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

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
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’
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.®
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’
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’
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.

Continently,

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

‘Our Children, Our Commitment, Our Concern’
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
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,

[Signature]

Desmond A. Smith, Chairman
Mathews County School Board

DAS: sfm
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  

"Helping Kids Grow" Since 1978  
Please consider a planned gift that will help grow for generations to come.
Thank You

For Helping Kids Grow!
# CONTINENTAL SOCIETIES, INC.®
## 40th Mid-Atlantic Regional Meeting

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

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<th>TIME</th>
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<td><strong>FRIDAY, MARCH 10, 2023</strong></td>
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| 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** |                                                                                           |                           |
| 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          |
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.
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.

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*Myra A. Barnes*  
Myra A. Barnes  
Regional Director

*Ursula A. Short*  
Ursula A. Short  
Regional Parliamentarian
Minutes of the 39th Annual Meeting (Virtual)
April 30, 2022

Myra A. Barnes, Mid-Atlantic Regional Director

"Our Children, Our Commitment, Our Concern"

The 39th Annual Meeting of the Mid-Atlantic Region, held virtual, was officially called to order at 10:00 a.m. by Regional Director Myra Barnes. Following Devotion and Prayer by Regional Chaplain Hiawatha Jones, greetings were received from National President Gwendolyn Lindsay and Camp Apple Ridge Executive, India Houston. The Public Meeting closed at 10:14 a.m.

Memorial Service was conducted. The Negro National Anthem (verse 1) was sung by National Chaplain Gail Anderson. The memorial was in tribute to Continental Sisters who passed away in 2022. Tribute was facilitated by Regional Chaplain, Hiawatha Jones. Tributes were made to the following Continentals: Past Regional Director Delores R. Greene of the Richmond Chapter, Continental Minnie G. Carney of Goldsboro Chapter, Continental Hermaener A. Douglas of Norfolk-Virginia Beach Chapter and Continental Jennifer J. Adams of the New Bern Chapter. Tributes were provided by Past National President Lois Harrison Jones Fears, Goldsboro Chaplain Robin Freeman, Norfolk-Virginia Beach Chaplain by Eileen Varner, and New Bern President Willie Mae Franklin. The Memorial Service was concluded with the singing of the last verse of the Negro National Anthem by Continental Sister Gail Anderson.

Business Meeting (Session I)

Seating of Voting Delegation was conducted by Recording Secretary QuoVadis Washington-Brown. Sixteen Executive Board Members were seated, and 14 Delegates were seated. All Regional Executive Board members were present: Regional Director Myra Barnes, 1st Vice Regional Director Cherie Furlow, 2nd Vice Regional Director Donna Lee, Recording Secretary QuoVadis Washington Brown, Financial Secretary Ethel Windley, Treasurer Valerie Trent, Chaplain Hiawatha Jones, Historian Comatha Johnson, Sergeant-at-Arms Betty Rhodes, Parliamentarian Dr. Casandra Conover, Protocol Chairperson Gloria Randolph King, Public Relations Officers Christine Moore, and Immediate Past Regional Director Jean Roach. The following delegates were seated: Aquia Delegate Donna Gainey, Charleston Delegate Florence Gibbs, Durham Delegate Dianne Sanford, Goldsboro Delegate Vernal Best, Mathews Delegate Lorraine Forrest, New Bern Delegate Andrea Becton Cross, Newport News-Hampton Delegate, Norfolk-Virginia Beach Delegate Phyllis Andrews, Northern Virginia Delegate Robin T. Browder, Richmond Chapter Delegate Nkechi George-Winkler, Roanoke Chapter Delegate Loretta Freeman, Rocky Mount Metropolitan Delegate Tori Giles, Tri-Cities Chapter Delegate Adrienne Johnson, Wilmington Chapter Delegate Deborah Holmes. There was no chapter delegate from the Raleigh Chapter. Regional Director Myra Barnes inquired about the presence of a quorum; Recording Secretary QuoVadis Washington Brown confirmed a quorum for the transaction of business at 15 Executive Board Members and 14 Delegates.
Chapter Delegates.

