



# POST *Nabbar* Newsletter

## WE S.L.A.Y.

*We Stay*

### SERVICE, LEADERSHIP, ACCEPTANCE, & YOUTH



**2020**

**Volume 1**

**Issue 2**

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*Dt. Pam M. Northern ~ Illustrious Commandress*

## Commandress Corner



“But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.”

Greetings Daughters of Nabbar Court No. 123:

I pray that you are adapting to the constraints that have been imposed upon us as we seek to preserve a certain sense of normalcy in work and home routines. Please know that I am thinking of you and praying that during this COVID-19 pandemic that God will provide for your physical, emotional, and spiritual needs and that He will protect you and your loved ones from hurt, harm and danger.

Thank you so much to those that came out and blessed me with the surprise drive-by parade at my house on the weekend that would have been our Court’s ball. I was so moved at the attendance, words of encouragement and tokens of love. Nabbar you S.L.A.Y.

Also in May, we virtually celebrated and recognized our frontline and essential workers, our Military Daughters in recognition of Military Appreciation Month and Daughters who had 2020 graduates. To all of the frontline and essential workers, thank you so much for all that you are doing to care for those affected by COVID-19 as well as those of you who keep us safe daily from crimes, fires, and illnesses.

To our Military Daughters, thank you for your bravery, strength, hard work, commitment, dedication and willingness to serve our country. Thank you for your service!

Congratulations Class of 2020! What an amazing accomplishment they have achieved. They not only survived, but they thrived during what has to be among the most difficult times in their lives. They finished the race even in the face of adversity. They worked so hard to reach this amazing milestone in their life. Despite everything that is going on in the world, they deserve to celebrate! Although it is not a typical way to celebrate, they still have every right to do so! Encourage your graduates to keep their head held high and make sure you do something special for them!

In an effort to keep our Daughters engaged during the times we were unable to meet or have any activities, we hosted a number of social zoom sessions. Not only were they engaging, they were fun and exciting. “Shine” to the Daughters that hosted a zoom session in support of this effort. I received a lot of positive feedback from those who attended.

### *Theme:*

The Next Chapter...S.L.A.Y.ing  
with Service, Leadership,  
Acceptance & Youth

### *Scripture:*

And let us not grow weary of  
doing good, for in due season we  
will reap, if we do not give up.  
~Galatians 6:9

### *Motto:*

**We S.L.A.Y.**

What can be said about the “Social Distancing Soiree” A.K.A. surprise birthday party for yours truly? Fun, food, fellowship, gifts!! If you did not attend you missed an exciting afternoon with your fellow Daughters of Nabbar Court. Thank you all so much for the love! It was truly appreciated.

Anyone who knows me well knows that my all-time favorite T.V. show is the Golden Girls. I LOVE the show! This year, I have affectionately renamed our Golden Years Mentoring Daughters as “Golden Girls”. In June, me and the Divan delivered gift baskets to all of the “Golden Girls” of Nabbar Court. Thank you to the Divan for donating beautiful gift baskets for our “Golden Girls” and accompanying me on the deliveries. Our “Golden Girls were shocked and surprised by our display of love and affection.

“Super Shine” to our Co-Directresses of Promotions PC Timolin Jefferson and PC Katrina Williams. You S.L.A.Y.!! You both do a ByonFabulous job of always shining a positive light on all of the great works of Nabbar Court and I thank you. I have received comments that Nabbar Court “breaks the internet” with our barrage of photos highlighting all of our initiatives and events.

Lastly, to you, Nabbar Court No. 123. Thank you from the bottom of my heart for all of your love and support despite the COVID-19 pandemic that we have been facing since March and continue to face every day. You continued to show up and show out like only Nabbar Court can do, despite the challenges and adversity that we all face. This pandemic has affected us all in one way or another and I ask that you show a little extra *grace* and *favor* to others. You never know what someone else is going through. A smile or a kind word goes a long way.

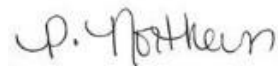
I encourage you to continue to support our Court. I look forward to continuing to work with each of you this year as “We S.L.A.Y” together.

Pray for me and I will pray for you and watch God change things. I miss seeing you all regularly and cannot wait to be able to see you again and greet you in the pre-COVID way that we are accustomed to. Love you much! Be blessed.

