



San Gabriel Valley Section
ncnw
 commitment | unity | self reliance

Sisters-to-Sisters Newsletter

September 2021

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

P.O. Box 413 Walnut, CA 91788 Phone (909) 598-5539 Website www.ncnws gv.com

Believe In Yourself

By Sagar

Believe in yourself and you can achieve

Things you never thought possible.

Believe in yourself and you can discover

New talents hidden inside of you.

Believe in yourself and you can reach

New heights that you thought immeasurable.

Believe in yourself and you can elucidate

The problem that defies every solution.

Believe in yourself and you can tackle

The hardest of all situations.

Believe in yourself and you can make

The complicated things seem simple.

Believe in yourself and you can enjoy

The beauty of nature's creation.

Believe in yourself and you can learn

Skills of gaining knowledge from experience.

Believe in yourself and you can discern

New depths in your life.

Believe in yourself and you can perform

Way beyond your expectations.

Believe in your aim and work towards it,

With elation, determination and dedication.

Believe in yourself and you'll feel blessed,

As you are God's special creation.



FROM THE PRESIDENT

Marie Paula Thermidor

As a new fiscal year is upon us, I take a moment to thank our Executive Committee for all their hard work, dedication, passion for service and being truly instrumental in supporting both my vision and goal as the section President.

Despite the unique challenges of our nation over the last several months, with the great leadership of our Executive Board and Committee Chairs, SGV-NCNW has worked diligently to continue the great work of our organization.

I would like to highlight some of our key successes:

- Built some great Community Partnerships
- Financial Literacy Programs for our Youth
- Successful Health Panels & Selfcare Workshops
- Multiple Successful Campaign Fundraisers
- Membership Workshops
- "The Forgottens" play - National Recognition

Although I'm very proud of all our great work and success of the past year, I'm **truly proud and inspired by the deep-rooted sisterhood that is embodied within this great organization.** In moments of great uncertainties, hardships, and imaginable life challenges, I've witnessed our section uplift, support, inspire and love on another.

It's been truly gratifying to lead an organization whose cause I sincerely and deeply believe in.

I look forward to another year of the great work of SGV-NCNW and the road to amazing success ahead.

In service,

Marie Paula Thermidor

Back to School Event - A Success



SGV-NCNW collaborated with Trans4mation Institute and LOV Olive Branches for their 8th Annual Back 2 School Community Give Back event

A special thanks to all SGV-NCNW members for your generous gifts, donations, and packaging support given towards the Back-to-School event that took place, Sunday, August 15, 2021, in Altadena, CA. Over 400 students attended. SGV-NCNW collaborated with Trans4mation Institute and LOV Olive Branches for their 8th annual Back 2 School Give Back event. Through your personal commitment and dedication to improving our community, with your donations and donations of SGV sponsors (**Colgate, Preferred Nation, and Unix Packaging**), we were able to provide over 200 backpacks/sackpacks filled with Colgate dental kits, school supplies, and masks to hundreds of children in the Altadena/Pasadena and surrounding community.

Many thanks to **Colgate** for providing over 200 Colgate dental kits to fill the backpacks. This was the second year of SGV-NCNW's partnership with Colgate - one that we look forward to continuing. Also, thanks to Preferred

Nation (backpacks), Denise McPhetters (sackpacks), Unix Packaging (water), and members for financial donations for the event. Preferred Nation and Unix Packaging donations were secured through our member, Pat Phillips.

I'm thrilled to report Valerie Toliver, event organizer, shared with us that the turnout was a great success, and the support of SGV-NCNW was needed and appreciated. Every item that was donated was gone and went towards a family who needed it. She went on to say that our generous donations were truly impactful and attributed to the overall success of the event.

Again, it is your generosity and belief in our mission that enables us to continue to do the work of our great organization, and I'm deeply grateful for your commitment, support, and continuous contributions.

With Sincere Gratitude,
President Marie Paula Thermidor

SGV members prepared 200+ backpacks



Congratulations Natalya!



In August 2021, I received my Degree: Master of Public Administration, Public Sector Management and Leadership from California State University, Northridge (CSUN). I began the 2-year program in August of 2019. My thesis (Capstone) was "Participatory Budgeting: The Hesitancy in Local Government" which focused on participatory budgeting from the perspective of local governments and why there is hesitancy in including citizens in the budgeting process in a meaningful way.

WHY: I have worked in the public sector from the beginning of my career. I have worked for municipalities in the San Gabriel Valley, Los Angeles County, Joint Powers Authority, and a Special District and in each role, I have found that there are limitations to advancing without a graduate degree. I focused on the leadership aspect because I hope to change the function of governmental agencies in Southern California from the inside and to do so I have to have the experience and education to be in positions that influence policy decisions.