Recognition of Notable National and Regional Officers

Regional Director Barnes provided recognition of National Elected Officers; Madame National President Gwendolyn A. Lindsey; National 1st Vice President Cheryl Grant; National 2nd Vice President Lillette Campbell; National Chaplain Gail Anderson; Immediate Past National President Robin T. Browder; Past National President Dr. Lois Harrison Jones-Fears. Regional Director Barnes gave recognition to Past Mid-Atlantic Regional Directors; 3rd Past Regional Director Dr. Lois Harrison Jones-Fears; 10th Past Regional Director Comatha B. Johnson; 11th Past Regional Director Nkechi George Winkler and 12th Past Regional Director Jean Roach.

Recognition of New Chapters and New Members

The Regional Director then formally welcomed New Chapters -- Rocky Mount Metropolitan Chapter chartered in 2022 and has the 1st member graduating from high school, Continental Mystic Hunter will be attending East Carolina University. Regional Director formally introduced the newly inducted members from the following chapters: Aquia, Goldsboro, Wilmington, Mathews, Richmond, Roanoke, and Tri-Cities.

Credential Report

The preliminary Credentials Report was presented by Sergeant-at-Arms Betty Rhode as follows: Thirteen Executive Board Members, fourteen Voting Delegates, five National Officers, eighty-six members, one guest.

Reading of Standing Rules

was completed by Regional Parliamentarian Dr. Cassandra Conover. Motion was made by Parliamentarian Conover to adopt the Standing Rules, and second was made by Northern Virginia Chapter Delegate Robin Browder. Standing Rules were adopted unanimously.

The agenda was presented for approval by Regional Director. Motion was made by Delegate Northern VA Chapter, second by Delegate Wilmington Chapter. Agenda adopted unanimously.

Regional Director called for approval of 38th Regional Meeting minutes. Delegate Donna V. Gainey, Aquia Chapter, asked for corrections to Line #35, Line #137, Line #180, and Line #181. Correction to be made to the spelling of Continental Brenda Clark's name. Motion was made by Delegate Deborah Holmes, Wilmington Chapter, second made by Delegate Lorraine Forest, Mathews Chapter. Approval of the 38th Regional Meeting minutes were granted with corrections unanimously. Minutes will be a part of the record of the Mid-Atlantic Region.

Reports of the Regional Officers:

Regional Director Barnes provided information regarding her annual activities to include attendance at National Board Meeting, Regional Director meetings, and conducting Mid-Atlantic Region Executive Board Meetings, and Mid-Atlantic Region Presidents Council monthly. Regional Director recognized President Donna V. Gainey, Aquia Chapter for taking minutes at the Presidents Council Meetings.

Regional Director Barnes stated that National Dues may increase to $50.00, designated Per Capita, further discussion and information to be provided. Report filed for information.

1st Vice Regional Director Cherie Furlow, gave data on HEER programs, initiatives, and Mabs Kemp Essays. The reports were filed for information.

The 2nd Vice Regional Director Donna W. Lee gave the membership report. Forty-one new members inducted, 1-reclaimed, 1-Reinstated, 1-member transfer. The following chapters installed new members.
Retention of Members CS Mildred Hall, CS Priscilla Pankey, and CS Dionne Johnson have renewed membership in the Richmond Chapter.

The Recording Secretary and Corresponding Secretary reports were given by CS QuoVadis Washington-Brown. The report included the receiving and sending of correspondence and the distribution of minutes. The report was filed as information.

The Financial Secretary Ethel Windley reported her duties and responsibilities and the recording of all receipts. Treasurer Valerie Trent reported a total of $14,044.32 in the regional treasury. The report was filed for audit.

Treasurer explained the Virginia Agriculture Form prepared on behalf of all Virginia Chapters. Treasurer presented Proposed Budget for 2022-2023. Total budgeted expenditures, $12,050. Regional Director Barnes called for the adoption of the proposed Budget 2022-2023. Motion to approve: Continental Allison Blow, Northern Virginia; Second to motion, Continental Comatha Johnson, Goldsboro, NC unanimous vote for adoption of proposed budget.