"The difference between a broken community and a thriving one is the presence of women who are valued." - Michelle Obama

#wearyourmask  
#alonetogether

In Service, Leadership and Empowerment,



Dt. Pam M. Northern,  
42<sup>nd</sup> Illustrious Commandress  
Nabbar Court No. 123

NABBAR COURT  
NO. 123



Oasis of Atlanta  
Desert of Georgia

# A BALL REMEMBERED WITH LOVE



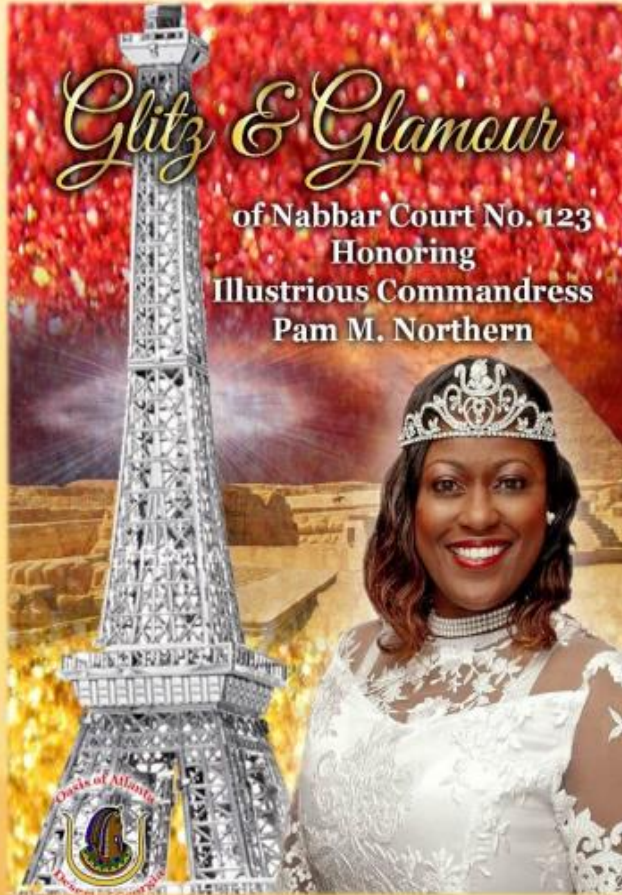
“Friendship isn’t about who you’ve known the longest. It’s about who walked into your life, said, “I’m here for you”, and proved it.” — Anonymous

In this time of caution and concern for all our health and safety during this Corona Virus Pandemic, our meetings and special events have been cancelled. Some of the cancellations caused heartbreak for some such as the beautiful celebration planned for our Illustrious Commandress Pam Northern.

When we have a chance to do something extraordinary to uplift our friends and loved ones, it is an absolute blessing when ideas are created to accomplish that task. Just ask Dt. LaGayle Bliss, our Commandress’ dear friend. She came up with the idea to include the members of the court in surprising our esteemed Illustrious Commandress Pam Northern with a parade of appreciation and encouragement.

As the Daughters passed her, blowing their horns, some exiting their vehicles to do the Daughter’s dance, and some just offering words of love, our Commandress’ tears of appreciation were evident as she continued to express her love and thankfulness. She walked to each car thanking each participant and personally called each member with an emotional word of thanks.

Illustrious Commandress, we know that this could not replace your ball, but the hope is that you know you are loved by the members of Nabbar Court No. 123.



Surprise!!!  
Illustrious Commandress



Submitted by Dt. Theresa E. Hill

MAYA ANGELOU

"Try to be a rainbow in someone else's cloud."

*Illustrious Commandress  
Pam M. Northern*



*Nabbar  
Court #123*





*Illustrious  
Commandress  
Dt. Pam Northern*



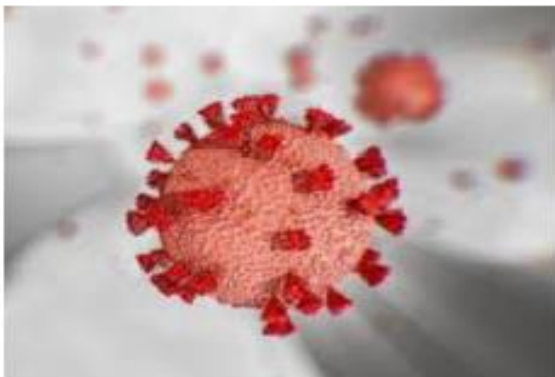
# Health & Wellness



photo credit: society for human resource management (SHRM)

2020 has been an unsettling time for the world. Life as we know it came to a standstill – many businesses and schools closed its doors to reduce the spread of the virus, shelter in place orders separated families, and all aspects of social engagement all but ceased.

