



ncnw
san gabriel valley section

Sisters-to-Sisters Newsletter

June 2022 Special Father's Day Edition

San Gabriel Valley Section National Council of Negro Women, Inc.

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Dream Chasers
by Beckie Evans

They are our dream chasers
Reaching high towards the sky
Always believing they can make it happen
Never saying nigh.

They help us climb tall mountains
Navigating the compass along the way
Taking us to new and exciting places
Never leading us astray.

They help us build strong communities
Wrapping families in their arms
Seeing the many opportunities
Forever working hard.

They number many these volunteers
They have given so much to us
How do we show our gratitude?
Thanks...just doesn't seem enough.



*From President
Marie Paula Thermidor*

This year, Juneteenth falls on the same day as Father's Day and, as a society we have a great deal to reflect upon and celebrate this Sunday.

Our nation first celebrated Fathers' Day in 1910, a day dedicated to honor, acknowledge, and celebrate dads and those who have fathered us when we needed it.

As a community, Black Dads who actively participate in the lives of their families provide a steady source of stability and support. Similar to mothers, our fathers are extremely essential in the development of a child's emotional well-being.

Throughout the years, our Associate male members and black community leaders have been instrumental and continue to have a big impact on our success as an organization.

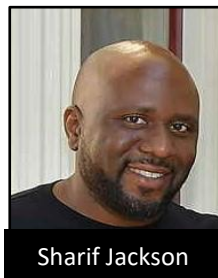
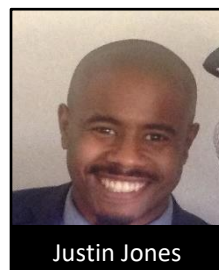
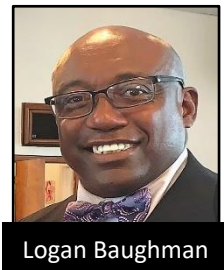
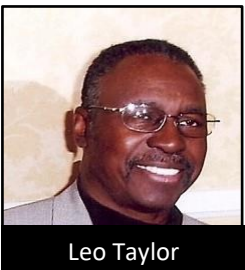
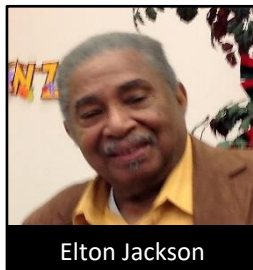
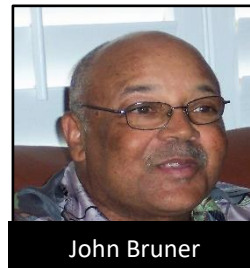
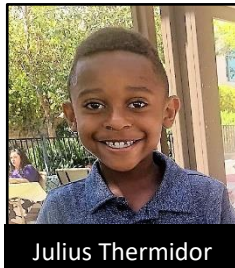
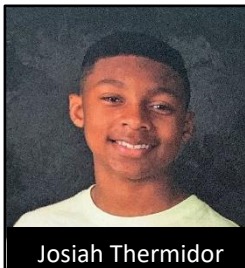
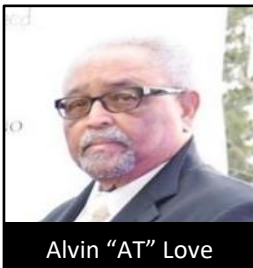
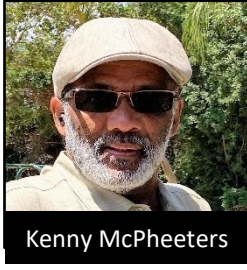
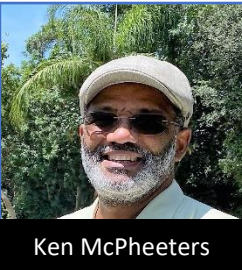
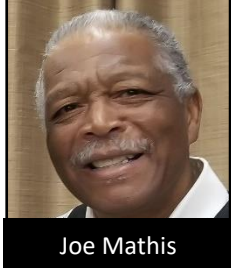
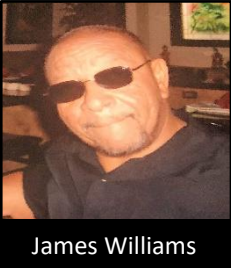
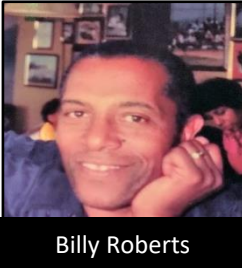
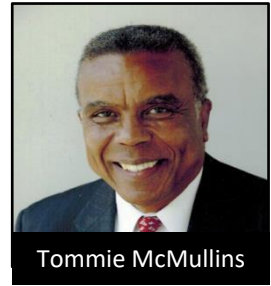
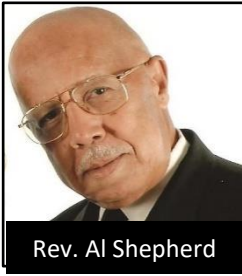
On behalf of SGV-NCNW, we send our warmest wishes on this special occasion of Father's Day to all fathers, father figures and their families. We sincerely hope you all enjoy this special Father's Day weekend with your loved ones, complete with wonderful memories.

