

THE CONNECTION NEWSLETTER

The Collective Power of Giving

The mission. Join the team to make it possible to find a cure to help eradicate cancer. That was the vision of The Charmettes, Inc. 40 years ago. The vision is still clear, collectively work to raise funds to assist Howard University Cancer Research Center.

Today, the organization stands proud in the footsteps of its founders, who recognized the need and put into motion the collective power of giving.

Charmette Vice President, Bonnie I. Flowers, shared the following best practices at the National Council of Negro Women 2021 Virtual Affiliates Assembly November 5-6, 2021. They included: advocacy, elevating the causes and encouraging others to participate in the fight to eradicate cancer; education, providing an awareness of cancer and its effects on those that are affected by it directly and indirectly; service, providing assistance in our communities to improve their quality of life; and support, providing care for communities, collaborating with other organizations, and funding through donations.

The benefactor of the effort - Howard University Cancer - still offering services to those who need it most.



Executive Board Members at the Howard University Cancer Research Center



Charmettes, Inc. National President Catherine Lewis presents donation to Howard University Cancer Research Center.

INSIDE
CHAPTER SPOTLIGHT, SEE PAGE 8

The President's Message

Greetings Charmette Sisters!

Now that summer is over and fall is upon us, we are getting into the full swing of the regular order of business and activities in our chapters. I hope that all chapters have elected and installed new officers. Thanksgiving is approaching and most of us are looking forward to a traditional large family gathering and perhaps traveling after being cooped up for months during the pandemic last year.

This Thanksgiving, as you think about your blessings, take a moment to reflect on those who have been overwhelmed by the pandemic and adversity. We have much to be thankful for.

I am in awe by the fact that during these most challenging times we were able to raise over \$38,000 for our National Cancer Project to Howard University Cancer Center (HUCC).

Charmette Sisters, Thank you! On October 14th, The Charmettes, Incorporated was recognized by the Cancer Center as a sponsor of "For Our Sisters; A Conversation About Breast Cancer" Symposium. HUCC continues to remain grateful and humbled by the ongoing support from The Charmettes, Incorporated and I continue to be motivated by our partnership.

I am very excited in this edition of The Connection to introduce you to our new Interim National Reporter, Charmette Glyndell Presley, of the Madison County Chapter.

I am confident that Charmette Presley will combine her skills, talents, energies and ingenuity in maintaining high standards for the newsletter and to render great service to the organization.



To learn more about Charmette Glyndell Presley, read about her on page 3.

As we begin our new fiscal year, Chapters are ready to begin sharing their great news with our Charmette Sisters. The Connection Newsletter is the one sure way to remain connected and to continue to enhance sisterhood. We know that every chapter has some good news to share about its events, activities, and members as we embrace our motto: "Charm Is the Essence of A Woman's Power."

Charmette Sisters, enjoy the articles featured in this edition of The Connection. The articles featured by the chapters are delightful and uplifting! The Convention Pre-Planning Committee is excited about the 2022 convention in Atlanta, Ga. They are eager to convene on Thursday, January 27 through Sunday, January 30, 2022, to start planning for your arrival in June 2022.

Chapter Presidents, please share this and all correspondences with your members to keep them abreast of Charmettes memories, moments and milestones. From my family to your family, have a Wonderful and Happy Thanksgiving!

Sisterly,
Charmette Catherine D. Lewis



CHARMETTE PRESLEY

MEET OUR INTERIM NATIONAL REPORTER

The Executive Board would like to welcome our new Interim Reporter, Charmette Glyndell B. Presley. Charmette Presley is a mass communication professional with 30 years of experience. A wealth of opportunities have worked to shape her career including radio, newspaper, and magazine production. She has proven leadership as a journalist, editor, university administrator and educator.

In education, her area of expertise is in curriculum and teaching. Dr. Presley's research has focused on the alternative corrective measures used by Black teachers to lessen discipline. Now, in her second career, she instructs secondary students in English Language Arts, reading, and journalism. She has served as advisor to the student produced newspaper, The Silver Lariat, and is currently the Project LIT chapter leader.