CHALLENGES: There were countless challenges I faced and overcame in the process of obtaining this degree. We ALL experienced the adverse effects of COVID-19, which

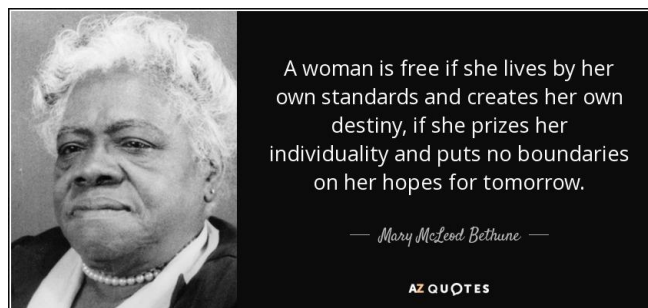
shifted our lives forever. From 2019-2021, I was at the end of my term as the president of our wonderful Section. I applied for the program when I was at my job at the LA County DA's Office. The work was stressful and included A LOT of trauma-based work. I switch jobs and started work doing something completely different. I left that position to another and then another. In total, I transitioned jobs 3 times. I also lost a childhood friend, a long-time friend of my mothers, and my aunt. I also was in a car accident at the end of my program but I am still here and standing.

Through all this, I have been tremendously blessed with a new vehicle, a new job, and now a graduate degree. **I was able to graduate with a 3.97 and was recently promoted (yay)!**

I thank my SGV-NCNW for their love, support, and prayers. :)

Best,
Natalya M. Romo-Jones

Note: Natalya is current 2nd Vice President/Membership Chair; past SGV-NCNW section President



Congratulations Renee!



Teaching has always been a passion for me. I actually began working on my talents at the age of five. At that time, my dolls and stuffed animals were my students. My major mentor for this field was my mother, who was also a teacher.

I earned a BS and MBA degree from Tennessee State University, Nashville, TN and a M.Ed. from Point Loma Nazarene University, Point Loma, CA. Each of these degrees were with academic honors. Before coming to Chino Valley Unified School District (CVUSD) I worked in my home city of Nashville, TN for Davidson County Schools. I taught for twelve years in Tennessee where I achieved 'Teacher of the Year' title at Bellshire School.

After moving to California I paused my career to give time to my family. Bria J. Young is my only child who attended elementary school in CVUSD. She now resides in Nashville as well as most of my family.

I certainly look forward to the next chapter of life...retirement. It has been a rewarding career with memories I will cherish forever. As we know...we all learn something new everyday, even a teacher. So, I will go with eagerness and explore my long awaited 'Golden Years' . Please keep me in your prayers as I will for all of my NCNW family.

Renee Woodruff Young

Congratulations Bethune Honorees!

Life Members

Achiever



Suze Moss
Resource
Committee
(2020 Life Member)



**Beverley
Morgan-Sandoz**
Community
Service Chair
(2021 Life Member)



**E. Marcelle
Penn Mathis**
Health Director
(2021 Life Member)



Brenda Anderson
Treasurer,
National At Large
(2021 Achiever)



Congratulations Marcelle!



**NORTH ORANGE COUNTY
COMMUNITY COLLEGE DISTRICT**

Name of Achievement:

I completed the Certification for Online Teaching (3 year program) administered by the North Orange County Community College District (NOCCCD), North Orange Community Education Program.

I pursued this achievement to:

1. increase my understanding and the effective use of evidence-based online pedagogy,
2. learn how to better utilize NOCCCD’s online learning management platform (Canvas Program), and
3. ensure my course content met California’s mandated accessibility requirement for engaging course content.

Why I decided to pursue this achievement at this time?

The COVID-19 pandemic was a difficult reminder that while I loved teaching, I had to remain current as emerging trends in education management were needed. I was excited to be selected for the program early in the

development and execution stages. **The training provided me with a new perspective on learning** and how to use online continuous improvement tools to motivate and engage older adults in their health & wellness activities.

What new opportunities do this achievement bring?

The area of distance learning has created an acceleration in tools and best practices which will continue to improve my skillset and make me an asset to the lives of my students and their loved ones.

Note: After writing this article I was asked to sit on the recently created NOCE Distance Education Advisory Board. I was stunned because I’m still learning and assumed they needed folks with a solid background. They said they need folks that can motivate and inspire. It is an honor !

Have a Healthy Day & Positive Thoughts,
E. Marcelle Penn Mathis

Note: *Marcelle is SGV-NCNW Health Director*

Congratulations

SoCal NCNW

-- Raises \$1600 for ADA --



SoCal team leader
E. Marcelle Penn Mathis

SGV’s Fit 4 Life Committee partnered with SoCal NCNW to spear head a second year of participation in the American Diabetes Association’s (ADA) STEP OUT WALK event to end diabetes. This was the first collaborative effort with all Southern CA Areas NCNW sections with SGV leading the way. This is the kind of event NCNW National grant with the CDC is encouraging us to have for the National GOOD Health Wins Initiative.