Regional Director Barnes provided a History of the Fundraising Committee. Committee designed to assist with raising funds to supplement the budget for the Region. At this time budget for the region includes a $45.00-member assessment per member. Region collected $3,480.00, each chapter is accessed $25.00 per chapter. Information was given to the Executive Board and Delegates to note that there is no way for the region to function on the amount collected from chapter and member assessment. A recommendation from the committee stated that fundraising would need to be included in the Policies and Procedures for the Mid-Atlantic Region. If fundraising isn't allowable, dues would need to increase. Regional Director called for a motion to have fundraising to offset MAR Regional Budget included in the Policies and Procedures for the Mid-Atlantic Region. Motion made by Delegate Robin Browder, Northern Virginia. Motion second by Comatha Johnson. Regional Director called for question. Delegate Nkechi George Winkler, Richmond Chapter presented question as follows: What does it mean to the chapter as far as participation? Regional Director Myra Barnes stated participation in fundraising is voluntary. Chapters are asked to participate; however, not mandated, but encouraged to participate. Executive Board would need to vote for the Region to have an annual fundraiser. Policies and procedures would need to be developed and circulated to chapters to review. Unanimous Vote; 29-0. The treasurer's report was filed for audit.

The Chaplain Report was given by Regional Chaplain Hiawatha Jones. Chaplain asked that Continental Sisters give each other grace and pray for the continuing of service to children in all chapters. Monthly "Think on This" has been distributed to all chapters monthly.

Historian Comatha Johnson reported that 100% of chapters turned in reports for the region for National Historic Project. She encouraged all chapters to continue the annual updates to chapter history.

Regional Sergeant-at-Arms Betty Rhodes stated the duties of the office and reported the correlation of regional duties with national duties and guidelines. The report was filed for information.

Meetings Chair Allison Blow reported on the upcoming 40th Regional meeting for March 2023. The Meetings Chair reminded all of the Co-host chapter, Mathews Chapter. The report was filed for information.
Regional Parliamentarian
Dr. Cassandra Conover reported the duties of the office and the correlation of regional duties with national duties and guidelines. The report was filed for information.

Scholarship Chair Rosa Nolen reported recommendations from the scholarship committee to include more students in regional scholarships awarded. The report was filed for information.

Immediate Past Regional Director Jean Roach provided her report as information only.

A presentation of Continental Virtues: Commitment, Optimism, Nurturance was presented by Charleston Chapter, Wilmington Chapter, Aquia Chapter, Newport News-Hampton, Goldsboro, and New Bern chapters, respectively.

Regional Meetings Chair Allison Blow explained how the door prize system worked, mentioned the vendors who contributed to the door prizes (Amazing Trends, Brianna's Beads and Bangles, Beauty in Stone, Sisters in the Shoppe Blazers, BLR Studio Collections, Cynthia J. Designs, Extreme Indulgence LLC, Forever Treasures). Three door prize winners were selected electronically. The winners were Continental Frances W. Barr, Aquia Chapter; Continental Timika Vincent, Richmond Chapter; and Continental Adrienne Johnson, Tri-Cities Chapter.

Regional Director Barnes called the meeting adjourned for lunch at 12:50 p.m., with an order to return from lunch at 1:20 p.m.

Business Session II:
Meeting reconvened at 1:20 p.m. by Regional Director Barnes. Awards Program was called to order. The Regional Director explained that it was informally reported during the recess that the Preliminary Credentials Report may have contained inaccuracies since more than one member was present in more than one virtual setting. The Parliamentarian and the Sergeant-at-Arms were working to get a more accurate accounting of attendance.

A Surprise Salute to Regional Director Barnes led by PNP Robin Browder was conducted.

Awards Program began with the presentation of Continental virtues: Temperance, Integrity, Nobleness. Virtues were presented as follows: Temperance: Durham, NC and Rocky Mount Metropolitan; Integrity: Northern VA and Raleigh Chapter; Nobleness: Goldsboro, NC and New Bern Chapter.