She previously has served two terms as the International Editor-in-Chief of the Aurora Magazine (Sigma Gamma Rho Sorority, Inc.), editor of the A&M and Cluster Magazines, FAMU Today, formerly served as an advisor for the student-produced Journey Magazine, and editor and director of Publications (all while at Florida A&M University). Dr. Presley's early journalism career began at a daily newspaper in Georgia. Prior to working in higher and secondary education, she worked as a senior reporter for the Capital Outlook Newspaper, owned by the late Roosevelt Wilson, her former professor and mentor.

Dr. Presley is the historian for the Madison County Chapter of the Charmettes, Inc., is a life member of Sigma Gamma Rho Sorority, Inc. and serves as historian for her local chapter, Beta Delta Sigma. In addition, she is an Executive Board Member for the Jefferson County Education Foundation, and a member of Delta Kappa Gamma International Society for Key Women Educators.

Connect with Charmette Presley at glyndell.presley@gmail.com

FOR OUR SISTERS a conversation about Breast Cancer

A nation watches and listens to panel of experts

The Howard University Cancer Center presented “A Conversation About Breast Cancer” on Oct. 14, 2021 from 6 p.m. – 8 p.m. The moderator was Andrea Roane, veteran news anchor and breast cancer advocate. The virtual event highlighted the “Pink Power Panel,” which consisted of Kelly Bolden, M.D., plastic and reconstructive surgeon; Jacquelyn Dunmore Griffith, M.D., radiation oncologist; Sara Morton, M.D., medical oncologist; and Lori Wilson, M.D., surgical oncologist.

Cherie Spencer, director of community engagement for HUCC, opened the forum by acknowledging its sponsors The Charmettes Inc. President, Catherine Lewis and the Georgiana Thomas Grand Chapter of the Order of the Eastern Star Grand Worthy Matron, Eunice Dingle, for both organizations being longtime supporters.

After panel introductions, Spencer brought to the podium Anita Jenkins, Howard University Hospital chief executive officer, who discussed the toll that the diagnosis of cancer can have on both family and friends. She shared a personal story about losing her physician and friend to the disease.

“I lost a very dear friend, my dear friend and my personal physician to breast cancer three years ago,” Jenkins told the audience. “I have not forgotten that we have the opportunity to change lives and save lives with information and care. Too many people have had to deal with the fear of uncertainties that accompany it.”

Jenkins explained that each year breast cancer impacts the lives of millions of women and men and their families.

“Unfortunately, the statistics for breast cancer are startling,” she continued. “The American Cancer Society reported that more than 400,000 in the U.S. are diagnosed with breast cancer every year. That’s one in eight women will develop breast cancer in their lifetime.”

The poster is for a virtual event titled "For Our Sisters: A Conversation About Breast Cancer" presented by the Howard University Cancer Center. The event is scheduled for Thursday, October 14, 2021, from 6:00 PM to 8:00 PM. The moderator is Andrea Roane, a veteran news anchor and breast cancer advocate. The opening remarks will be given by Anita Jenkins, CEO of Howard University Hospital. The event features a "Pink Power Panel" with four experts: Kelly Bolden, MD (Plastic and Reconstructive Surgery), Jacquelyn Dunmore Griffith, MD (Radiation Oncologist), Sara Horton, MD (Medical Oncologist), and Lori Wilson, MD (Surgical Oncologist). The poster also includes a registration link (foroursisters.eventbrite.com) and logos for the event's sponsors, including Howard University and the American Cancer Society.

The panel discussion began with Breast Cancer 101, an explanation of what breast cancer is and how it affects the body by Dr. Wilson. “One of the things I think is important to understand about breast cancer is that it comes out of an understanding of breast cells,” she explained. “Typically, you think of breast cancer as breast cells that go awry, they lose their ability to control themselves. So actually, what happens is they grow out of control and they lose the requirements that we have to listen to what is happening around it and when things don’t happen well they spread to other parts of the body.”

