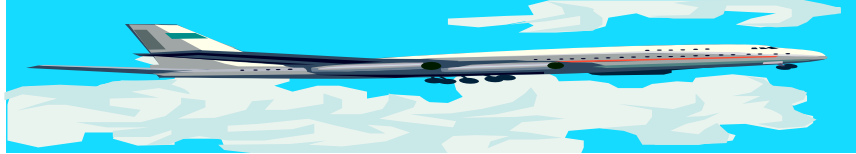


BRANCH



NATIONAL

SECTIONAL

SOUTH CENTRAL

FLYING HIGH WITH GRATITUDE

# National Association of University Women

## Houston News continued...

### Feeling under the Weather

We offer prayers for our sisters Deborah Barriere, Margaret Bush, Joan Dean and Tonia Howze as they continue to recover.



### Birthdays/Anniversaries

September 6- Wilma Allen

September 21- Tonia Howze (Richard)

December 7-Alicia Livings (David)

### Holiday Celebration

Houston Branch celebrated the Holiday Season at Brio Tuscan Grille in the Upper Kirby District of Houston. It was an outstanding dining experience for the members present which included a full service breakfast brunch and gift exchange.

Houston Branch is in full "throttle" as the members prepare for their Annual Founder's Day Scholarship Luncheon scheduled for Saturday, March 8, 2014. Members present were President Yolanda Foster, Brenda Carr, Deborah Barriere, Norma Cooper, Delores Hornsby, Cynthia Ward, Gwen Lamothe, Joan Dean, Debree Reed, Sharon Moore, Mintha Brown and Claudene Greenwood.

Houston Branch wishes South Central Section a Merry Christmas and Prosperous New Year!!!!!!!

## Lafayette Branch News—Stephanie Minix, reporter

### Induction of New Members



(l-r) President, Mary Gothe, Felicia Joseph, Leigha Porter, Ursula Anderson, Kioloni Readeaux, Sectional Nominating Chairperson – Quintella Baskerville



(l-r) Stephanie Minix – Second Vice President, New member Felicia Joseph, First Vice President and Membership Chairperson – Mary Morrison, New member Leigha Porter, President Mary Gothe, New member Ursula Anderson, Parliamentarian Dr. Louella Cook, and New member Kioloni Readeaux.

**Lafayette Branch news continued....**

**Sectional Conference 2013**

Thirteen members of the Lafayette Branch attended the Sectional Conference held in Shreveport, Louisiana this past summer. Members in attendance were Outgoing Sectional Director- Linda P. Armstrong, Sectional Nominating Chairperson - Quintella Baskerville, President- Mary Gothe, Stephanie Minix - Second Vice-President, Elsie Azare, Brenda Dugas, Judy Gobert- Corresponding Secretary, Deborah Bland, Patsy Bienvenu, Betty Wilturner-Zenon, Dr. Enrica Singleton, Arline Ledet and Yvonne Prejean.



Standing (L-R) Brenda Dugas, President –Mary Gothe, Dr. Enrica Singleton, Corresponding Secretary – Judy Gobert, Elsie Azare, Yvonne Prejean, Betty Wilturner-Zenon, Second Vice President- Stephanie Minix, Sectional Nominating Chairperson - Quintella Baskerville. Sitting (L-R) Deborah Bland, Patsy Bienvenu and Arline Ledet.



(L-R) Patsy Bienvenu and President, Mary Gothe

**“SALUTE BANQUET”  
Linda P. Armstrong Honoree**

A Salute Banquet was held honoring the Outgoing Sectional Director, Linda P. Armstrong, giving her recognition for a job well done in motivating others to achieve greater levels of success. Ms. Armstrong, a Lafayette Branch member had reigned as Sectional Director for the past four years. At the climax of the event, the newly elected Sectional Director, Betty Wilkerson and Lafayette Branch President, Mary Gothe presented Ms. Armstrong with keepsakes – decorated hat box, monetary donation from branches in the section, and a bouquet of green roses. WE ALL SALUTE YOU, Ms. Linda P. Armstrong!