In the wake of COVID-19, the way we think about our health and how we access healthcare also changed dramatically. As emergency rooms across the country began to overflow with people presenting with symptoms, medical practices closed its doors and scrambled to adjust delivering routine medical care through telehealth. Those managing chronic conditions, and particularly those who lack health insurance, find it especially difficult to adjust to this “new normal.”



This pandemic is shining a light on how structural and systemic inequities negatively impact people of color, those with different ethnic and cultural backgrounds, the LGBTQ+ and other marginalized communities’ ability to access healthcare and have done so for decades.

In a study lead by Yale University, researchers have found that COVID-19 “is disproportionately affecting African Americans at an alarming rate. African Americans are 3.5 times more likely to die of COVID-19 than whites.” In Georgia, COVID-19 has had a detrimental impact on African American and Hispanic communities representing 61% of cases and 53% of deaths of those reported.<sup>1</sup> Why is this? Those living closest to inequity, along with experts who study health disparities have said for years that systemic racism takes a huge toll on the health of communities of color.



photo credit: michaeljung - Fotolia

It is an unfortunate reality that African Americans have higher reported rates of disparities among any other group in Georgia. African Americans are six times more likely than whites to be diagnosed with HIV. We report higher rates of asthma, diabetes, and other chronic diseases than

any other group across the state. African American youth are among the most likely members of our society to be exposed to trauma and yet the least likely to receive services that could prevent the development of trauma-related emotional and behavioral difficulties.



Photo credit: Adele De Witte - stock.adobe.com

Systemic racism affects women of color, particularly Black women at higher proportions than their counterparts. When looking at the death rate among women who give birth, Black women are two to three times more likely to die from pregnancy-related causes than white women – and this disparity increases with age.

As black women, we are often plagued with disproportionately high incidence rates for a variety of health conditions: breast and cervical cancer; women's health issues (fibroids, sexually transmitted disease, etc.); and mental health issues, and feel ignored when it comes to addressing our health issues – often being labeled as “strong”, or consistently overlooked because of our educational attainment and income, when in fact educated black women are dying at even higher rates than white women who only have a high school diploma.

We were finally humanized when stories from social media and other platforms began to shed light on the issue, lifting the experiences of Beyoncé, Serena Williams and countless other women recounting their traumatic experiences from giving birth. In the case of Serena Williams, we relived the trauma she shared, an experience of having to crawl on her knees in the hospital to alert medical staff of her condition.

As a collective, it is ever more important for us to make our health a top priority. As wives, mothers, daughters, sisters, and individual contributors to society – we serve as the backbone. For so long we have pushed through the pain (mental, physical, psychological) to ensure we continue supporting those that depend on us.

As we now come to terms of wearing face masks, easing back into social interactions – returning to work, meeting up with friends and loved ones, and gathering in public places it becomes important that we also take the time to schedule routine medical appointments, be open and honest with your medical provider(s). And, if you are not satisfied with the services you are receiving to speak up. It sounds scary—and it can be—but knowledge is power, especially when it comes to your physical and mental health.



## Our Mental Health Matters



When someone asks, “*how are you feeling today*”, what is your response? Do you typically reply with

a grand measurement of how well you are doing? What about the days when you are not feeling like yourself? When addressing our physical health, we know that a call to our doctor or a trip to the drug store, in many cases can remedy our symptoms. For those experiencing or support loved ones with a mental health condition, the remedy is not so simple.

During the month of May, we observe Mental Health Awareness Month - a time where we come together to raise awareness, fight stigma, educate the public and advocate for policies that support people with mental health challenges and their families. On May 20<sup>th</sup>, Dt. Kendra L. Stewart participated in a timely discussion for women on “Prioritizing Self-Care and Mental Health” as a guest speaker for the United Way of Greater Atlanta’s Wellness Wednesday event.



