



San Gabriel Valley Section  
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# Sisters-to-Sisters Newsletter

June 2021 - Father's Day Edition

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

P.O. Box 413 Walnut, CA 91788 Phone (909) 598-5539 Website [www.ncnwsgv.com](http://www.ncnwsgv.com)



## FROM THE PRESIDENT

*Marie Paula Thermidor*

On behalf of SGV-NCNW, I would like to take this opportunity to wish all our men a Happy Father's Day. This is a time to celebrate, appreciate and honor the heroes of our lives on Sunday, June 20, 2021 when we celebrate Father's Day.

Now more than ever, we as community must honor and acknowledge all the incredible men that play an instrumental role in a child's life.

The role of a father in a child's life is irreplaceable. For a young man his father is his first superhero to whom he'll model his character to and seek his approval. With a young lady, her father is her first love; she looks to him for security and emotional support. Fathers are a source of strength and wisdom for a child.

Fathers, like mothers are pillars in the development of a child's emotional well-being. Children will look to their fathers to provide a feeling of security, self-assurance and promote inner growth and strength.

The impact, importance and influence fathers have in our lives cannot be depicted in words. For the most part, fathers set the bar for the relationship we have with others as we grow.

Often, society overlooks the incredible value fathers brings in the family and the significant role they play in their children life for them to flourish. We must always take a note of that and celebrate fatherhood.

On this special day, we celebrate all the fathers with appreciation for the love and support they give us. So today, don't forget to show your gratitude, appreciate, and love for your father and thank him for being there!

Three words of wisdom my father constantly spoke to me and I carry with me till this day.

1. He always reminded me that education is power, and no one can take that away from you
2. Be a person of character; always keep your word; always move with integrity
3. Always have great work ethics; have and show pride in your work; lead with love and passion in everything you do!

In service,

*Marie Paula Thermidor*

### My Dad's Hands

Bedtime came, we were settling down,  
I was holding one of my lads.

As I grasped him so tight, I saw a strange sight:  
My hands... they looked like my dad's!

I remember them well,  
those old gnarled hooks,  
there was always a cracked nail or two.  
And thanks to a hammer that strayed from its mark,  
his thumb was a beautiful blue!

They were rough, I remember, incredibly tough,  
as strong as a carpenter's vice.  
But holding a scared little boy at night,  
they seemed to me awfully nice!

I gave little thought in my formative years  
of the reason for Dad's raspy mitts:  
The love in the toil, the dirt and the oil,  
rusty plumbing that gave those hands fits!

Thinking back, misty-eyed,  
and thinking ahead,  
when one day my time is done.

The torch of love in my own wrinkled hands  
will pass on to the hands of my son.

I don't mind the bruises,  
the scars here and there  
or the hammer that just seemed to slip.

I want most of all when my child takes my hand,  
to feel that love lies in the grip.

By David Ketter

## Celebrating our Men

*Beverley Morgan-Sandoz celebrates the wonderful and caring men in her life*



“There are so many wonderful and caring men in my life: My stepson, my son in law, my brothers, my nephews, and my husband, who although deceased remains a moving spirit in my life.”

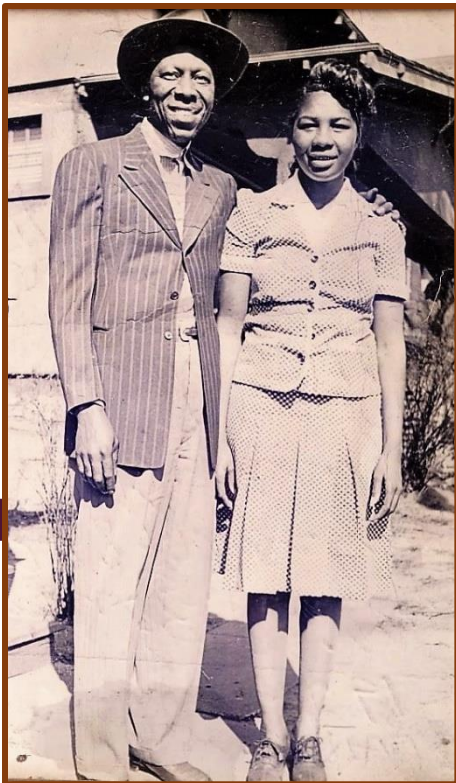
Beverley Morgan-Sandoz



*Left: Beverley and husband in costume for a “Roaring 20s” party.*



*Lutricia Howze gives thanks for her husband Benjamin Howze and father Cardell Toles*



**Lutricia & Family:**  
Mr. Benjamin G. Howze, Sr., our four children which I prayed for.

**MANY MANY THANKS** to the two men in my life who blessed me to be able to love and enjoy the after effects of being born in Tulsa, OK. The family roots are deep.