Bertha Winters (Vermilion Region Branch, Esther Duffy (Vermilion Region Branch, Yvonne Prejean, Quintella Baskerville, Honoree – Linda P. Armstrong, Judy Gobert, President Mary Gothe, Patsy Bienvenu. Second row (L-R) Stephanie Minix, Elsie Azare, Brenda Dugas, Deborah Bland, and Arline Ledet –Lafayette Branch Members.



Newly Elected Sectional Director Betty Wilkerson, Outgoing Sectional Director – Linda P. Armstrong and Lafayette Branch President – Mary Gothe

**Lafayette Branch news continued....**

**Planning/Training Meeting**

South Central Planning and Training Session held in Pineville, Louisiana was attended by Outgoing Sectional Director- Linda P. Armstrong, President Mary Gothe, Second Vice-President – Stephanie Minix, Sectional Nominating Chairperson - Quintella Baskerville, Elsie Azare, Dr. Constance Broussard, Claudia Hall and Elsie Azare.



Elsie Azare, Sectional Nominating Chairperson – Quintella Baskerville, Outgoing Sectional Director – Linda P. Armstrong and President – Mary Gothe. (Back Row L-R) Dr. Constance Broussard, Second Vice President – Stephanie Minix, and Claudia Hall



Dr. Constance Broussard - O'Bryan Akeem Parker Scholarship Roundup 2013

**Lafayette branch**

**Scholarship committee attends  
"O'Bryan Akeem Parker Scholarship  
Roundup"**

Lafayette Branch Scholarship Committee for 2013-2014 took part in the O'Bryan Akeem Parker Scholarship Roundup at the Clifton Chenier Center in Lafayette, Louisiana, held on Saturday, November 16, 2013. The purpose of the Scholarship Applications Roundup is to announce available scholarships to graduating high school students in (Lafayette Parish) and their parents. The Lafayette Branch Scholarship Committee Chairperson, Dr. Constance Broussard gave an informational presentation on the history of the National Association of University Women and the history of the Lafayette branch that outlined the programs implemented in the communities. Lafayette branch scholarship applications for 2013-2014 were distributed to parents and students. Also in attendance were President Mary Gothe, and Second-Vice President Stephanie Minix were in attendance for the event.



(L-R) President – Mary Gothe, Dr. Constance Broussard – Scholarship Committee Chairperson and Stephanie Minix – Second Vice President

## Lafayette Branch news continued...

### Breast Cancer Awareness



Quintella Baskerville, a breast cancer survivor was a model in the Breast Health Symposium "Fashion Show" held in Lafayette, Louisiana at the Cajun Dome Convention Center on October 9, 2013.

### Special Recognition

Dr. Louella Cook, Parliamentarian of the Lafayette Branch is the President of the Lafayette Charter Foundation, a non-profit group devoted to giving parents and students another educational choice in Lafayette Parish. The Board of Elementary and Secondary Education (BESE) has approved their application to build and manage 3 charter schools in Lafayette Parish. The Lafayette Charter Foundation, along with Charter Schools USA, has negotiated to build 3 new schools at the cost of \$10-\$26 million dollars each. The first two charter schools will open August 13, 2014. Lafayette Renaissance Academy will be located in North Lafayette (Curet Farm /Pon de Mouton) and Acadiana Renaissance Academy will be located in Youngsville (Sugar Mill Pond). Both schools will start with grades K-6 progressing to grade 8th. Renaissance Academy, grades 9-12 will open in 2017. All three charter academies are FREE PUBLIC Schools opened to ANY and ALL students in the state of Louisiana. Please join the Lafayette Branch in congratulating Dr. Louella Cook for a job well done!!

### **PRESIDENT'S MESSAGE:** Mary Gothe– Lafayette Branch.

"The thoughts we think and the words we speak create our experiences." "When your interpretation changes, so does your reality."