Recognitions were given for the following Camp Apple Ridge Farms--MAR Signature Program has been participated in for 17 years. Each chapter of the Mid-Atlantic Region sends in $100.00 and the region sent a total of $1,500.00 to Apple Ridge for 2022. Camp Apple Ridge provides 1 week of camp for any child within the region to attend.

Photograph of the year was presented by Regional Director Myra Barnes, awarded to Durham NC Chapter. Recognition of Chapter Anniversaries was presented by Regional Director Barnes to Charleston, SC Chapter, established 1/25/1992 and was recognized for 30 years of service.

National 1st Vice President Cheryl Grant presented the 2022 Volunteer of the Year Award, awarded to Mrs. Yvonne Johnson, sponsored by The Wilmington Chapter.

1st National Vice President Cheryl Grant presented the Youth of the Year (Middle School) which was awarded to London Nicole Hines, Kings Fork Middle School; Sponsored by Norfolk-Virginia Beach Chapter.

Youth of the Year (High School) which was awarded to Haley Rene Day, William Byrd High School/Roanoke Valley Governors School for Science and Technology; Sponsored by Roanoke Chapter.
Comatha B. Johnson Outstanding Member and Leadership Award was presented by National Vice President Lillette Campbell. The award was presented to Continental Gloria Randolph-King, Roanoke Chapter. The 2022 Sisterhood Legacy Award was also awarded to Continental Lornell Thompson, Richmond Chapter.

Door Prizes: Meetings Chair Allison Blow presented an additional three door prizes. The winners were Continental Dana Briggs, Richmond VA Chapter, Dr. Lornell Thompson, Richmond VA Chapter, and Andrea Becton-Cross, New Bern Chapter.

Credentials Report provided by Sergeant-at-Arms Betty Rhodes were as follows—4 National Officers, 2 Past National Presidents, 16 Executive Board Members, 15 Voting Delegates, 102 Continentals, 2 Visitors. Final Credentials Report for the 39th Mid-Atlantic Regional Meeting was 141 persons in attendance. Motion made to accept the Credentials report by Delegate Deborah Holmes-Wilmington, NC Chapter and seconded by Delegate Donna V. Gainey, Aquia Chapter.

Pre-Mother’s Day Tribute was presented by Regional Fundraising Committee Chair Comatha B. Johnson. CS Johnson reported that the fundraiser was very successful. Total raised was $6,445.00. This was an increase from fundraising in 2021 of $5,314.59 with two regional fundraisers being completed. Chapters participating included: Aquia, Charleston, Durham, Goldsboro, Rocky Mount Metropolitan, Mathews, VA, New Bern, NC, Hampton-Newport News, Tri-Cities, Norfolk-VA Beach, Northern, VA, Raleigh, NC, Roanoke, VA; Wilmington, NC.

Continental Virtues: Endurance, Niceness, Trustworthiness were presented by the following chapters—Endurance: Richmond, VA; Niceness: Northern Virginia Chapter and Raleigh Chapter, Trustworthiness by the Roanoke Chapter.

Regional Scholarship Chair Rosa Nolen presented the Scholarship Awards. Continental Nolen thanked the Judges as well as Continentals Jean Roach and Hiawatha Jones for assisting with tallying the votes. The following students submitted scholarship applications: Cayla Morgan, Aquia; Faith Brown, Charleston; Maranda Worthington, Durham; Kaletha-Jaylen Lewis, Goldsboro; Morgan Jones, Newport-Hampton; Sebastian Spiller, Northern Virginia; Kayla Sparks, Raleigh; Sani Fuell-Nash, Roanoke; Jasmine Williams, Rocky Mount Metropolitan, Joshua Miller, Tri-Cities, Kendall McClammy, Wilmington, NC. 1st place Mid-Atlantic Region Scholarship winner is Maranda Yvonne Worthington sponsored by the Durham Chapter.