Have a blessed Father's Day!

In service,

Marie Paula Thermidor

SGV-NCNW Male Supporters (just a few)



Thru the Years



SGV-NCNW Section Organizer and Supporter: Rev. Al and Dr. Dorothy Shepherd (Grand Marshall of Walnut Parade)



2005 Picnic: Men gathered to work, barbecue, play, and support.



Above: Picnic chefs: "Didn't need teeth to eat that meat".



Above: Jim Williams provides auction instructions.



Left: Maurice Kitchen handles bidding for numerous prizes.

Memories



Men celebrate Kwanzaa at home of Alvin & Betty Johnson in Fontana



Men join members in visit to Camp Afflerbaugh Boys Camp on MLK day. SGV served a soul food lunch.



Trip to Zion and Bryce Canyon, Utah with a stop at Cracker Barrel Restaurant



Left: Dr. Thomas Lee and Benjamin Howze join their wives Sandra and Lutricia in packaging food at Cory's Kitchen.
Right: Billy Roberts assists his wife Dorothy, Treva Hacker, and Sandra Lee at Foothill Aids holiday party.

Supporting NCNW-SGV



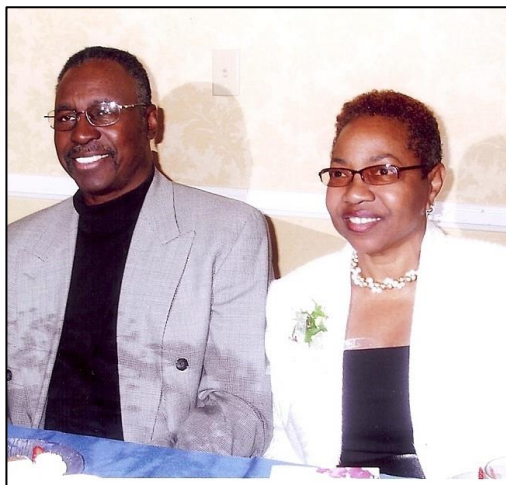
Hill family men join Yolande and Caroline at SGV's 2006 Installation of Officers event.



Alonzo and Michelle Williams relax at SGV's table at Concert Under the Stars.



Kyen and Past President Irma Jenkins serve food at the Black History breakfast.



Leo and Betty Taylor attend SGV event.



Joe Mathis attends Bethune event with wife Marcelle (left) and President Marie Thermidor



Denise McPheeters' 5 brothers (Tony, Kenny, Kenneth, Ken, D'Andre) and dad Donald DeJean support SGV.



Past President Brenda Anderson thanks Bryan Gaines for conducting the Advocates for African American Elders (AAAE) workshop.

Walk Down Memory Lane



Marching in the Walnut Parade



Billy and Dorothy Roberts' yellow truck was always a BIG hit in the Walnut Parade



SGV prepares to march with MPYD in Pasadena Black History Parade



100 Black Men of Inland Empire conducts finance literacy classes for youth.



SGV members celebrate dedication of Bethune Facility with LA Councilman Bernard Parks



LA Councilman Bernard Parks speaker at SGV's Bethune Luncheon

Our Youth: Men Math Tutors

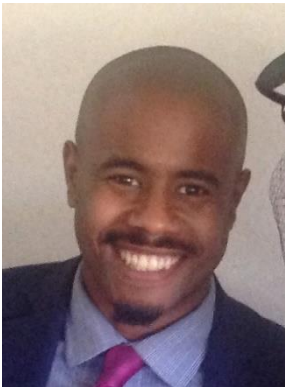
"I leave you a thirst for education." *Mary McLeod Bethume*



Above: Will Townsend tutors 7-8 grades.



Above: Justin Jones tutors high schoolers.



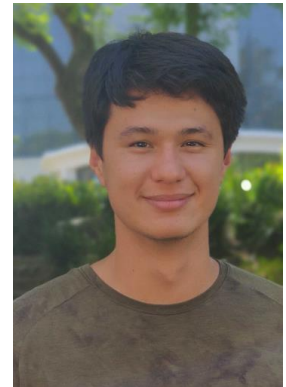
Justin Jones



Jonathan Gonzalez



Azmain Hossain, CT



Daniel Israel, CT



Joshua Rosenberg, CT



Thomas Henning, CT



Russel Martinez, CT



Mohamed Soufi, CT



Mingyao Guo, CT



Shivansh Mahajan, CT

CT =
Caltech
Tutors

SGV's Youth Group - Young Legends

"Our children must never lose their zeal for building a better world." *Mary McLeod Bethune*