## Lake Charles Branch News----Christine Mandubourg, reporter

President Elaine Brown vowed to take the Lake Charles Branch to higher heights in the area of service. The local theme is "Giving of Ourselves to Serve Others". President Brown encourages members to find a need in the community and fill it with service. The Lake Charles Branch started the New Year off with a workshop on August 12. President Elaine Brown outlined the purpose and plan for the August workshop. Deidra Young gave an inspiring invocation and Bridgette Thierry extended a hand of welcome to all sisters present.

Monica Guidry Shelton did an icebreaker that brought us all together and made us feel as though we never left each other's presence. Hattie White did a presentation on protocol; Audrette Metoyer and Etta Pete updated the members on By-Laws-National /Local; Ernesteen Valere told the members of the rights and responsibilities of Members; Audrette Metoyer informed the group on Parliamentary Procedures; Monica Guidry Shelton gave an update on the Treasurer's Review; and Christine Mandubourg gave the members a Journalistic Review.

## Lake Charles news continued.....

Members of the Lake Charles Branch attended South Central Planning Session in Pineville, LA on September 28th. The following ladies represented Lake Charles Branch -- Bridgette Thierry receives a plaque for Sectional Woman of the Year and she is also on the Sectional Woman of the Year committee; Amanda Johnson appointed (chairperson of the Sectional "Publicity" committee); Marie Jones on the Capital Outlay committee; new member, Celeste Lewis was inducted.+

The Lake Charles Branch is proud to welcome in nine members. The prospective new members were the guest at a Membership Tea that was held in September 29. The prospective members learned about the details of NAUW, enjoyed good food, and got to know the membership. The members were inducted into the organization just before the October 9<sup>th</sup> meeting. The newest members are Anita Baker, Pasqualine Charles, Sheila Davis, Tonya Fobbs-Senegal, Celeste Lewis, Doris Mayne, Jasmine Mosely, Gisele Newble (daughter of the late Lenora Madison), and Gaynell Clemons was reclaimed. Mary Richard Land is Membership Chairperson.



New Members: (l-r) Anita Barker, Pasqualina Charlez, Sheila Davis, Tanya Fobbs-Senegal, Celeste Lewis, Doris Mayne, Gisele Newble. Not pictured: Jasmine L. Mosely, Reclaimed member not pictured: Gaynell Clemons

## Extravaganza Royalty

The Extravaganza Royalty from 2013 have had the privilege of participating in one parades. The Washington Marion High School Parade was October 17. Preparation for the 2014 Extravaganza is under way. The parent meeting was held October 26. The first extravaganza Clinic was held November 9<sup>th</sup>. Gaynell Perry, 2013 Woman of the Year, gave a presentation on "Making Good Grades". The 2014 Extravaganza will be held at the Martin Luther King Recreation March 15. Hattie White is chairperson of Ways and Means Committee.



Members stand around items collected for the November Outreach items

The organization is giving back to the community through its November Drive. Members collected personal hygiene items such as body wash, soap, lotion, Kleenex, deodorant, tooth brushes, etc. The items are to benefit members of the local homeless shelter and Chateau du lac, an elderly community. Joyce Alexander is chairperson of the November Outreach Drive.

NAUW Sisters support Sickle Cell through "PENNIES FOR SICKLE CELL." A container is available at each executive board and regular meeting in which members may place their loose change. The campaign for Sickle Cell will continue through April 2014. In April the change will be given to Sickle Cell Anemia Foundation. Our NAUW sister, Etta Pete, is director of the foundation. This is another example of the Lake Charles Branch giving back to serve others.

### Lake Charles Branch news continued....

The National/International Committee provided information to the members on Type 2 Diabetes. The information indicated that we could manage our risk for type 2 diabetes. Small steps make a big difference and can help us live a longer healthier life. The web site [www.diabetes.org](http://www.diabetes.org) will provide simple, small steps we can take to help lower our risk of type 2 diabetes. Phyllis Wilson is the chairperson of the National/International Committee.