May God bless all men this Father’s Day and everyday.

Left: My dad Mr. Cardell Toles and my mother Bernice.

## **Celebrating our Men**

*Dr. Dorothy Shepherd pays tribute to her husband, Al Shepherd, and father, Albert Carter*



The men who inspired and are precious in my life are my husband Al Shepherd, and the late Albert Carter. My father had (10) children 9 girls and 1 boy. He was a Bible teacher, a great husband, and an excellent daddy. He taught us how to become Christians. All of us are Christian! My husband Al has the same morals.



# Celebrating our Men

Margie Melvin shares a special tribute - a personal note from her Dad



## A personal note from Dad

I would like to share the note that my father wrote me and my sister in 2007 and the picture below for our upcoming Father's Day newsletter.

Dear Margery and Myesha,  
When I look at these pictures, I cannot help but thank God of how proud I am to have both of you as my daughters. On this Father's Day weekend, I will be reflecting on both of you. Just remember to keep Christ as the head of your lives.

I will always Love You both.  
Daddy



Betty Williams pays tribute to her dad, Arthur Handy



Left: Betty's parents



Right: Daughter Joy with Mom Betty

On this Father's Day Joy and I honor Mr. Arthur Handy, my Dad and Joy's grandfather. I am the oldest of nine and always thought I was his favorite, but it was discovered that the other 8 felt that each were his favorites as well 😊.

All of the grandchildren and great grandson called him "Popee".

Happy Heavenly Father's Day Dad, loving you and missing you.

Your first born ❤️🌹

Betty Handy Williams

## Celebrating our Men

*Valerie Tawiah celebrates 2 men in her life - husband Kwabena Philip Tawiah, and son Kofi Tawiah*



Above: Tawiah family: Kofi (son), Valerie (mother/wife), Kwabena (father/husband)

There are two Special Men in my Life; Mr. Kwabena Philip Tawiah, my husband, and Mr. Kofi Tawiah, my Son. Kwabena and I have been married 50 Years, to God Be the Glory. He is of West African decent Ashanti Tribe, in Tanoso Kumasi Ghana. He is a Retired Regional Administrator, Civil Servant. Kwabena cared for my Mother, and his Mother, and they both lived beyond the age of 100 years. A good provider, entrepreneur, and business man on two continents. Lastly, he loves Birds and Gardening, his birthday falls on Father's Day.

My Son, Mr. Kofi Tawiah is a First Responder, Civil Servant for over twenty years. He enjoys Cycling the great outdoors, traveling, national parks, and musical concerts. Mr. Kofi was heavily influenced by his grandmother Mrs. Emma, who spoiled him and his Father with home cooked meals. Mr. Kofi has a humble spirit, good work ethics, a respectful young man, and I'm very proud that he is my son.

This is the Love for My Family, BLESSED.



*Nadiyah Young celebrates her 2 sons - Muneer and Khalid*



### ***Nadiyah and Sons***

On the left is my son Muneer who is the Nursing Assistant Manager at UC Davis Hospital in Sacramento and my youngest son Khalid to the right who is the Senior Portfolio Manager overseeing 4 private equity funds with \$6.4 billion of assets under management at Clarion.

## Celebrating our Men

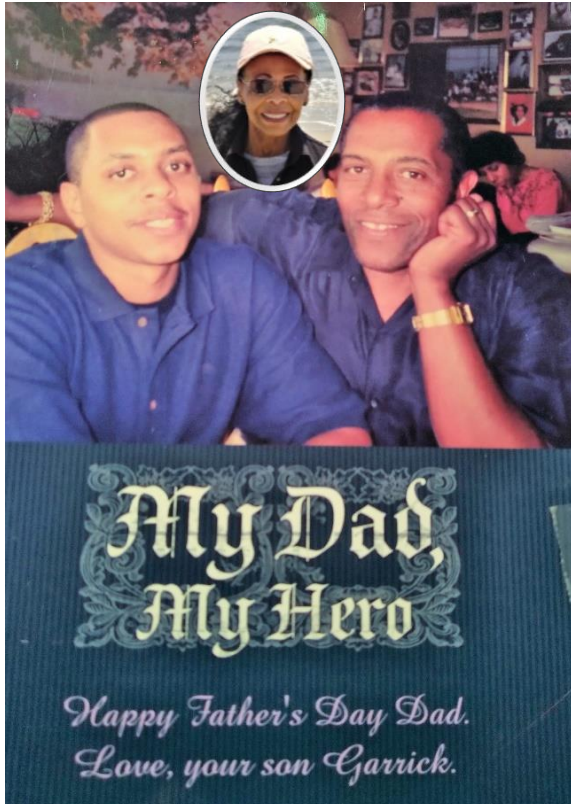
*Marie Paula Thermidor honors her dad, Paul Thermidor*



Left: Marie Paula with her dad, Paul Thermidor, at her 8<sup>th</sup> grade graduation. Marie's middle name (Paula) is in honor of her dad.



