	6,445.00
2023-No Fundraiser by the EDC	<u>0.00</u>
Grand total for 2020, 2021, 2022	\$14,131,87

The Economic Development Committee had a very successful journey during this Administration even with inflation and new financial demands place on Chapters by the National body in 2022. The income afforded the Region the opportunity to increase scholarships and monetary awards to students and chapters. Thank you for your support the past four years.

Non-public
information

Available
during
meeting only

Continental Societies, Inc. ®
 2022-2023 Mid-Atlantic President's Council
 Installation Dates & Chapter Contact Information

Newport News-Hampton Installed October 5, 1953 Jean Roach 26 Town Centre Way, #183 Hampton, VA 23666	Goldsboro Installed February 1961 Hiawatha Jones P. O. Box 1012 Goldsboro, NC 27530	Roanoke Installed April 3, 1965 Loretta Freeman P. O. Box 6075 Roanoke, VA 24017
Aquia Installed Donna V. Gainey P. O. Box 413 Dumfries, VA 22026	Charleston Installed January 25, 1992 Christine Moore P. O. Box 80386 Charleston, SC 29416	Durham Installed March 2, 1979 Rosa Nolen P. O. Box 52124 Durham, NC 27717-2124
Mathews Installed April 18, 1989 D. Lorraine Forrest P. O. Box 1553 Mathews, VA 23109	New Bern Installed February 23, 1993 Willie M. Franklin P. O. Box 14894 New Bern, NC 28561	Norfolk-Virginia Beach Installed January 17, 1976 Phyllis Andrews P. O. Box 12373 Norfolk, VA 23541
Northern Virginia Installed July 31, 1993 Cherie Furlow P. O. Box 1992 Alexandria, VA 22313	Raleigh June 1, 1985 Karen Barker 317 Oaklyn Springs Drive Raleigh, NC 27606	Richmond Installed April 17, 1976 Nkechi George Winkler P. O. Box 23260 Richmond, VA 23260
Rocky Mount Metropolitan November 6, 2021 Dr. Cassandra Conover P. O. Box 2186 Rocky Mount, NC 27802	Tri-Cities Installed March 9, 2009 Adrienne Johnson P. O. Box 181 Petersburg, VA 23804	Wilmington Installed October 26, 1995 Karen Jacobs-Cherry P. O. Box 10818 Wilmington, NC 28404

Celebrating Chapter Anniversaries

Newport News-Hampton - 70 Years
 New Bern – 30 Years
 Northern Virginia – 30 Years

Historic Lagniappe: The awarding of the first Anniversary Plaques were implemented at the Regional Meeting in 2001 by Regional Director Florence Blount. Chapters are recognized for their years of service in 5-year increments by the Regional Director annually.

Congratulations Mid-Atlantic Region

40th Regional Meeting ~ March 10-11, 2023

Aquia Virginia Chapter Members

Donna V. Gainey, President
Gloria Yarbrough, 1st Vice President
Johnda Scott-Adams, 2nd Vice President
Linda Burt, Recording Secretary
Ingrid Brady O'Neal, Correspondence Secretary
Torie Goodwin, Treasurer
Edwina Britt, Financial Secretary
Shirley Clark, Sergeant-At-Arms
Rashawn Eaddy, Historian
Hilda Roundtree, Public Relations
Brenda S. Clark, Chaplain
Portia Linton, Parliamentarian

Frances Barr, Ebony Brown, Robin Brown, Christina Clark, Brenda Humphrey,
Myra Lane, Melissa Neal, Wilma Newby, Vonda Roseborough,
Alexis Smith, Korana D. Smith, Ebony Yarbrough, Atarah-Sheba Young

Congratulations to the Marvelous Mid-Atlantic Region



Charleston Chapter



If we don't stand up for children,
then we won't stand for much
~Marian Wright Edelman



The Sisters of the Goldsboro Chapter are elated for the opportunity to share in Magnificent Mid-Atlantic Region's 40th Anniversary.

4 We wish our sister chapters all the Best in Championing the cause for the children that we pledged to serve.



Greetings from
Continental Societies, Inc.® - Mathews, Virginia Chapter



Lorraine Forrest, President; Lottie Coleman; Linda Johnson, 1st Vice President; Denise Cooke, Treasurer; Gaylen Davis, 2nd Vice President

*Lordy, Lordy,
Our Mid-Atlantic Region is Forty
May we continue to grow our numbers,
So, we can help even more children.*



*The Sisters of
The New Bern Chapter
Willie M. Franklin, President*



CONTINENTAL SOCIETIES, INC.®
 Newport News-Hampton, VA Chapter
 Our Children, Our Commitment, Our Concern