### Traditional Thanksgiving Feast

In keeping with the branch theme: "Giving of ourselves to serve other" the Lake Charles Branch of the National Association of University Women selected a local single parent family who received a 'Traditional Thanksgiving Feast'. NAUW member Dr. Susan Jones donated the feast which was prepared by a local restaurant. The family received a turkey, cornbread and rice dressing, green beans, carrot soufflé, turkey gravy, cranberry sauce, dinner rolls, pecan pie and drinks. Single Parent Family committee chairperson is Joyce Alexander.



Mother, Latoya Mayo, and children receive Thanksgiving Basket provided by NAUW with compliments of Dr. Susan Jones

### Youth Group

November 26, 2013 the NAUW Acorns Youth Group served over 225 people at Abraham's Tent. Abraham's Tent is a center that feeds the homeless and those in need in addition to other services. Each student volunteered 1 1/2 hours of service. Amanda Fontenot Johnson is sponsor of the Lake Charles Branch Acorns. Tanya Fobbs Senegal an NAUW member was present with the Acorns when they volunteered at Abraham's Tent. Those in attendance were as follows: Leonard Brown, Robic Dixon, J'Tayla Dixon, Jada Fobbs, Annie Bias, and Tanya Fobbs Senegal member of NAUW.



Lee Metoyer, a member of Acorns, was chosen as Mr. Beautilion by the Lake Charles Alumni Chapter of Delta Sigma Theta Sorority



President Elaine Brown presents Jennifer White with a plaque in honor of her retirement from Calcasieu Parish School System as a teacher/administrator with thirty-three years of service.

Lake Charles Branch news continued....

Member of the Month  
September



Membership Chairperson, Mary Richard Land presents Yuavanka Brown

Member of the Month  
October



Alicia Reed

Member of the Month  
November



Jasmine Mosely



This submission from the Lake Charles Branch is dedicated to the Loving Memory of **Lena Patterson Emerson**. Lena Emerson was a faithful and dedicated **member** of the Lake Charles Branch. Lena was inducted in 1959 and remained faithful. On September 14, 2013 she departed this life to spend eternity in the presence of the Lord. She will be greatly missed by members of the Lake Charles Branch.



## Lake Charles Branch news continued.....

### Odds and Ends

Lake Charles Branch members participated in the Pink Ribbon Gala sponsored by Sisters Surviving. Offering support to help find a cure for breast cancer.

Branch members walked in the fight to find a cure for Sickle Cell Anemia in October.

School supplies were collected and donated to J. D. Clifton Elementary School. Chairperson of the Education Literacy Committee is Bridgette Thierry.

NAUW member, Attorney Sharon Wilson is running for DISTRICT JUDGE --Division F. The election April 5, 2014

**Happy Birthday :** Mary Lue Jones 82years old (both in September) Mildred Guidry 80 years old

Alosia Sterling was given a plaque for having retired from Calcasieu Parish School System with 31½ years of service.

Christine Mandubourg, National Journalist, celebrated the marriage of her daughter, Angela Darlene to Julian Martin Guillory on September 21 2013.

Elaine Brown, President of the Lake Charles Branch, celebrated the marriage of her daughter, Tianay Kae to Kimani Robb Sherman on November 16, 2013.

Congratulations to Mr. & Mrs. Julian Martin Guillory and Mr. & Mrs. Kimani Robb Sherman.

Please keep our sick and shut-in and caregiving members in your prayers – Sick: Elizabeth Richard and Lannie Molo; caregiver - Theresa Gilliam.

## Pine Bluff Branch News--- Felicia Fisher, reporter

### Induction Ceremony

Once again as the National Association of University Women (NAUW) is in rear force in focusing on in bracing a new year with excitement and anticipation in being dedicated for the year 2014.

A slate of dynamic new officers were installed along with the membership opening its' doors and a hearts to 24 new members and continuing the vision to give back to the community.