Membership Awards: 2nd Vice Regional Director, Donna W. Lee, presented Membership Awards as follows: Distinctive Years of Service Awards: 5 years of service: Gail Simpson, Charleston; CS Dorothy Lavender; CS Robin Freeman, CS Hiawatha Jones, CS Cheryl McCullough, Goldsboro; CS Cassandra Conover, Rocky Mount Metropolitan; CS Allison Blow, Northern VA; CS Nieta-Dunmore, CS Stephanie Harrell, CS Thelma Jefferson, CS Annette Smith-Lee, Tri-Cities.

10 years of service: CS Christine Moore, Charleston; CS D’Borah Bunn, CS Michelle Holston, CS Jan-House, CS Myra Lamb, Norfolk-Virginia Beach.
Unsung Sisterhood Awards

Vice Regional Director, Donna W. Lee presented the 2022 Unsung Sisterhood Awardees. The Awardees were: CS Brenda Humphrey, Aquia; CS Florence Gibbs, Charleston; CS Addie Parker, Durham; CS Comatha B. Johnson, Goldsboro; CS Lorraine Forrest, Mathews; CS Pamela Woods, New Bern; CS Jean Roach, Newport News-Hampton; CS Phyllis Andrews, Norfolk-Virginia Beach Chapter, CS Felicia Davis, Northern Virginia; CS Kimberly Archer, Richmond; CS Dorothy Lavender, Roanoke; CS Annette Smith-Lee, Tri-Cities; CS Vernetta Corbett, Wilmington.

Program Awards

Vice Regional Director, Cherie Furlow, presented the Program Awards. Mabs Kemp Essay Contestants (Elementary): Ayden-David Worley, Charleston; Keion Freeman, Norfolk-Virginia Beach; Morgan Albertson, Richmond; Kaitlyn Long-Galberth-Wilmington. (Middle School): Kamiyah Simpson, Norfolk-Virginia Beach; Leila Harrison, Richmond. Mabs Kemp Essay Winners: Morgan Albertson, 3rd grade, All Saints Catholic School, Midlothian VA, sponsored by Richmond Chapter; Kamiyah Simpson, 7th grade, Oscar Smith Middle School, Chesapeake VA, sponsored by Norfolk-Virginia Beach Chapter; Monica Green, 11th grade, Hillside High School, Durham, NC, sponsored by Durham Chapter.

Outstanding Camp and Chapter Award

Outstanding Camp Award and Outstanding Chapter Award was awarded to Aquia Chapter. Regional Director Barnes recognized Stand out Chapters of 2021-2022: Goldsboro, Newport News-Hampton, Norfolk-Virginia Beach, Richmond, Roanoke, Rocky Mount Metropolitan, Tri-Cities, Wilmington.

Recognition of Chapters

Recognition of Chapters presented by Regional Director Barnes: Founding Chapter: Newport News-Hampton, Installed October 5, 1953; Goldsboro Historical Chapter installed February 25, 1961; Roanoke Chapter, Historical Chapter installed April 3, 1965; Durham Chapter installed March 2, 1979, Norfolk-Virginia Beach Chapter, installed January 2, 1976, Richmond Chapter installed April 17, 1976; Raleigh Chapter installed June 1, 1985; Mathews Chapter installed April 8, 1989, Charleston Chapter installed January 25, 1992; New Bern Chapter installed February 5, 1993; Northern Virginia Chapter installed July 31, 1993; Wilmington Chapter installed October 26, 1975; Tri-Cities Chapter installed March 9, 2009; Aquia Chapter installed October 11, 2020; Rocky Mount Metropolitan installed October 24, 2021.

Regional Director Barnes recognized the MAR Executive Board for their efforts, dedication, and work completed 2021-2022.

Continental Virtues

Continental Virtues presented: Adaptability: Charleston and Wilmington Chapters; Love: Matthews and Tri-Cities.