*Dorothy Roberts gives Kudos to her husband, Billy Dean Roberts, and son, Garrick Dean Roberts*



Billy is admired by his family, friends, and community. He has been my exemplary husband for 58 years. Of course, there have been moments we have had to take time outs for ourselves. As he and I both say, "It's Good there is more than one room in our house that helps make our house Our Happy Home" :) Bill has taught our children the same integrity his father demonstrated to him as a youngster. Our children, grandchildren, great-grandchildren as well as other youngsters have seen and learned first-hand Billy's gift - to live in God's Will.

It is a blessing that his integrity followed him throughout his professional career. Billy worked in the Automobile Industry for over 30 years. During his career he received enormous training that gave even more life to his admiration and love of cars & trucks. Bill agrees he was born into the right age to practice his craft in auto mechanics. The numerous awards generously earned at Chrysler-Plymouth, Cadillac-GMC, and customers Billy served, with humility were well deserved through his genuine personality and willingness to go beyond the expected.

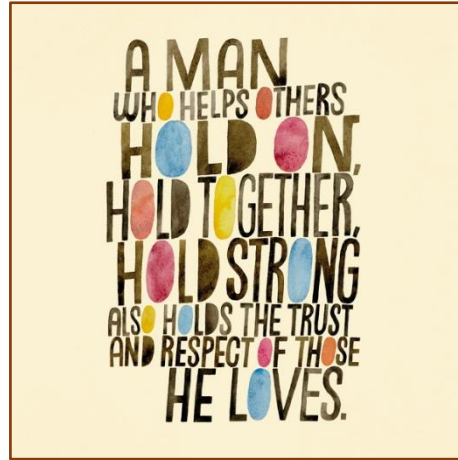
Garrick, our son refers to his Dad as "My Dad, MY Hero." Garrick is the father of our grandson. This makes three of my men that have great interest in the Automobile Industry. I give them each Kudos!

## Celebrating our Men

*Lisa Baughman celebrates her husband, Logan Baughman III*



Logan is an active SGV-NCNW associate, participating along side of his wife, Lisa, and mother-in-law, Lula Jenkins in section events.



*Annice Jackson celebrates her father - Harding Hubbard, Sr.*

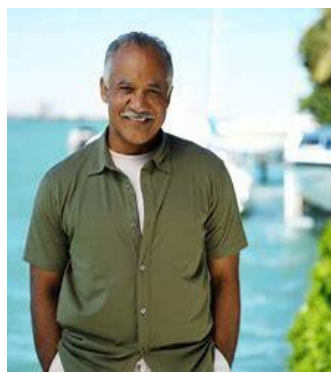


Above: Annice (at age 12), sisters Quinton and Linda, mother Bessie, father, Harding, Sr. and brother Harding, Jr.

Heroes come in all shapes and sizes, ages and races. They are bold and quiet, brave, and meek—from across the ocean and from small-towns in America. One thing they all have in common: they come into our lives and leave an indelible impression that points back to Christ before it points back to them. My dad, Harding Hubbard, Sr. was such a person.

He was a small man in stature (5'7") but tall in his walk with the Lord. He was a family man, a plumber and electrician by trade; he taught these to his son, Jr., who followed in his footsteps. He loved and provided for his family, taught us the importance of sharing and giving back. Although he is in heaven, on Father's Day and every day, I honor and give God **THANKS** for my Dad.

## Fit4Life: Supplements and Men's Health



Food should be your first source of nutrients, including fruits, vegetables, whole grains, lean protein, low-fat or fat-free dairy products, nuts, seeds, beans and healthy fats. Following a balanced eating pattern is the best way to get the nutrients your body needs, including protein, vitamins and minerals.

If you are not following a balanced eating pattern, getting enough sleep or physically active on a regular basis, you may not have good energy levels. When you're not getting all the nutrients you need or in the recommended amounts, your body also may have trouble fending off illness, and dietary supplements may be necessary for an additional nutrient boost. But before taking a supplement, talk with your health care provider. It's important to know about safety and usefulness of supplements before making a decision.