The panel also discussed inequities and what screening tests are performed to detect breast cancer. “So, typically for breast cancer its either a physical examination or some type of type of radiology study,” Dr. Griffith said. “The standard radiology study is what we call a mammogram. A mammogram is where you take x-rays and you look at the breast tissue. Anyone who has had a mammogram knows that its not the most comfortable, but that is still the standard of care. Depending on the density of your breast, your age, or your family history, or risk factors, you may be recommended to take an MRI.”

The doctor recommended that patients do both -- physical examination and a mammogram. Moderator Roane asked the panelist if chemotherapy was the route to take after surgery. Dr. Horton explained that option is not for everyone. “That is the importance of seeing, several people, seeing all the people on the team,” she said.

CONTINUED ON PAGE 6

SISTER TALK

STORIES FROM THE HEART

By Charmette Demetrice Rufus
Memphis Metropolitan Chapter



"I was diagnosed at age 53 with Stage 2 aggressive breast cancer. Eight rounds of chemotherapy, two surgeries and radiation followed. By God's grace and mercy, I am cancer free today."

I Am A Survivor

As we commemorated "Breast Cancer Awareness Month 2021", I reflected on my own history with cancer. Both of my parents died of cancer complications. My mother battled four different types of cancer in her lifetime, the second one being breast cancer. She was 52 years old at the time of her diagnosis. I was 21 and my sister was 30. Her doctor called me and my sister in to talk to us and explain that we would have to start annual mammograms earlier than most women.

Her course of treatment entailed chemotherapy, mastectomy and radiation. It was a difficult journey for her, but she did survive breast cancer. Since then, my sister and I have taken annual mammograms. Over the years, we had a few abnormalities, but nothing cancerous until the year 2017. I took my exam in July 2016 and everything was good, so when I felt a small lump in the fall, I convinced myself it was okay. It was just another fluid filled cyst.

Yes, I should have known better and called to make another appointment. I was diagnosed at age 53 with Stage 2 aggressive breast cancer. Eight rounds of chemotherapy, two surgeries and radiation followed. By God's grace and mercy, I am cancer free today. My sister was diagnosed this summer and is currently receiving chemotherapy. Her breast cancer was caught at an earlier stage and we are prayerful she will also recover. Stay encouraged my Charmette Sisters and continue to pray for a cure.

IMPORTANT FACTS

TAKING CARE OF BUSINESS

Did you know that. . .

1 in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.

The American Cancer Society reports that Breast Cancer is the most common cancer in American women, except for skin cancers. The average risk of a woman in the United States developing breast cancer in her life is about 13 percent. This means there is a 1 in 8 chance she will develop breast cancer. This also means there is a 7 in 8 chance she will never have the disease.

What's new in research?

Breast cancer causes

Studies continue to uncover lifestyle factors and habits, as well as inherited genes, that affect breast cancer risk. Here are a few examples:

1. Several studies are looking at the effect of exercise, weight gain or loss, and diet on risk.
2. Studies on the best use of genetic testing for breast cancer mutations continue.
3. Scientists are exploring how common gene variations (small changes in genes that are not as significant as mutations) may affect breast cancer risk. Gene variants typically have only a modest effect on risk, but when taken together they could possibly have a large impact.
4. Possible environmental causes of breast cancer have also received more attention in recent years. While much of the science on this topic is still in its earliest stages, this is an area of active research.

(Source: The American Cancer Society)

FOR OUR SISTERS from page 4

There have been times when I have seen a patient later and they have been told [they just saw their surgeon, they just had the lump removed] but they never saw the medical oncologist. Because they were told we caught it early, let's remove it and they said you're cured."

Dr. Horton recommends to anyone who has had cancer to see their medical oncologist. "There are times when one physician may not know what the other physician may say," she added.