The New Members Induction Ceremony was led by National 2<sup>nd</sup> Vice President, Betty Williams. Other branch members participating in the Ceremony were: Arleen Woody, Barbara Grayson, Mary Liddell and Mae Hawkins.

New Members are: Kendra D. Jackson, Tonya Lemons, Delisha Ford-Morton, Lashondra Brown-Johnson, Marceinia Peoples, Lyska Dilworth, Janice L. Roberts, Tina Owens, Mary Grant, Betty Morris, Denika Smith, Marikka Bender, Sekethia Dilworth, Valerie Penix, and Dana Mooney.

Reclaim Members: Sandra Smith-Jones, Margarette Williams and Hazel Linton.

Each new member was presented with a white carnation and a gift bag. These new members were energized and ready to exercise their strengths, wisdom and knowledge to become a great asset to the PB NAUW Branch. Their main focus is on the community growth, bridging the gap and the development of the Branch. Focusing on the Mission of NAUW: **continued next page....**



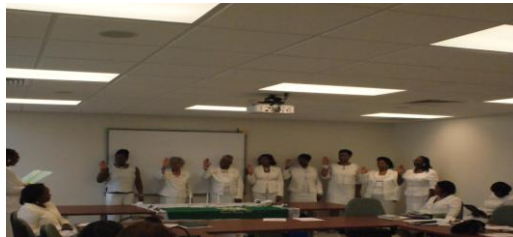
### Pine Bluff news continued.....

The mission of the National of University Women is to serve women, youth and the disadvantaged in our communities and in developing countries by addressing educational issues, advancing the status of women's issues, and strategically partnering with allied organizations.

Dr. Betty J. Williams, National 2<sup>nd</sup> Vice President of the NAUW conducted the branch's installation ceremony after giving accolades to out-going President, Dr. Jewell Walker for a GREAT JOB WELL DONE!!!!

Other Officers installed were: Mary Brently-Vice President, Sharon Nicholson-Recording Secretary, Alice Horton- Asst. Recording Secretary, Margaret Owens- Corresponding Secretary, Bonita Corbin-Financial Secretary, Eunita Seals-Treasurer, Pamela Johnson-Historian, Josephine Adams-Chaplain, Felicia Fisher- Journalist, Photographers- Amanda Wells, Cathryn Laurent and Cheryl Hutchins.

Back packs and school supplies were donated to the PROUD Project, Chair: Sharon Nicholson. Each semester, The PROUD Project Committee has committed to make this donation.



### Reducing Hunger 100 Bags at a Time

Americans are hungry. The issue of hunger and food insecurity is a problem that 1 in 6 Americans face every day (FeedingAmerica.org, 2013). Hunger has no boundaries. In most cases, food insecurity, uncertainty around having access to or obtaining enough food for all household members, leads to hunger. It equally affects hard-working adults, children, and seniors who simply cannot make ends meet. In Arkansas, it is a problem that plagues many households. It is likely, anyone reading this article knows a family facing a hunger crisis.

The U.S. Department of Agriculture's *Annual Report on Food Insecurity* ranked Arkansas as the second highest state for food insecurity. Arkansas counties: Jefferson, Desha, and Chicot were found to have the most severe cases.

Upon learning that Arkansas families face a hunger crisis, The National Association of University Women – Pine Bluff Branch (NAUW) recognized the need to bring relief to residents in dire need of assistance. Members took action by donating several hundred grocery bags to the Centers for Youth & Families Eudora office Food Pantry. The bags will be filled with fresh and packaged food for clients to prepare meals for themselves and their families.

The mission of NAUW is to serve women, youth and the disadvantaged in (U.S.) communities and in developing countries by addressing educational issues, advancing the status of women's issues, and strategically partnering with allied organizations. Part of the organization's nine-point purpose is to collaborate with other organizations and agencies that are concerned with community and world

The food pantry supplies families in need with basic food staples (canned fruits and vegetables, rice, pasta, oatmeal, cereal, rice), juice, snacks, granola bars, and water, as well as some non-food items like fabric softener, washing powder, deodorant etc. Distributions are made once a month in each of the three counties served. "We make food available to families in crisis, students participating in our choosing the Best abstinence education program, and senior citizens in our community," says Stewart, "and we recently participated in two community food distributions hosted by the Arkansas Food Bank, one of which was held at our building. Food was distributed to the first 275 people at the first event. Over 500 families received watermelons at the second distribution," she adds.