Kendra L. Stewart  
Licensed Therapist



Yolanda Owens  
Owner, IWI Fresh Spa and IWI Skin Studio

photo credit: United Way of Greater Atlanta

A trauma-informed therapist, Dt. Stewart discussed tips for managing stress in the age of COVID-19, ways to reduce stigmas surrounding mental health and provided

resources on where to go should you experience a mental health crisis. In addition to Dt. Stewart, the event featured Yolanda Owens, owner, and founder of IWI Fresh Farm-to-Skincare Spa. Owens spoke on the importance self-care and tips on how to care of your skin with natural products. The webinar series was attended by a diverse audience of women from various ethnic and socio-economic backgrounds.

According to the National Alliance on Mental Illness (NAMI), 1 in 25 adults experience a serious mental health condition that substantially interferes with or limits one or more major life activities.<sup>1</sup> Children, and particularly young adults have more of a challenge in expressing when something is wrong.

Statistics from the National Institute of Mental Health estimate 1 in 5 youth ages 13-18 have or will have a serious mental condition. On average, diagnoses in youth occur between the ages of 16-19, with the average delay between the onset of symptoms and intervention being 8-10 years.<sup>2</sup>

Today is exceptionally rough for African Americans as a community. In the wake of the COVID-19 pandemic and recent civil unrest for the killings of Ahmaud Abery, George Floyd, and Breanna Taylor by law enforcement officers, our global community has witnessed the atrocities that plague our community as a result of racism.

These atrocities greatly impact how we interact with those closest to us and with the outside world. An unfortunate consequence of COVID-19 – outside of the deaths of African Americans happening at

## *Our Mental Health Matters*

higher rates than any other group has been the steep rise child abuse, intimate partner violence and sexual assault cases.

Our mental health matters. African Americans are 10% more likely to experience episodes anxiety, depression, and post-traumatic stress disorder (PTSD) than our peers.<sup>3</sup> And while these statistics may be alarming, there are many things you can do to “mind your mental health” during this time of uncertainty:

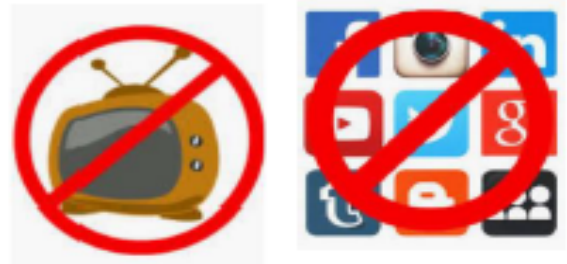
1. **Practice self-care:** whether you are quarantining, self-isolating, or following orders to shelter in place, self-care helps is an important part of this journey – it helps us feel nourished, gives us meaning, soothes uneasy feelings and giving us a more solid foundation.



2. **Maintain healthy routines:** As we begin normal activities – work, school, social events, etc., it will be important to maintain sleep habits, exercise, hobbies, etc. as way to manage stress.
3. **Stay connected to others:** during times of uncertainty, friends and families can be a good source of support. It is important to keep in touch with people



in your life who add positive value. Talking things through with someone can help lessen worry or anxiety. Remember, you don't have to appear to be strong or to try to cope with things by yourself.



4. **Stay informed but set limits on the news and social media:** the constant stream of news and social media updates can cause you to feel overwhelmed and powerless at times. It can be difficult to separate facts from rumors. Only use trustworthy and reliable sources to get your news. Place limits on the amount of time you engage on social media platforms.

Whatever you are at this moment, tomorrow, or the days after, be sure to return to yourself by the end of each day to cleanse and restore. This is how we take our power back. And this is how we share our light with others.

Submitted by Dt. Ebony Johnson



## **APRIL**

1<sup>st</sup> Dt. Ebony Johnson  
2<sup>nd</sup> Dt. Tamara St. Germaine  
8<sup>th</sup> Dt. Natarsha Miller  
9<sup>th</sup> Dt. Georgetta Dye  
11<sup>th</sup> Dt. Sara D. Malone, HPC  
18<sup>th</sup> Dt. Cynthia Henry  
20<sup>th</sup> Dt. Erica Garmon  
21<sup>st</sup> Dt. Tasha S. Parham  
21<sup>st</sup> Dt. Gwendolyn Wallace  
22<sup>nd</sup> Dt. Priscilla Hurston, HPC  
23<sup>rd</sup> Dt. Bridget Cox  
24<sup>th</sup> Dt. Shirley Cunningham