Dr. Bolden discussed the fear surrounding breast cancer and reconstructive surgery. "Sometimes women don't come in because they are afraid that they are going to get a diagnosis," she said.

After more than an hour of discussing a number of issues, the panel wrapped up the session by encouraging women and men that early detection is the best way to cure cancer.

Talking about breast cancer at family reunions and discussing family history is one way to empower women. During seasons when people get together is also an appropriate time to discuss the topic, the panelist said.

NCNW hosts 2021 Virtual Affiliates Assembly

The NCNW is an “organization of organizations” that enlightens, inspires and connects more than 2,000,000 women and men.



The National Council of Negro Women held its 2021 Virtual Affiliates Assembly Nov. 5-6. The theme was “Affiliates Connecting and Empowering for Greater Heights.” The NCNW was founded as an organization of organizations by Mary McLeod Bethune in more than eight decades ago. Currently 32 national organizations, affiliates represent the founding concept of NCNW.

During the virtual assembly, Dr. Thelma T. Daley, vice president and Affiliates Chair, welcomed affiliates and leaders in attendance as she opened the two-day conference. Dr. Deborah Taylor King, president, Women’s Missionary Society, AME Church, provided invocation, followed by Dr. Johnetta B. Cole, NCNW President and Chair, who offered greetings.

After a session of “Connecting to our Founder, Dr. Mary McLeod Bethune,” introduced by South Carolina State President Wilease Williams, the 2:15 p.m. session, “Voices of Affiliates Connecting and Empowering: Sharing Best Practices” began with the following circle leaders: Dr. Martha Dawson, President, National Black Nurses Association, National Charmettes Inc. President Catherine Lewis, and Ms. Letisa Vereen, President, National Association of University Women.

Beginning at 5:45 p.m., leaders of Circles D and E, Ms. Dorothy White, President, Iota Phi Lambda Sorority and Ms. Sherelle Carper, President, National Association of Business and Professional Women’s Clubs, continued to empower and share information for the greater body. Friday’s session ended with a closing charge from the advisory committee and Dr. Daley.

On Saturday, at 10 a.m., “The Pearls and Wisdom of Dr. Dorothy Irene Height,” was moderated by Dr. Pamela R. Johnson with respondents Secretary Alexis Herman, Ms. Anna Elenor Fierst, great granddaughter of Ms. Eleanor and President Roosevelt; Dr. Daley, and Skye-Ali Johnson, senior at Richard Wright Public Charter High School for Media & Journalism.

The symposium, “The Power of Leaders,” was facilitated with Honorable Constance Newman, Dr. Alotta Taylor, Dr. Ari Brazier, Dr. Helena Johnson and Ms. Kieanna Childs Alexander. NCNW Special Programs were presented by Ms. Deborah Foster and Ms. Sarah Denton, followed by the “Advocacy to Action” presentation by Ms. Melanie Campbell, President, National Coalition on Black Civic Participation and Ms. Shavon Bradley, National Social Action Co-chair, Delta Sigma Theta, President of D4, and Founding Principal of R.E.A.C.H.

At the wrap-up of the sessions, representatives offered comments including Vice President Bonnie I. Flowers, who offered remarks on behalf of The Charmettes, Inc. The highlight of the day’s event was the keynote messenger. Janice Mathis, Esq. introduced the speaker with an anecdote: “Life is all about choices,” Mathis said.

Mathis told the assembly group that Ambassador Susan Rice was a woman who made the choice to follow the mantra of Luke 12.48, “to whom much is given, much will be required.” She said that Rice, who was an American Diplomat and a Former National Security Advisor, had served under three U.S. presidents in an advisory position. She worked with President Bill Clinton, President Barack Obama, and President Joe Biden, who she presently serves as U.S. Director of the Domestic Policy Council.

Chapter Spotlight

Leon County Chapter presents donation, Debutantes and recognizes its own

Greetings from the capital of the Sunshine State!

Despite the COVID-19 pandemic, the Leon County Chapter of The Charmettes, Inc. has not been deterred by our desire to provide community service. In October, the Chapter virtually “presented a \$1,000 check to the American Cancer Society.