Our team efforts successfully raised close to \$1600 which brings our two-year fund-raising total to just under \$4200. These funds are critical to support ADA’s efforts to advocate on behalf of the 34 million Americans living with

Diabetes Walk (cont.)

diabetes, fund research to bring us closer to a cure, and provide resources to healthcare professionals.

With the recent pandemic negatively impacting the lives of African-Americans, SGV is taking an aggressive posture to educate our members on ways to prevent the risks of getting Type 2 diabetes. An example of this commitment was partnering with the Pasadena office of ADA to have them conduct an educational presentation during our August general meeting. Mr. Roman Garcia, Manager of

Development, gave an in-depth presentation on ways our members can reduce the risks of diabetes with simple, but powerful life-changing behavioral management changes. Members expressed their appreciation and commitment to taking charge of their actions to support healthier lifestyles.

E. Marcelle Penn Mathis, Director
Fit 4 Life Committee

Congratulations Annette!
An Evolutionary Vision



Using a spiritual practice method to vision a reopening of Vibrant Seniors. Rev. Dr. Michael Bernard Beckwith of Agape International defined visioning as, “to allow God to give directions and knowledge to our higher wisdom self.” I can remember growing up as a young child my mother would tell me anything that you want to know, ask God before you go to sleep and when you wake up in the



morning your answer will be there. One of the symptoms of spiritual awakening or connection is to have words, visions, or songs on a continuous loop playing in your head.

The song I am hearing is *One Moment in Time* by Whitney Houston. I listened and watched her video performance on YouTube. Whitney was in the background singing while Olympians pushed themselves to their highest level. The song plus the look on the Olympians faces was enough for me.

“Give me one moment in time, when I’m more than I thought I could be, when all of my dreams are a heartbeat away, and the answers are all up to me: Give me one moment in time, when I’m racing with destiny, then in that one moment of time I will feel, I will feel eternity”.

With this song in my head and the love of Vibrant Seniors in my heart I moved the vision from my head and heart to my vision board.

VIBRANT SENIORS IS REOPENED!

Annette Spence, SGV-NCNW

Note: *Annette is SGV-NCNW Resource Advisor*

Join us at SGV’s monthly meetings for our newly formed **HISTORY COMMITTEE**. Its mission:

- To inform, enlighten, and keep members connected to our history and to the roots of the organization.
- To celebrate/honor/reflect on those individuals and events that are significant to our purpose.
- Engage via monthly general body meetings (Zoom, multi-media) and partnering with other organizations to bring you interesting highlights of persons and events throughout our history.

Committee members are Denise McPheeters (chair), Betty William, Joann Koeller, Annette Spence, Annice Jackson



In Loving Memory



China Renee Porchia (November 11, 1999 - July 10, 2021)

China loved to sing. Her parents said as a child she was very energetic. For this reason, her family always encouraged her participation in extracurricular activities. As a result, her grandmother Michelle Wallace-Williams (past SGV-NCNW 2nd Vice President and Young Legends Co-Director), encouraged her to join our Young Legends youth section. China actively participated in numerous activities (alongside her siblings) including Black History programs, Youth Technology Conference, climbing atop to decorate a Rose Parade float, and many other events. She became the section's Technology Liaison and later Young Legends President. She graduated from Paramount High School in 2017.

Our lives are richer because China passed our way. Her life of good deeds will remain in the hearts of those she knew and loved for years to come. May China's bright smile always remain imprinted on the hearts of all that knew her.



Lois Carson

Ms. Carson was a Legacy Life Member, Achiever, faithful, dedicated, hard working supporter of NCNW. Although, she was a member of the Inland Empire Section, she was a friend and supporter to all sections. We could call on her at any time and she was right there, always ready to speak about and promote NCNW. We learned much from her. Like NCNW's founder, Mary McLeod Bethune and president Emeritus Dr. Dorothy Height, it was Ms. Carson's pledge to make a lasting contribution to all that is finest and best in America. **Her Favorite Quote:** "I shall pass this way but once; if there be something I can do, let me do it now as I shall pass this way but once".

As we go forth, we shall seek to honor her memory, emulate her righteous example, and live a life worthy of the legacy.



Ms. Carson's 90th Birthday Celebration (July 3, 2021)

SGV-NCNW GENERAL MEETINGS: 1ST SATURDAYS @ 9:30 AM VIA ZOOM



MATH AND SCIENCE HELP FOR GRADES 1-12

Love Math & Science Love Math & Science Love Math & Science Love Math & Science

2021 - 2022 Tutoring Session Starting October 2021

Online 1-on-1 tutoring

Tutoring will be provided by

FREE!

Caltech Students in partnership with
San Gabriel Valley Section
National Council of Negro Women, Inc.

To Register, please contact
SGV-NCNW Young Legends:
Annice Jackson at annicehj@gmail.com – 626-644-3060

SPONSORS