## **MAY**

3<sup>rd</sup> Dt. Marian Hunter  
5<sup>th</sup> Dt. Shuneke N. Camen  
6<sup>th</sup> Dt. Rita Williams-Wynter  
9<sup>th</sup> Dt. Theresa Hill  
10<sup>th</sup> Dt. Valerie Bell  
10<sup>th</sup> Shaunta Rutherford  
12<sup>th</sup> Dt. Patricia Langford  
15<sup>th</sup> Dt. Teffanie Williams  
31<sup>st</sup> Dt. Althea Thompson

## **JUNE**

1<sup>st</sup> Dt. Karyn Bailey  
8<sup>th</sup> Dt. Mable Ray, PC  
10<sup>th</sup> Dt. **Pam M. Northern,**  
**Illustrious Commandress**  
12<sup>th</sup> Dt. Tamika Jones  
16<sup>th</sup> Dt. Carmen Scott  
19<sup>th</sup> Dt. Nivia Lindsey  
19<sup>th</sup> Dt. Ihsana Ujamaa  
23<sup>rd</sup> Dt. Willeen Bowens  
23<sup>rd</sup> Dt. Pandora C. Payne  
26<sup>th</sup> Dt. Cheryl Thomas Moore, PC  
28<sup>th</sup> Dt. Geraldine P. Andrews, HPC

## **JULY**

1<sup>ST</sup> Dt. Joyce Gilchrist  
6<sup>th</sup> Dt. Denise Washington  
10<sup>th</sup> Dt. Lucille Hudson  
13<sup>th</sup> Dt. Michael Cornelius, PC  
15<sup>th</sup> Dt. Sandra Jamison  
15<sup>th</sup> Dt. Gloria M. Toca  
16<sup>th</sup> Dt. Barbara Caldwell  
17<sup>th</sup> Dt. Ethel Gilliam  
20<sup>th</sup> Dt. J.C. Jefferson, HPC  
21<sup>st</sup> Dt. Nicolette Gordon  
24<sup>th</sup> Dt. Arnese Foster  
26<sup>th</sup> Dt. Kiema Mosley

## **AUGUST**

4th Dt. Jacqueline P. McCoy, PC  
6th Dt. Doris  
10<sup>th</sup> Dt. Hamilton, HPC  
8th Dt. Natarsha Miller  
8th Dt. Yolanda Williams  
9th Dt. LaGayle Brewer  
11th Dt. Renee A. Mclver  
13th Dt. Patricia Miller, HPC  
16th Dt. Kendra Stewart  
23rd Dt. Mollie Scott, HPC  
25th Dt. Sandra Vance  
28th Dt. Berthenia Gibson  
31st Dt. Pamela B. Majette  
31st Dt. Verlyn T. Smith, HPC

# *Nabbar Court No. 123*



There is a multitude of talent within **Nabbar Court No. 123**. Illustrious Commandress Pam Northern, along with Dt. Donna Cook (1<sup>st</sup> Lieutenant Commandress), Dt. Treasa Dumas-Jackson (2<sup>nd</sup> Lieutenant Commandress), and members of the Military Daughters, HPC Sharon Lane and Dt. Cynthia Henry recognized the Essential Workers, Military Daughters and Graduates during the month of May. This month, we will showcase some hidden talent of “Nabbar Cooks”.

A few Daughters were contacted and asked about their love for cooking. I was in awe at the various stories from four Daughters.



*Dt. Kijema Mosley*

My Mother and my great-grand mother are responsible for me getting into cooking. My Great grandmother baked up until two weeks before her passing at the age of 97. I would always hear people talking about how good my family’s food was and that is something I wanted to keep going.

I was inspired by growing up watching how happy people got when they got a cake or pie from my great grandmother or a plate from my mom!!!! Seeing the happiness on their faces and then the joy it brought my mom inspired me. My favorite foods are the country, down-home southern soul food.

I feel like when I cook it brings joy and happiness to people. I don’t do it for the money, I do it because it makes me feel like I am bringing something to bring a smile to someone. When someone needs something, if they are hurting or just down, food and cooking is my expression of love to them. My words of wisdom for an aspiring cook: “If you are not cooking with love then you are not cooking!!!! You must put feeling in every dish you make”.