Debutante season:

Our 2021 Debutantes are participating in virtual workshops on etiquette, social media skills, and a father-escort function, to name a few. Even our Junior Debutantes are virtually planning for their future college endeavors and a health-related project for local young ladies in elementary and middle schools.

Members making us proud:

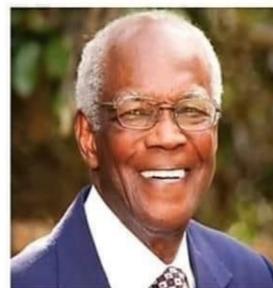
We are very pleased to report one of our own has received a prestigious honor. Charmette Jackye Maxey, a former president of the Leon County Chapter, was recently selected by the Florida Agricultural and Mechanical University Alumni Association as a Distinguished Alumni of the Year for Community Service.

Milestones to come:

Finally, save the date ... an exciting and historical event will take place on Dec. 18, 2021. Stay tuned!!!



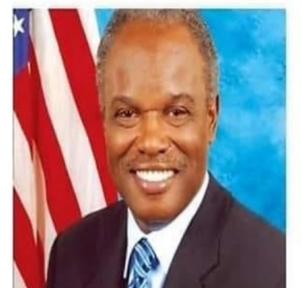
Leon County Chapter presents \$1,000 check, virtually, to The American Cancer Society in October.



COL. CHARLES A. WYNDER, Sr.
Distinguished Alumni Award
Community Service



JACQUELYNNE GAIL MAXEY
Distinguished Alumni Award
Community Service



US CONGRESSMAN DAVID SCOTT
Distinguished Alumni Award
Government

Charmette Jackye Maxey, a former president of the Leon County Chapter, was recently selected as a Distinguished Alumni of the Year for Community Service.

Chapter Spotlight

Madison County gives back to community

In November, the Madison County Chapter blessed two local families with during the month of November for the purchase of needed items for Thanksgiving meals. The goal was achieved by providing grocery store gift cards to the families identified by members, the schools and social service agencies.

The group met telephonically to coordinate its Annual Calendar Charm calendar event. Members sponsored a child aged birth to five years to be featured in the monthly calendar that is published and distributed throughout the community.

Families participate by having birthdays, anniversaries, and memorials listed in the publication. To date the calendar has been our most successful means of generating funds to support our community service events.

The calendars are set to be completed and distributed by January 2022. Our upcoming project for December is to highlight Greenville Crosswind Rehab Center, with holiday treats and stockings.

The Richmond Metropolitan Chapter



Charmette Bonita Grant serves as the chapter's community service chairperson. Each month she informs the members of the cancer awareness activity for the month. September is recognized as Childhood Awareness Month. She invited members to show their support by participating in Go Gold VA for Kids with Cancer Pledge and Campaign. It began September 1st and will continue throughout the month. To show support, members registered their support and purchased a yellow light bulb to display each night at the front entrance of her home during the month. The project was well received and supported.

(The Richmond Chapter continued on page 10)

Chapter Spotlight

The Richmond Metropolitan Chapter



New Members - Seated: I-R Donna Price and Linda James
Standing I-R Carol Davis, Crescendo Trueheart, Queen Harris (Returning member) Gweldolyn Lawrence, Caretha Wallace (Returning member) and Ethel Doggett. Not pictured is Cynthia Bentley (Returning member) and Donna Johnson.

We salute the Executive Board for the successful implementation of our first virtual convention. Participants during Convention 2021 were able to experience another successful event that will be added to our rich history. The Richmond Chapter is proud to report that 100 percent of its members registered and participated.

Welcome New Members

In March 1990, our chapter came into being with Founder Frankie Drayton Thomas as our sponsor. Since that time, we have experienced many highs, some lows and many effective ways for community involvement. Our President, Pamela Smith is keeping the torch glowing with her leadership and commitment. Recently, our Vice President Janice Gardener conducted the in-take process for new members. In July, we inducted seven new members and welcomed three returning members. These ladies bring enthusiasm, commitment, and charm. We welcome them to the sisterhood.