## Pine Bluff Branch news continued....

The Centers for Youth & Families provides specialized prevention, intervention and treatment services that promote emotional and social wellness for children and families of Arkansas. The mission is fulfilled through prevention services, residential care facilities, youth emergency shelter, therapeutic foster care, school-based and outpatient counseling and day treatment programs.

The Centers' Eudora office, located at 2138 Highway 65 South, primarily serves families in Chicot, Desha and Lincoln counties who are enrolled in the home visiting program. The majority of their clients are young moms ages 14 to 25. Food distributions occur once per month in each county served. Donations and volunteer services are always welcomed. For more information, contact Lisa Stewart at 870.355.8200

### Courtesies

- President Mary Liddell - Surgery
- Mrs. Birlee Levee - Surgery
- Mrs. Jerlene Alley – hospitalization
- Mrs. Felicia Fisher – Surgery
- Death of mother- Erma Carter
- Hospitalization of (2) two sisters- Earnestine and Mary Grant
- Death of husband- Jerlene Alley
- Death of Father- Margaret Boyd-Owen
- Death of Mother,-Cathryn Laurent
- Mrs. Elizabeth Roberts – Sick
- Mrs. Gardenia Ambler – Sick
- Hospitalization of daughter- Mrs. Virginia Barner
- Hospitalization of father- Mrs. Felicia Fisher

## 2013 NAUW Pine Bluff Branch: Annual Membership Retreat...

Gearing up for a new work year, the Pine Bluff Branch held its' Annual Membership Retreat recently at the Donald P. Reynolds building. The purpose of the Annual Retreat is to get members energized for working during the upcoming year. .

### NAUW Members Present:

Josephine Adams, Tonia Ailsworth, Juanita Anthony, Virginia Ford-Barner, Dr. Mary Benjamin, Moya Benjamin, Dr. Mary Brentley, Dr. Janice Coleman, Bonita Corbin, Dr. Viola Ellison, Felicia Fisher, Earnestine Grant, Cheryl Hutchins, Vera Jackson, Atty Pamela Johnson, Mary Liddell, Dr. Brenda Martin, Jennie McDuffie, Sharon Nicholson, Margaret Boyd-Owen, Eunita Seals, Dr. Jewel Walker, Varnell Wallace, Amanda Wells, Dr. Janette Wheat, Claudette White, Dr. Bettye J. Williams, Arlene Woody

### Potential Members that attended the Retreat :

Mary Grant, Kendra Jackson, LaShondra Brown-Johnson, Tonya Lemons, Dana Mooney, Tina Owens, Janice L. Roberts, Denika N. Smith and Marikka Bender



Branch member, Dr. Mary Benjamin served as presiding officer.

**Pine Bluff news continued...**

Dr. Janice Coleman and Mrs. Bonita Corbin entertained us with a birthday celebration exercise that included all NAUW Members to come closer together. The exercise was centered on a roll of yarn that each member had to take and hold on too, and say a quote. The main purpose of this exercise was to say "We Are All One".

A Special Presentation by: Ms. Mary Liddell and other NAUW Members, title: **Stuff in the Bluff and Dare to Wade Water.**

**A Jazzy Jazzy Birthday Celebration  
"Everybody is a STAR"**

Overview from the 54<sup>th</sup> South Central Conference. NAUW Members: Mrs. Earnestine Grant, Dr. Mary Brentley, Mrs. Josephine Adams and Dr. Jewell Walker:

Mrs. Grant stated that it was an excellent conference, she expressed on Domestic Violence.

Dr. Brentley expressed on National Officers: Foster Children Projects and Single Parents Partnership.