*HPC J.C. Jefferson*

Cooking and sharing with others put my mind and heart in a good place. It gives me joy to watch people enjoy my food. I feel blessed to know that I have provided a home cooked meal to someone who needs it and is appreciative.

I was inspired to cook at an early age. My mother passed away when I was young, and my dad was a terrible cook. I learned through necessity and “trial and error”. Some of my favorite foods are baked chicken, cornbread dressing and banana pudding. My recipes are “put and taste”. Cooks should know their ingredients and always put enough into your dish until it tastes good. I feel that food connects people. I have a very close-knit family and some major family decisions have been made in our kitchens preparing a large family meal. I would advise an aspiring cook “don't give up. Try new dishes. Try and try again.”



*HPC Mary G. Watts*

I begin cooking when I was young. I had the opportunity to be in Home Economics when I was in school. Doing so, I proudly won many cooking contests. I was inspired to cook by my mother. She worked in the field but was a great cook!

Seafood and my own gourmet dishes are my favorite foods. I think that food connects people and I will cook as long as someone will eat it and appreciate my efforts. Words of wisdom for aspiring cooks are “put your heart into it. You have to love what you do. Your food will taste so much better. Don't rush cooking. Cooking takes time and patience.”

One of my favorite recipes is BBQ Salmon with potato hash topped with crispy fried onions rings.





*Dt. Lisa Charles*

My first attempt to cook is when I was 3 years of age. I almost burned down our kitchen trying to make eggs for myself. After that incident I usually just watched my parents cook. I made my first meal for my dad's birthday when I was nine; spaghetti with meat sauce and salad. I often helped my mother and father in the kitchen, and I guess I learned recipes through observation. I didn't know that I enjoyed cooking until I went to college and moved off campus. Almost every day during summer school session I would cook for my crew after we returned from the beach. Steaks, mac and cheese, chicken, fish you name it. If we could afford it, we bought it and I cooked it. Once I graduated and moved to Atlanta, I advanced my skills again by observation and practice. My dream of attending cooking school came true a few years later but to my disappointment, I had to stop attending after the first semester. My dream was deferred but I was able to become a cooking assistant at Cook's Warehouse. I eventually started my catering company Kerensa's Creations, LLC.

My inspiration to cook comes from my desire to make people happy through food. I also like to challenge myself to recreate dishes I ate in a restaurant and what I see on my favorite channels; Food Network and the Cooking Channel. My favorite foods are Authentic tacos, pho, ramen, oysters- raw or grilled, bahn mi sandwiches, pizza, salads and crawfish.

I believe food connects people because we need nourishment. The story of what we eat, why, and how it's prepared becomes our culture. People get to experience different cultures through food, and we share these experiences with family and friends. If you live in a diverse city, you can be transported to another county just through food. My words of wisdom to an aspiring cook comes from a quote: "Cooking is like love. It should be entered into with abandon or not at all." Harriet Van Horne

### **Favorite Recipe - Grilled Citrus Chicken**

#### **Marinade**

2 lbs of Boneless chicken breasts or thighs (if you use breasts, butterfly them)  
2 Lemons, 2 Limes, 1 Orange, 1 Sprig of Fresh Chopped Rosemary  
1 Chopped Shallot or 1/2 Small Red Onion, 4 cups of Olive Oil  
2 tsp Dijon Mustard, 2 tsp Honey or more depends on your taste, Salt & Pepper to taste

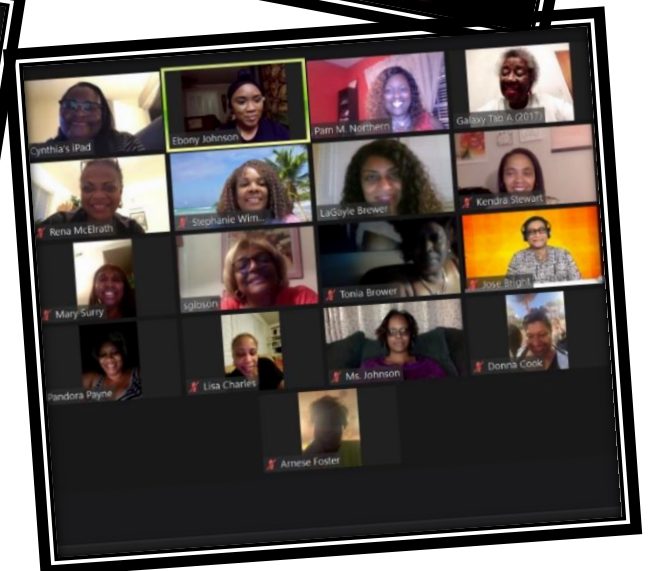
Glaze: Any citrus jam and left-over marinade