Official Group Photograph of the 39th Mid-Atlantic Regional Meeting was taken.
Unfinished Business from Plenary Session I

Selection of the 2022-2023 Nominating Committee

The Nominating Committee was elected to solicit for the slate of 2023 Mid-Atlantic Region officers. Five Continentals will be needed to serve. Nominations taken from the floor:

CS Valerie Trent nominated - CS Allison Blow, Northern VA, nomination accepted. CS Comatha B. Johnson nominated CS Jean Roach, Newport News Hampton, nomination accepted. CS Allison Blow nominated CS Valerie Trent, Northern VA, nomination accepted. CS Nkechi George Winkler nominated CS Goldie Pettaway, Richmond, nomination accepted. CS Jean Roach nominated CS Cheri Furlow, nomination not accepted. CS Maureen Smith Scott nominated CS Tamara Brown, New Bern, nomination accepted. CS Jean Roach nominated CS Betty Rhodes, Wilmington, nomination accepted. CS Nkechi George Winkler nominated CS Lornell Thompson, Richmond, nomination accepted. Motion was made to close the slate for the Nomination Committee by 1st Vice Regional Director Cherie Furlow, Second by CS Gloria Randolph-King. Vote 25-0.

Each delegate and Executive Board member were asked to be prepared to vote by poll for 5 names. Poll was opened for voting. A Teller Committee was selected. The following Continentals were selected for the Teller Committee: CS Karen Barker, CS Antionette Harbor, CS Myra Lane, CS Diane Sanford, CS Fran Barr, CS Eileen Varner.

Door Prizes

Door prizes were selected by Meetings Chair CS Allison Blow. Three door prizes were awarded to CS Willie Franklin, CS Bernice Simmons, and CS A. Rawiya Nash.

Official Closing

Announcements were made by Regional Director Barnes. Happy Retirement to Dr. Sharon Shaw. The PNPAC report is due 5/15/2022. Economic Development workshop will be held on 5/10/2022. Continental National Conclave will be held 6/26/2022 (virtual). National Treasurer meeting will be held next week.

Teller’s Report

Teller’s Report presented by CS Fran Barr. The following Continentals were elected for the Nominating Committee: CS Jean Roach; CS Allison Blow; CS Valerie Trent; CS Betty Rhodes; CS Tamara Brown. If members of the Nominating Committee are not able to participate, Regional Director Barnes will appoint members. Parliamentarian will assist with getting the Nominating Committee working on getting a slate of officers.

Credential Report (Final - Entire Day)

15 Voting Delegates, 16 Executive Board Members, 2 Past National Presidents, 4 National Officers, 2 Visitors, 120 Continentals. Total for the meeting 159 (18 CS attended the meeting in the same setting).

Invitation to the 2023 Regional Meeting was presented by Meetings Chair Allison Blow and Regional Director Barnes. 40th Regional Meeting will be held in Newport News VA, Co-host Chapter, Mathews Chapter, March 10-11, 2023, City Center Marriott and Conference Center.
Motto recited. Closing Prayer was recited by Chaplain Hiawatha Jones. Regional Meeting Adjourned at 4:52 p.m.

Good Health Wins Workshop

Good Health Wins Workshop was presented "Vaccinate Your Family" by Erica DeWalsh. Contact erica@vaccinateyourfamily.org for more information. 72 Continentals attended the Good Health Wins presentation.

Respectfully Submitted,

Myra A. Barnes, Mid-Atlantic Regional Director

QuoVadis Washington-Brown, Mid-Atlantic Regional Secretary
AGENDA
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,
Introduction of the Dais        Regional Recording Secretary
Introduction of National Officers Gloria Randolph-King, Protocol
& First Time Attendees         Chair
Regional Credentials Report (preliminary) Betty Rhodes, Sergeant-at-Arms
Reading of Standing Rules      Ursula Short,
Adoption of Standing Rules     Regional Parliamentarian
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

Report of the Mid-Atlantic Regional Officers
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

AGENDA

PLENARY SESSION I, continued

Chaplain
Hiawatha Jones
Historian
Comatha B. Johnson
Parliamentarian
Usula Short
Public Relations Officer
Christine Moore
Sergeant-at-Arms
Betty Rhodes
Economic Development Chair
Comatha B. Johnson
Immediate Past Regional Director
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