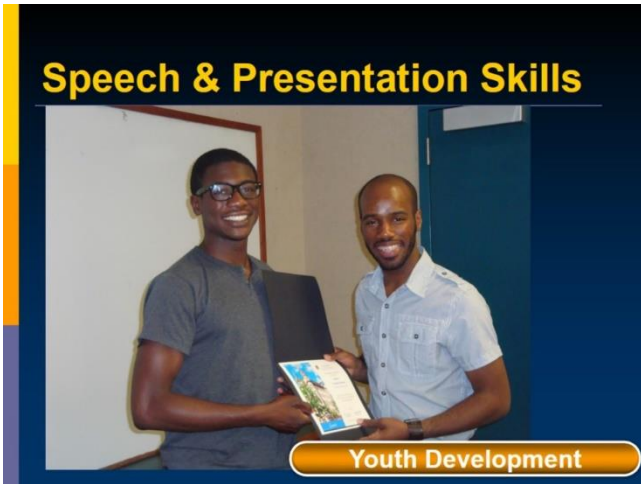
Julius & Josiah Thermidor prepared Back2School backpacks



Jamal Carraway performs at Kwanzaa



Team Elite – Represented SGV-NCNW at the NSBE Try-Math-A-Lon competition held in San Mateo, CA. Seated (left to right) Olubukola "Bukie" Ayetiwa, Hudson Hughes, Roberts Adkins, Harrison Hughes.



Cal State Professor J. Edward Stevenson (right) teaches presentation skills



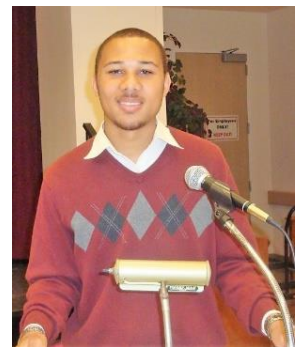
Young Legends



Captain Dennis Tate, United Airlines pilot presents at Youth Technology Conference



Back Row: Tech company presenters at Youth Technology Conference



Carlton Reed teaches web design at Youth Technology Conference

Fit4Life – Men’s Health Tip

The ABCs are attitude, behavior and communication skills.

— Gerald Chertavian —
Men’s Health Month (June) is an opportunity for men to get healthier.

Screening for conditions many men are at risk for, including hypertension, unhealthy cholesterol and type 2 diabetes as well as colon and prostate cancers, can go far to protect health. So, talk to your health care provider to see if you’re due for a checkup. It’s also a good time to commit to a healthier lifestyle with regular exercise, healthy diets and smoking cessation.

Search men’s health on health.gov/myhealthfinder for more ways men can take charge of their health.

Q: Depression symptoms in men?



A: While the diagnostic symptoms of depression are the same for everyone, the condition may present quite differently in men. Key distinctions include:

- Men may appear irritable or angry, rather than sad.
- Men may be less likely to discuss or admit to depressed feelings, or to seek help.
- Men may turn to alcohol or drugs, or risky behaviors, such as gambling, to cope with their moods.
- Men sometimes experience depression as physical symptoms, such as headaches or stomach upset.
- Men may escape family responsibilities through excessive work, or avoid both work and family obligations.
- Though men are less likely to attempt suicide, those who do are apt to use more lethal means, so take self-harm urges seriously.

Fortunately, depression is highly treatable, so consult your health care provider if needed.

— Eric Endlich, PhD

Article taken from **Personal Best – HOPE Health Letter** (June 2022)

MEN’S HEALTH MONTH



Receiving an annual physical is one of the most important things you can do for your health. “There are a lot of things men can do without. An annual physical is not one of them,” said Dr. Michael DiGiovanni, family medicine practitioner at McLaren Lapeer Region - Brown City Health Center.

Here's why everyone should take their annual physical seriously:

- An annual physical is key in preventing future health problem.
- An annual physical is an opportunity to detect underlying health issue you may not have realized were affecting your day-to-day life.
- A physical strengthens your relationship between you and your doctor.
- Your doctor can review and renew necessary medications.
- Screening may include: Blood pressure Cholesterol Diabetes Diabetes Lung cancer Colorectal Osteoporosis Prostate Skin cancer

Source: <https://www.mclaren.org/main/news/mens-health-month-the-importance-of-your-annual-ph-3886>

UPCOMING Events



SGV-NCNW



FUNDRAISER

**Benefitting
Community Service &
Youth Development Programs**

Online Bidding May – July 2022
at www.sgvnwnw.com

**** DONATIONS REQUESTED ****

We are soliciting donations of items for the auction. Contact: Suze Moss 213-800-2295 to arrange pick up/drop off.

Community Service

Community Service Committee is looking for volunteers. Contact Cheryl Robinson marvacrob@aol.com to join this dynamic team.

HIATUS

NCNW-SGV will be on break in July. No monthly meeting. Enjoy the Break!