



National Council of Negro Women, Inc.

Tampa Metropolitan Section

Voices United Newsletter

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In This Issue

- Greetings from the President
- Harambee Breakfast
- Chapter News
 - Education
 - Networking Retreat
 - Social Welfare

National News

- National Reduce Obesity Campaign
- National Online Shopping

Special Article

- The Laughing Cure

Greetings from the President

It is with great honor and humility; I greet you as the newly elected President of the Tampa Metropolitan Section. The year 2008 is a time for new beginnings; the number eight (8) means “new birth”. As we move forward, let us not forget our past and embody the legacy of our extraordinary leader Dr. Mary McLeod Bethune, who in 1935 had a vision to create an “Organization of Organizations” that would represent the national and international concerns of black women. Let us continue enhancing, embellishing and moving this great Section forward. With the platform provided through NCNW, we have been given an awesome opportunity to work together and catch the spirit of our new President-elect, Barack Obama “**YES WE CAN**”:



- ✓ Increase our Sections’ visibility;
- ✓ Increase our Life, Legacy Life, and Associate Members;
- ✓ Reclaim our in-active members; and,
- ✓ Continue developing and implementing successful and sustainable programs that will benefit our communities.

In closing, Dr. Bethune said it best: “This is the time to be connected. We can accomplish more together than any of us can do alone.” Thus, my prayer is as resourceful Section; let us continue to plan purposefully, prepare prayerfully, proceed **POSITIVELY**, and pursue relentlessly our founders Legacy. The history of NCNW is exceptional and the sky is the limit for us! Wishing you all a **Merry Christmas** and a **Prosperous New Year!**

In his service,
Electa
Electa D. Davis, President

Harambee Breakfast

Will be held on December 13, 2008, from 8:30 a.m. to 12 Noon at the New

Did you know?

The National Council of Negro Women, Inc. (NCNW) is a nonprofit membership organization founded in 1935 by Mary McLeod Bethune, a child of slave parents, distinguished educator and government consultant.

It is our pledge....

To make a lasting contribution to all that is finest and best in America, to cherish and enrich her heritage of freedom and progress by working for the integration of all her people regardless of race, creed or national origin, into her spiritual, social, cultural, and civic life, and thus aid her to achieve the glorious destiny of a true and unfettered democracy.

Listed below are the committees that plan and implement the activities to carry out NCNW/s mission:

- *Budget/Finance
- *Cheerio
- *Education
- *Life Membership
- *Membership
- *Programming
- *Public Relations
- *Social Welfare
- *Technology/Historian
- *Youth Group
- *Hearts

Mt. Zion Life Center; 2511 E. Columbus Drive, Tampa, FL.

Speaker: Anne Sankey-White

Menu: Eggs, grits, bacon, sausage, toast/biscuit, fruit, coffee and juice.
Price: \$25.00

For more information and to purchase tickets contact Minnie L. Sullivan, Chairperson, Life Members Committee

Chapter News

Education Committee Report

Josephine Townsend, Education Chair



Yes we did! Our first annual fundraiser Saturday, November 8, 2008 about 30-35 excited supporters boarded the Mount Zion Luxury liner and cruised to One of Florida's largest shopping centers, Saw-Grass Mill in Fort Lauderdale, FL; we had a fantastic shop until you drop" festivity. Our trip began with prayer by Chaplin Josephine Townsend. Soloist Andrea Craddock led us in singing "We Have Overcome." Breakfast was served, followed by Mrs. Yvonne Frazier directing our Trip Trivia, and giving leather bible cases and other wonderful prizes. We spent some time at the Swap Shop Flea Market which included a 14 Screen Drive -In, Farmers Market, Giant Video Arcade, Amusement Rides and much more.

Get ready! Get Ready! Our next fundraiser will be early spring 2009. Don't miss out!

Networking Retreat at the Innisbrook Resort and Golf Club

Gloria W. Davis, Publicity Chair

On October 25, 2008, the Tampa Metro section of the National Council of Negro Women, Inc. (NCNW) held an outstanding and memorable full day retreat entitled: NCNW Networking Across the Bay Retreat. Approximately



36 members attended, including Signora Ferris, the president of the St. Petersburg Metro Section of NCNW.

The group was electrified during the special informative presentations on Financial Literacy by Tangela Dupree; Health and Wellness by Leola Tillman: Girlfriend Shop Stress'in by Paula Bell Styles; and Total Fitness

Visit us on our website: <http://www.ncnwtampa.org>

Become a NCNW member Today!

If you have been looking for a place to explore opportunities, a place where you can realize your potential with the help of a positive, supportive network of sisters, NCNW is the organization for you. NCNW helps women of African descent enhance their health, knowledge, and personal satisfaction and work to improve their communities.

But we can only be as strong as our members. We need your support.

Your membership helps NCNW:

- Promote and recognize leadership among women of color.
- Champion women's rights and civil rights.
- Reduce health disparities among African Americans.
- Increase the educational attainment of African Americans.
- Work toward the economic empowerment of all African American women.
- Celebrate and strengthen the African American family.
- Reach out to women in need in Africa and around the world.