AGENDA

PLENARY SESSION II

Call to Order Myra A. Barnes, Regional Director
Roll Call QuoVadis Washington Brown
Continental Prayer Recording Secretary
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 2nd Vice
President
Establishment of 2025 Regional Nominating Committee
Regional Credentials Report & Betty Rhodes, Sergeant-at-Arms
Presentation of CAT Award
Passing of the Torch Mathews Chapter
Invitation to 2024 Regional Meeting Tri-Cities Chapter
Announcements

Chapter Roll Call, Continental Song & Continental Motto

Official Closing Myra A. Barnes, Regional Director
NAME: Myra A. Barnes

POSITION/TITLE: Regional Director

COMMITTEE MEMBERS: Regional Executive Board Members: Cherie Furlow (1st Vice Regionnal 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
NAME: Cherie D. Furlow

POSITION/TITLE: 1st Vice Regional Director

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

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<tr>
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<td>Stephanie Harwell</td>
</tr>
<tr>
<td>Wilmington</td>
<td>Betty Rhodes</td>
</tr>
</tbody>
</table>

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):

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<td>Angelia Rhodes</td>
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</table>

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.
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
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**TOTALS:** 203 $3,045.00 $1,400.00 $350.00 $1,015.00 $1,300.00 $7,110.00
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TOTAL: $7,219.00

Non-public information
Available during meeting only
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.

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
## Proposed Budget

### 2023-2024

<table>
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<tr>
<th>Category</th>
<th>Amount</th>
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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

<table>
<thead>
<tr>
<th>MEMBER’S NAME</th>
<th>AMENITY</th>
<th>WHEN (INCLUDE DATE)</th>
<th>CONTINENTAL MEMBER OR RELATIVE (PLEASE SPECIFY)</th>
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<tr>
<td>Continental Shirley Clark</td>
<td>Death</td>
<td>May 2022</td>
<td>Brother- James Earl Wallace</td>
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<td>Aquia Chapter</td>
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<td>Continental Virginia Kelley</td>
<td>Death</td>
<td>June 14, 2022</td>
<td>Member, President of Mathews Chapter</td>
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<td>Continental Guy Marshall Rouse</td>
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<td>Death</td>
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<td>Brother- Kenneth Wade Wallace</td>
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<td>Mother</td>
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</table>
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.
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.
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.
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.
CON Tinental 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):**

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Name</th>
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<tbody>
<tr>
<td>Aquia</td>
<td>Frances Barr</td>
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<tr>
<td>Charleston</td>
<td>Florence Gibbs</td>
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<td>Durham</td>
<td>Forsythia Powell</td>
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<td>Goldsboro</td>
<td>Dr. Yolanda Williams</td>
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<td>Mathews</td>
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<td>New Bern</td>
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<td>Newport News-Hampton</td>
<td>Ethel Windley</td>
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<td>Norfolk-Virginia Beach</td>
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<td>Natalie Rogers</td>
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<td>Tri-Cities</td>
<td>Natonya Robinson-Williams</td>
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<tr>
<td>Wilmington</td>
<td>Vernetta Corbett</td>
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**OFFICER GOALS FOR 2022-2023:** To seek more avenues and other resources to: (1) aid students in improving the writing 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)
NAME: Comatha B. Johnson

POSITION/TITLE: Economic Development Committee-Chairperson

COMMITTEE MEMBERS (LIST NAME & CHAPTER):

<table>
<thead>
<tr>
<th>Year</th>
<th>Name and Chapter</th>
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<tr>
<td>2019-2021</td>
<td>Comatha B. Johnson, Chairperson</td>
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<td>Myra Barnes, Norfolk-Virginia Beach Chapter</td>
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<td></td>
<td>Cherie Furlow, Northern, VA Chapter</td>
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<td></td>
<td>Christine Moore, Charleston, SC Chapter</td>
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<td></td>
<td>Rosa Nolen, Durham, NC Chapter</td>
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<tr>
<td>2021-2023</td>
<td>Comatha B. Johnson, Chairperson</td>
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<tr>
<td></td>
<td>Myra Barnes, Norfolk-Virginia Beach</td>
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<tr>
<td></td>
<td>Kia Washington-Brown, Roanoke, VA Chapter</td>
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<td></td>
<td>Gerardette Furlow, Raleigh, NC Chapter</td>
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<td>Rosa Nolen, Durham, NC Chapter</td>
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<tr>
<td></td>
<td>Betty Rhodes-Wilmington, NC Chapter</td>
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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