Lucretia Clayton



Pia Holmes



Evelyn Holmes



Enora Marshall



Phyllis Overton



Jean Roach



Priscilla Pankey



Elizabeth Taylor Rouse



Dr. Sharon Shaw



Rose E. Vann—Emeritus



Ethel Taylor Windley



Vernell Walden—Emeritus

Congratulations

Continental
 Societies, Inc

Mid-Atlantic
 Region

On your
 40th
 Anniversary

Newport
 News-
 Hampton
 Chapter

1953

Congratulations on the 40th Meeting of the Mid-Atlantic Chapters

NORFOLK-VIRGINIA BEACH CHAPTER



Myra Barnes



Phyllis Andrews



Cassandra Baker-Wright



Michelle Holston



Janice Johnson



Eileen Varner



Ellen Saunders



D'Borah Bunn



Michele Dabney



LaVoreen McPherson

“Our Children, Our Commitment, Our Concern”




Not individually pictured: Continentals Blow, Browder, Lane, Muhammed, Cook



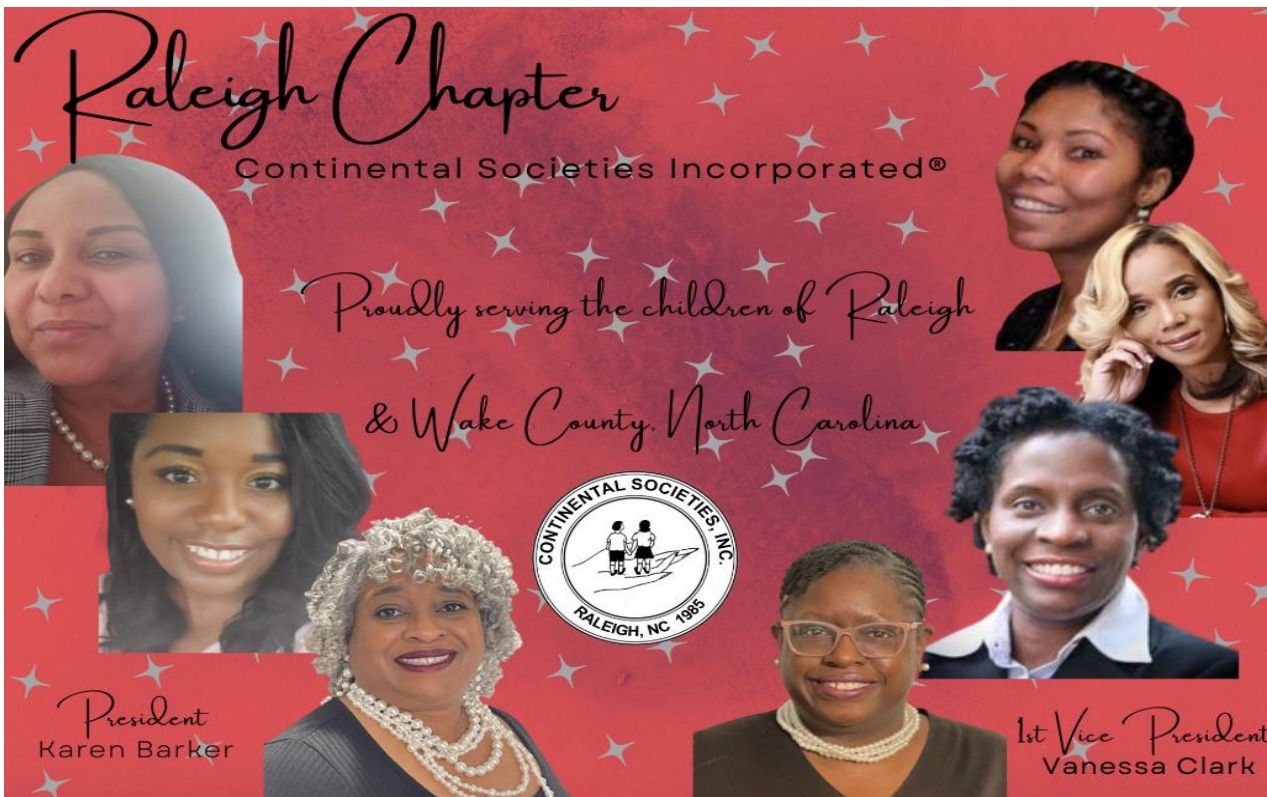
Raleigh Chapter
Continental Societies Incorporated®

*Proudly serving the children of Raleigh
& Wake County, North Carolina*



President
Karen Barker

1st Vice President
Vanessa Clark



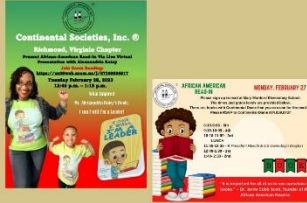


Continental Societies, Inc.[®] Richmond, Virginia Chapter



Continental Societies, Inc.
The Richmond, Virginia Chapter
P.O. Box 26221
Richmond, Virginia 23260

African American Read-In



6,500 Mask Donation
(Richmond School Board & Superintendent)



Celebrating 46 Years of
Dedicated Service & Achievement

Health Living Program



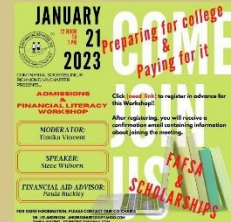
Gift of Warmth (Coat Distribution)