Awareness by Julie Williamson. Additional stimulating and exciting trainings were provided by chapter members. This was an outstanding kickoff for a positive and productive year!

NCNW and the Social Welfare Committee Makes a Difference

The Social Welfare Committee really made a difference in the lives of seven needy families adopted by the Chapter during the Thanksgiving week. Each family received a turkey and all the trimmings to make their family meal exceptional. A special individual and collective **"Thank You"** goes out to all of the membership who supported this effort with monetary and food donations.

We would like to continue this initiative during the Christmas week. We have numerous disadvantaged families, who due to reasons such as unemployment, sickness, fire displacement, etc. NCNW you can continue to make a positive impact within our community.

National News

NCNW and NIH Join Forces to Reduce Obesity in Black Families

Dr. Yvonne T. Maddox, deputy director of the Eunice Kennedy Shriver National Institute of Child Health and Human Development, and Dorothy Height, chair and president emerita of the National Council of Negro Women. (Photo courtesy of NIH)



By Sabrina M. Parker

Being overweight is often accepted in the Black community and even celebrated with the overweight dubbed with nicknames such as being "big-boned." But experts say no matter what we call it or how it is perceived, being overweight can lead to type 2 diabetes, high-blood pressure, heart disease and other chronic conditions.

The National Council of Negro Women and The National Institutes of Health have created a team to battle the bulge in the African-American community, starting with children ages 11 to 13 and their parents. NIH research shows that one in five Black children between 2 and 19 years old is overweight, and one in three is at risk for becoming overweight. That's higher than the statistics for White children. In response to these numbers, NIH and NCNW recently launched a grassroots campaign that will train community leaders to educate and encourage kids and their parents to eat healthy and cut back on the time spent in front of the TV.

"Now is the time to act," said Dorothy Height, president emerita of the NCNW, a 73-year-old organization best known for civil rights work. Height said health has become one of the NCNW's leading issues. "I think we've come to realize that unless we deal with the health of our people, we won't have the privilege of exercising all of their rights, so we're making health a priority," she said.

The Tampa Metropolitan Section, one of the participating chapters, has

Visit us on our website: <http://www.ncnwtampa.org>

Support our sisterhood and African Americans as a whole - join us today!

Contact Us

For information on joining NCNW contact:

Patricia Jones, 2nd Vice President:
pjones1258@tampabay.rr.com

Or

Electa Davis, President,
Tampa Metropolitan Chapter:
P.O. Box 1487
Tampa, FL 33601

Mary McLeod Bethune
Founder

Dorothy I. Height
Chair and President
Emerita

Alfreda V. Davis
Interim Executive
Director

Tampa Metropolitan Chapter
Since 1947

started training board members and interested parties on this new initiative.

For more information, read the full story online: <http://www.ncnw.org/press/>

NCNW LAUNCHES NEW ONLINE SHOPPING BOUTIQUE

Partnership with Sandy USA, Inc. Will Expand NCNW's Brand

Alfreda V. Davis, Executive Director, NCNW, Inc.

WASHINGTON, D.C - The National Council of Negro Women, Inc. (NCNW) announces the launch of its new shopping boutique. Dubbed "Shop NCNW," this online website offers a variety of NCNW logo themed items, as well as contemporary Afrocentric products. This unique initiative is developed in partnership with Sandy USA, Inc., a leading supplier of African American focused gift products.

"This new endeavor is another tool for our membership to remain connected to and supportive of NCNW," says Alfreda V. Davis, Executive Director of NCNW. "Our members, and guests alike, can shop for NCNW logo themed products and feel confident that a portion of their purchases will provide additional support to NCNW."

The ShopNCNW.com boutique features a wide variety of quality gifts by African American artists such as Annie Lee, Harriet Rosebud, and Della Reese. For a limited time, all shoppers can take advantage of an additional 25% off "boutique Debut" savings on all products.

For more information: www.ncnw.org or www.ShopNCNW.com


The Laughing Cure

By Elizabeth Scott, M.S.

- **Hormones:** Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone. It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters. Laughter increases the number of antibody-producing cells and enhances the effectiveness of T cells. All this means a stronger immune system, as well as fewer physical effects of stress.
- **Physical Release:** Have you ever felt like you "have to laugh or I'll cry"? Have you experienced the cleansed feeling after a good laugh? Laughter provides a physical and emotional release.
- **Internal Workout:** A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart.
- **Distraction:** Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way than other mere distractions.
- **Perspective:** Studies show that our response to stressful events can be altered by whether we view something as a 'threat' or a 'challenge'. Humor can give us a more lighthearted perspective and help us view events as 'challenges', thereby making them less threatening and more positive.



Visit us on our website: <http://www.ncnwtampa.org>

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- **Social Benefits of Laughter:** Laughter connects us with others. Also, laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you to laugh more, and realize these benefits as well.

Read the full article at: <http://stress.about.com/od/stresshealth/a/laughter.htm>