### Safety of Dietary Supplements

Be careful when choosing supplements. While dietary supplements are under the purview of the U.S. Food and Drug Administration, they are regulated differently than conventional foods and drugs. Manufacturers do not have to prove a supplement is safe or even that it works before it is sold. The FDA can take action to remove or restrict the sale of a supplement only after it has been on the market and been proven unsafe.

### The Role of Fortified Foods

Supplements don't only come in a bottle. Many foods including cereals, breads, pastas, energy bars and drinks are enriched or fortified with vitamins, minerals, herbs and amino acids — the building blocks of proteins.

There are different reasons supplements may be recommended for men. They might include:

**Bone Health:** [Calcium](#) and [vitamin D](#) are key nutrients for [bone health](#). If you fall behind on getting these nutrients, you may need a supplement separate from a regular multivitamin, since multivitamins usually do not contain enough calcium to meet recommendations.

- Men need 1,000 milligrams of calcium a day. Men older than age 70 need 1,200 milligrams a day, and teens need 1,300 milligrams a day.
- Men also need 600 IU of vitamin D each day. After age 70, this increases to 800 IU of vitamin D.

**Eye Health:** Carotenoids, such as lutein and zeaxanthin, may play a role in [eye health](#). Focus on including fruits and vegetables such as [kale](#), [spinach](#), [carrots](#), cantaloupe, [sweet potatoes](#) and [broccoli](#) into your day.

Information taken from: [Supplements and Mens Health \(eatright.org\)](#)

Published June 19, 2020; Reviewed April 2020 by Sarah Klemm, RDN, CD, LDN

Researched by Marcelle Penn Mathis, MS, MPH, MBA; Director, Fit 4 Life Committee



**OUR MISSION**

The mission of the 100 Black Men Inc. of the Inland Empire is to provide youth with mentoring, education, economic empowerment, and healthy lifestyles within the community.

**Who we serve**

We serve the underserved, underrepresented youth in the Inland Empire.

**What we do**

We improve the quality of life and bridge opportunity gaps for the youth in the communities we serve.

**Why it works**

Our mentors provide long-term relationships and expanded educational experiences for multiple stages of life.

This banner has a black background. At the top, the number '100' is in a large white font, followed by 'BLACK MEN OF THE INLAND EMPIRE' in a white serif font. Below this, the words 'Scholarship Endowment' are written in a large, bold, white sans-serif font. Underneath, the text 'HELP SEND COMMUNITY YOUTH TO COLLEGE' is in a smaller white sans-serif font. The phrase 'Support 100 BMIE Scholarships &amp; Programs' is written in a white cursive font. At the bottom, it says 'Visit Our Website: 100bmie.org' and 'Make a donation today!' in a white sans-serif font. The background features a faint illustration of red books and a microscope.

This banner has a yellow and white background with a glowing effect. At the top center, it says '100 BLACK MEN OF THE INLAND EMPIRE' in a black serif font, followed by 'PRESENTS THE 2021 VIRTUAL SUMMER STEM ACADEMY' in a bold black sans-serif font. To the right, the word 'GAMING' is written in a colorful, stylized font. Below the main text, it says 'CREATIVITY IS THE SECRET SAUCE TO SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH' in a bold black sans-serif font. Underneath that, the dates 'JULY 10TH, JULY 24TH, AUG. 7TH, AUG. 21ST, SEPT. 4TH' are listed. At the bottom, it says 'FOR INFORMATION OR REGISTRATION, EMAIL US AT 100BMIE.PROGRAMS@GMAIL.COM'. The banner is decorated with various icons: a tree of technology icons on the left, a globe with binary code on the right, gears and a robot on the bottom left, a man in a hard hat looking at blueprints in the center, and the word 'MATH' in colorful letters on the bottom right.

# UPCOMING Events

SGV-NCNW GENERAL MEETINGS: 1<sup>ST</sup> SATURDAY IN AUGUST @ 9:30 AM VIA ZOOM

NOTE: NO MEETING IN JULY



## MATH AND SCIENCE HELP FOR GRADES 1-12



### 2021 Summer Session Starting Online 1-on-1 tutoring



Tutoring will be provided by  
Caltech Students in partnership with  
San Gabriel Valley Section  
National Council of Negro Women, Inc.

To Register, please contact  
SGV-NCNW Youth Director: Darinisha Williams at [darinishaw@gmail.com](mailto:darinishaw@gmail.com)  
or Annice Jackson at [annicejackson@earthlink.net](mailto:annicejackson@earthlink.net)

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