Mrs. Adams expressed on Health Issues.

Dr. Walker expressed on the Types of Wills.



**Mrs. Josephine Adams**



**2013 NAUW Annual Retreat: Dr. Mary Brentley**

**PROUD PROJECT:** Chair: Mrs. Sharon Nicholson

In an effort to support the branch's **PROUD** Project, branch members are asked to be responsible for at least one backpack filled with school supplies per school semester which are presented to the Jefferson County Department of Human Services/Division of Children and Family Services. During this year's retreat, in a collaborative effort, backpacks and supplies were donated to the branch by LeDarius Anthony and Kelley Armstrong. LeDarius is the son of branch member, Juanita Anthony

2013 Membership Committee:

- Ms. Mary A. Liddell, Chairperson
- Dr. Janice Coleman, Co-Chairperson
- Mrs. Josephine Adams
- Mrs. Jerlean McRae Alley
- Dr. Mary Benjamin
- Dr. Mary Brentley
- Mrs. Bonita Corbin
- Mrs. Earnestine Grant
- Attorney Pamela Johnson
- Mrs. Amanda Wells
- Dr Jewell Walker
- Ms. Georgette Wiley

## Pine Bluff news continued...

### Condolences and Sickness

Sympathy Notice: July 21, 2013- Sisterly Jearlean Alleys, husband, Albert passed arrangements are pending.

Sympathy Notice: September 06, 2013- Sisterly Margaret Boyd Owens father passed, Mr. Howard Gurley, funeral services September 07, 2013 @ 2:00pm.

Sickness: November 11, 2013- Please keep Sisterly Frankie Hemphil in our prayers. Her Nephew Lloyd Franklin, Jr. was injured. Please keep Sisterly Verbie Johnsons in prayer as well.

November 08, 2013 – The Late Bobbie Hodge home going service will be held on November 09, 2013 @ 1:00pm at Highland Baptist Church. The Pine Bluff NAUW Branch will provide a meal for the family on Saturday, November 09, 2013 after the Memorial Services. Resolution submitted.

### Pine Bluff NAUW Giving Back

The Pine Bluff Branch of the National Association of University Women began a new work year of service, by continuing the efforts of community involvement through the **PROUD** Project Committee chaired by Sharon Nicholson. The **BSP** (**B**asic **P**imary **S**chool needs for **P**re-School thru 6<sup>th</sup> grade level students) segment of the project presented backpacks and school supplies to the Jefferson County Department of Human Services/Division of Children and Family Services.

In keeping with the mission of the Division of Children and Family Services, the project was a brainstorm of Nicholson, a retired Adoption Specialist who saw a need to assist and support the agency in this area.

With the commitment of the branch, this committee along with the branch membership supports this project by individually being responsible for at least one (1) filled backpack per semester. During the branch's annual Membership Retreat, the backpacks and school supplies are collected and subsequently presented to DCFS staff. The recent presentation was made by Nicholson and committee member Felicia Fisher.

An added benefit for the branch this year was the collaborative efforts of LeDarius Anthony and Kelley Armstrong, who donated backpacks during the retreat for this project. Mr. Anthony, an alumnus of UAPB and the son of branch member Juanita Anthony, has volunteered countless hours to the Pine Bluff Branch via the Annual Scholarship Fundraiser. He is an avid supporter of youth in Pine Bluff and saw this effort as another way to give back to the community.



Sharon Nicholson **PROUD** committee chair and committee member, Felicia Fisher display backpacks presented to Jefferson County Department of Human Services/Division of Children and Family Services.



Pine Bluff news continued.....



DCFS County Supervisor, Dionne Walton accepts donations.