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<tr>
<th>Year</th>
<th>Income Description</th>
<th>Amount</th>
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<td>Stay at Home Ball</td>
<td>$1,821.00</td>
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<td>Total</td>
<td>$4,222.60</td>
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<td>UNICEF</td>
<td>$554.27</td>
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<td></td>
<td>Grand Total for year 2020</td>
<td>$4,776.87</td>
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<tr>
<td>2021</td>
<td>Pre-Mother’s Day</td>
<td>$2,910.00</td>
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<tr>
<td>2022</td>
<td>Pre-Mother’s Day</td>
<td>$6,445.00</td>
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<tr>
<td>2023</td>
<td>No Fundraiser by the EDC</td>
<td>0.00</td>
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<td>Grand total for 2020, 2021, 2022</td>
<td>$14,131.87</td>
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</table>

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

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Installation Date</th>
<th>President</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newport News-Hampton</td>
<td>October 5, 1953</td>
<td>Jean Roach</td>
<td>26 Town Centre Way, #183, Hampton, VA 23666</td>
</tr>
<tr>
<td>Goldsboro</td>
<td>February 1961</td>
<td>Hiawatha Jones</td>
<td>P. O. Box 1012, Goldsboro, NC 27530</td>
</tr>
<tr>
<td>Roanoke</td>
<td>April 3, 1965</td>
<td>Loretta Freeman</td>
<td>P. O. Box 6075, Roanoke, VA 24017</td>
</tr>
<tr>
<td>Aquia</td>
<td>Installed</td>
<td>Hiawatha Jones</td>
<td>P. O. Box 80386, Goldsboro, NC 27530</td>
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<tr>
<td></td>
<td>February 1961</td>
<td>Christine Moore</td>
<td>P. O. Box 12373, Norfolk, VA 23541</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rosa Nolen</td>
<td>P. O. Box 52124, Durham, NC 27717-2124</td>
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<td>Phyllis Andrews</td>
<td>P. O. Box 12373, Norfolk, VA 23541</td>
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<tr>
<td></td>
<td></td>
<td>Northern Virginia</td>
<td>Installed July 31, 1993</td>
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<tr>
<td></td>
<td></td>
<td>Cherie Furlow</td>
<td>P. O. Box 1553, Mathews, VA 23109</td>
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<tr>
<td>New Bern</td>
<td>Installed</td>
<td>Willie M. Franklin</td>
<td>P. O. Box 14894, New Bern, NC 28561</td>
</tr>
<tr>
<td></td>
<td>February 23, 1993</td>
<td>Karen Barker</td>
<td>317 Oaklyn Springs Drive, Raleigh, NC 27606</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nkechi George Winkler</td>
<td>P. O. Box 23260, Richmond, VA 23260</td>
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<td>Rocky Mount</td>
<td>Installed November 6, 2021</td>
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<td></td>
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<td>Conover</td>
<td>P. O. Box 2186, Rocky Mount, NC 27802</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adrienne Johnson</td>
<td>P. O. Box 181, Petersburg, VA 23804</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Karen Jacobs-Cherry</td>
<td>P. O. Box 10818, Wilmington, NC 28404</td>
</tr>
</tbody>
</table>

**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.

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

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
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
Continental Societies, Inc.
Richmond, Virginia Chapter

H.E.E.R. Plus Arts & Humanities
2022-2023 Service Projects

Celebrating 40 Years of
Dedicated Service & Achievement

African American Read-In
Health Living Program
Gift of Warmth (Coat Distribution)
Red Ribbon & Anti Bullying

Richmond Chapter Provides Red Carpet Service to Children

www.richmondcontinents.org/
Www.facebook.com/RichmondContinentalSocietiesInc/

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

Admissions &
Financial Literacy Workshop

January 2023

Continental Societies Inc.
Roanoke 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.
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.
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