Red Ribbon & Anti Bullying



Admissions & Financial Literacy Workshop



Richmond Chapter Provides Red Carpet Service to Children

www.richmondcontinentals.org/

www.facebook.com/RichmondContinentalSocietiesInc/



Continental Societies Inc. Roanoke Chapter

ROCKY MOUNT METROPOLITAN, NORTH CAROLINA CHAPTER



Front row seated: Dr. Evelyn Shaw Wilson; Dr. Cassandra Conover, President; Torian Giles, Esq., First Vice President; Elder Patricia Johnson, Chaplain **Back row:** Deborah Farmer, Financial Secretary; Ursula Short, Sergeant at Arms and Recording Secretary; Natalie Rogers, Parliamentarian; Geraldine Hill, Treasurer. Not pictured: Geraldine Womack and Linda Sanders, Historian.

CONTINENTAL SOCIETIES, INC
Tri-Cities
Virginia Chapter

					
Adrienne Johnson President	Stephanie Harvell 1st VP	Maurcen Smith-Scott 2nd VP	Natonya Robinson-Williams Recording Secretary	Brenda White-Jordan Corresponding Secretary	Thelma Jefferson Financial Secretary
					
Angela Williams Treasurer	Bessetta Parker Chaplain	Dana Crocker-Farrar Historian	Annetic Smith-Lee Sgt. At Arms	Na'Shayla Nelson Parliamentarian	Shalonda Venable-Royster Public Relations
					
Kimberly Brickhouse	Tiffany Buckner	Melanie Crocker	Dana Griffin-Graves	Barbara Hill	
					
Tamara Johnson	Yolanda Jones	Cheryl Wilson			

Congratulations to the Marvelous Mid-Atlantic Region
The Wilmington Chapter



2019-2023

Thank you for the moments.
I have learned and I have helped
which is most purposeful.

And now,
“The moving finger writes, and
having writ, moves on . . .”

Myra A. Barnes,
13th Director
Mid-Atlantic Region

Continental Virtues

Tips and Activities for individual sisters or the entire chapter on understanding and implementing the *Continental Virtues*. Commitment, Optimism, Nurturance, Temperance, Integrity, Nobleness, Endurance, Niceness, Trustworthiness, Adaptability, Love

1. View the **Continental Virtues** as a foundation to greater sisterly relations. Everything begins with a firm foundation.
2. There are eleven (11) **Continental Virtues** that when in sequential order spell out 'Continental'. The virtues are not interchangeable, nor should they be changed although they can be implemented individually.
3. The **Continental Virtues** are internal and are not intended to be shared in public-reporting neither written or orally.
4. Every member in every chapter in each region should be aware of and have a copy of the **Continental Virtues**.
5. Change your mindset. If you know sisterly relations can better, then be a part of the solution to make it better.
6. Embrace the **Continental Virtues**. Help spread positivity by becoming a part of the construction team.
7. Find your favorite **Continental Virtue**, learn its meaning as it relates to Continental Societies, Inc. ® then add another virtue until you learn them all.
8. Be a balancing act. If someone is not nice to you, show optimism to that person. Remember: You cannot hold a sister down without staying down with her. We want every sister to soar!
9. Be mindful of the **Continental Virtues**. Think about the virtues before you act. Every action that we do counts. . . everything we send into the lives of others, comes back into our own. Sound familiar?
10. Make them a habit! Practice the **Continental Virtues** in dealing with your sisters and spread the Continental love!

Commitment
Optimism
Nurturance
Temperance
Integrity
Nobleness
Endurance
Niceness
Trustworthiness
Adaptability
Love

Historic Lagniappe: The Continental Virtues were authored in the Mid-Atlantic Region by Continental Myra A. Barnes, appointed Chair, National Sisterhood Initiative by National President Robin Browder in 2017.

Continental Foundation

We must never forget our purpose. . .

THE MISSION OF THE CONTINENTAL SOCIETIES

The mission of the Continental Societies, Incorporated is to create environments within our communities that empower children to have access to quality and appropriate opportunities to reach their optional potential.

We must never forget our promise. . .

THE PLEDGE OF THE CONTINENTAL SOCIETIES

It is my sincere desire, to do all within my power as a member of the Continental Societies, to observe and execute the objectives and purposes of the organization. I do solemnly pledge my wholehearted support to the program of the group; and will, to the best of my ability, serve my chapter. I do solemnly pledge to abide by the laws of the organization. I shall earnestly endeavor at all times to make myself worthy of membership in the Continental Societies.

We must never forget our intention. . .

THE MOTTO OF THE CONTINENTAL SOCIETIES

“There is a destiny that makes us Sisters; None goes her way alone, All that we send into the lives of others, Comes back into our own.”

We must never forget who we are and what we do. . .

THE SONG OF THE CONTINENTAL SOCIETIES

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 Continental,
For your love and care
May God be with us always,
Teaching u to share.



Certificate of Attendance

This certificate is presented to

In recognition of Attendance at the

Continental Societies, Inc.®
40th Mid-Atlantic Regional Meeting
Newport News, VA

Myra A. Barnes
Regional Director
March 11, 2023