SC Planning and Training Meeting



Mary Liddell, President of the Pine Bluff Branch along with Dr. Bettye J. Williams, National 2<sup>nd</sup> Vice President, Dr. Mary Brentley, Sharon Nicholson and Earnestine Grant, attended the South Central Sectional Planning and Training meeting held in Pineville, LA, September 28, 2013. **Forever Emerald**, Ezora Proctor extended greetings on behalf of National President Delores Y. Owens said that we are going to the top. She asked that everyone include our Sectional Director in our prayers. She said the planning/training meeting is for all of South Central, not just for officers and committee members. **National 2<sup>nd</sup> Vice President**, Dr. Bettye Williams stated that we needed to focus on our National initiatives Education, literacy, youth, and health. She also stated that we need to continue the Reading Bridge program making sure we read to a youth. She provided each Branch President with instructions to reproduce the revised volunteer form (we need to increase), and a list of activities for the volunteer hours. Hours should document from July 1, 2013-June 30, 2014.

**Directors Report:** The National Theme “Women Moving Forward with Purpose and Pride”- **SCNAUW** Airline with services provided to: Mississippi, Alabama, Tennessee, Arkansas, Texas, Louisiana, and Oklahoma. Our **Pilot Captain** – Betty Wilkerson(South Central Director), **Co-Pilot** – Stephanie Sikes (Lay member), **Flight Crew** – Branch Presidents, **Passengers** the membership of South Central. She said that safety must come first we need to buckle our seat belts and prepare our plan by requiring that members be active on the local, sectional and national level. We must continue to focus on membership her goal is to increase membership to at least 700. She wants each branch to bring in at least 2 members because we need to regain our title as the largest section. We need to establish a Mini-grant program each branch will submit a grant.

### Pine Bluff Branch news continued...

Tennessee, Arkansas, Texas, Louisiana, and Oklahoma. Our **Pilot Captain** – Betty Wilkerson(South Central Director), **Co-Pilot** – Stephanie Sikes (Lay member), **Flight Crew** – Branch Presidents, **Passengers** the membership of South Central. She said that safety must come first we need to buckle our seat belts and prepare our plan by requiring that members be active on the local, sectional and national level. We must continue to focus on membership her goal is to increase membership to at least 700. She wants each branch to bring in at least 2 members because we need to regain our title as the largest section. We need to establish a Mini-grant program each branch will submit a grant.



Sharon Nicholson, Secretary, Dr. Bettye J. Williams, National 2<sup>nd</sup> Vice President, Mary Liddell, President, Dr. Mary Brentley, Vice President, Earnestine Grant, Single Parent Chair

### Breast Cancer Awareness

The Pine Bluff Branch of the National Association of University Women celebrated Breast Cancer Awareness Month during its October meeting in the Henderson-Young auditorium at the University of Arkansas at Pine Bluff (UAPB).

Upon their arrival, members were pinned with the internationally known pink ribbon affiliated with breast cancer awareness by Chairperson Georgette Wiley. They were then encouraged to peruse a display table developed in partnership with the Pine Bluff Branch's Health Initiative Committee and the UAPB John Brown Watson Memorial Library System.

The display table featured websites, pamphlets, and other publications from the National Library of Medicine and the National Institute of Health's 2011 Conference on Health Disparities. Brochures were also available that demonstrated correct breast self-examination and recommendations for mammograms in conjunction with the guidance of a gynecologist and primary care physician.

A member from the Health Initiative Committee then distributed and discussed articles with members that included the Pine Bluff Commercial's October 5, 2013 article, "Obesity is No. 1 Risk Factor for Breast, other Cancers," and the October 4-6, 2013 USA Weekend article, "Ask About Breast Cancer Screenings."

During the discussion, members learned from the articles the importance of a high protein, low fat, and low carbohydrate menu that incorporates whole grains, fruits, vegetables, fish, and some chicken to minimize the risk for breast and other cancers. Furthermore, members were informed from the articles that "having more lean muscle and less fat tissue" as a result of regular exercise will also minimize the risk for cancer.

Members in the audience who were already following the recommended high protein, low fat and low carb dietary plan were treated to pink pens with the pink ribbon insignia on them. Members who were following a regular exercise program were cheered with pink pom-poms and then given the pom-poms.