Special project inspired by new members

One of our activities in the chapter is to adopt a child who is challenged with cancer. Our most recent child is now 17 years old. He was noted as being in complete remission of ALL (Acute Lymphoblastic Leukemia) in November 2020.

As a part of his journey, and the recipient of a granted wish, he was named the 2020 Ambassador for the Make-A-Wish Foundation.

Because of Covid 19, a Ride-A-Thon was held in place of the Walk-A-Thon as the annual fundraiser. The new members were inspired to be a part of the event because of our returning member, Charmette Wallace who is Shawn's grandmother. Personal donations were given and a \$100 gift from the new members was matched by the Chapter.

(Richmond Chapter Spotlight, continued on page 11)



Pictured L-R_ Shawn Lewis, Charmette Donna Johnson, President Pamela Smith, Charmette Sala Powell-Dabney, Charmette Marsha Meekins-Cheatham, Charmette Frances Scott, Charmette Janice Gardener and Charmette Caratha Lewis.

Chapter Spotlight

South Carolina Midlands Chapter

The South Carolina Midlands Chapter held its Annual Chapter Retreat on Saturday, July 17th at Langley Management. Members arrived at the Retreat that morning filled with excitement, enthusiasm and joy in seeing each other in person since the beginning of 2020 due to the challenges of the pandemic and the ban on chapter meetings, events, activities put in place by National.

Following the chapter rededication ceremony, President Cora Allen-Mitchell welcomed and thanked members for helping to make this year's chapter virtual events/activities a success.

This year is also election of new officers, and the chapter elected and installed new officers. The officers will serve for a two (2) year term beginning July 1, 2021 through June 30, 2023.

Incoming President Catherine Lewis addressed the members and stated that the chapter has taken a leap of faith from in-person events and activities to virtual events.

She stated that being faced with the shutdown of their annual luncheon, breast cancer walks and other fundraiser activities, and events, in 2021 due to the coronavirus pandemic, the chapter has to become creative and think outside of the box. President Lewis stated that now is the time for members to create a chapter atmosphere that inspire, motivate, and empower members to rebuild our chapter legacy, effect change and restore growth to the chapter.

Chapter Highlights and Recognitions



Charmette Delores Robinson



Charmette Nobbie Sheppard

October is National Breast Cancer month. In recognition of this event, the chapter honored Charmette Nobbie Sheppard, Charmette Delores Robinson and other members and friends across the communities of Columbia and the nation who are currently experiencing breast cancer or are a breast cancer survivors.

Charmette Jean Hopkins was recognized and honored by the Delta Eta Chapter of Chi Eta Phi Sorority on May 15, 2021 for her exemplary contributions to the Chapter. She is the 2021 Recipient of the Soror/Frater of the Year Award.

Charmette Jean Hopkins, BSN, RN, has been a member of Delta Eta Chapter of Chi Eta Phi Sorority since its inception. Her commitment to Service for Humanity has spanned over 38 years. Also, Charmette Jean Hopkins was recognized and honored by the National VFW Post 462 on September 29, 2021, for her longevity in the auxiliary.

National President Catherine Lewis was recognized and honored by First Nazareth Baptist Church as the Mary Letman Neal Memorial Award Honoree 2020 during Women's Day.

Charmette Beatrice Richardson and Charmette Frances Blanding took joy in celebrating their sister and brother-in-law's, Mr. and Mrs. Elijah Gardner, 70th Wedding Anniversary on October 1, 2021.

Also, Charmette Frances Blanding's grandson, Zacharia Blanding, was named "Sailor of the Year."



Jean Hopkins
Soror of the Year

The Connection Newsletter

A CHARMETTE, INC.
PRODUCTION

STAY SAFE!

Until the next monthly newsletter, email me
at glyndell.presley@gmail.com