In a small pot add 2 tbs of jam and leftover marinade. Heat on low and stir until combined. Heat until the glaze thickens. Zest all the citrus and squeeze juice into a bowl. Add all other ingredients and mix. Place chicken in a freezer bag or deep dish and add marinade. Save a small amount of marinade for the glaze. Let chicken marinate for at least 1 hour but no more than 6 hours in the refrigerator. Remove chicken and grill until done (165 deg). Once the chicken is removed from grill, brush the glaze onto the chicken.

**Submitted by Dt. Treasa Dumas-Jackson**

# Nabbar Court No. 123 Zooms!

As part of Nabbar Court's Membership Engagement initiative, a series of zoom sessions have been scheduled at minimum, on a bi-weekly basis. From celebrating this year's graduations, Daughters on the front-line and honoring Military Daughters to sharing informative presentations such as "What is Trauma and its Affects on African-American women" to guided meditation sessions, and even fun-filled "getting-to-know-you-better" activities, Illustrious Commandress Pam M. Northern, has truly kept Nabbar Court Daughters engaged!



Submitted by Dt. LaGayle Brewer

# Trauma and How it Affects African-American Women



**Kendra Stewart**  
Outpatient Adolescent Therapist

*Thursday, June 11<sup>th</sup>*  
*7:30 p.m.*

## WHAT IS TRAUMA AND HOW IT AFFECTS AFRICAN AMERICAN WOMEN?

*via Zoom*

**Meeting ID: 495 931 8541**  
**Password: weSLAY**

Hosted by  
Ebony Johnson



**Sir Jose Bright**  
Guided Meditation

Daughter Ebony Johnson hosted a session to raise awareness about trauma and the affects it has on African-American women. Outpatient Adolescent Therapist, Daughter Kendra Stewart provided an informative presentation explaining what trauma is, as well as examples of activities to help manage various types of trauma. After Daughter Stewart's educational presentation, participants were fortunate to have Sir Jose Bright enlighten them on the benefits of meditation, the variety of crystals that can be used to administer and aid in meditation, as well as the therapeutic properties of crystals. Daughters had lots of questions and thoroughly enjoyed the experience and being guided through this very relaxing meditation activity.



# *Social Distancing Soiree*



Saturday, June 13<sup>th</sup>, Nabbar Court No. 123 hosted a fellowship and fun “Social Distancing Soiree”. To her surprise, it was actually a surprise birthday celebration honoring Illustrious Commandress Daughter Pam M. Northern. She was totally surprised but thoroughly enjoyed seeing her court. A beautiful gift table, as well as tents, food and fun were had by all who attended. Nabbar Court No. 123 truly S.L.A.Y.s in every way!

Join us for fellowship and fun at our  
**We S.L.A.Y.**

**Social Distancing**  
*Soiree*

**June 13th 2-5 PM**

7340 Old National Hwy Riverdale, GA  
Bring your food, drinks, water and chair  
**\*\*NO DOI Attire\*\***  
Social Distancing Guidelines  
will be enforced

Submitted by Dt. LaGayle Brewer



# *Social Distancing Soiree & Surprise Birthday Celebration*





*Golden Girls  
Gift Basket  
Deliveries!*

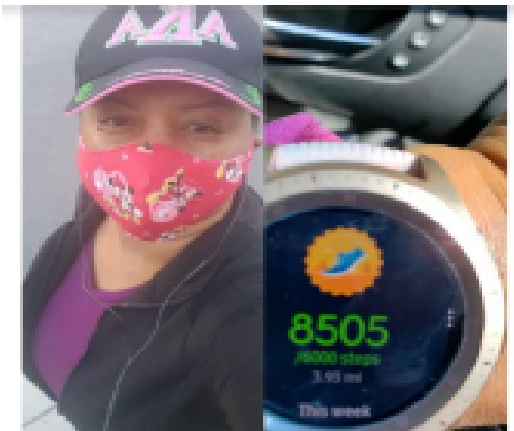


*Golden Girls  
Gift Basket  
Deliveries!*

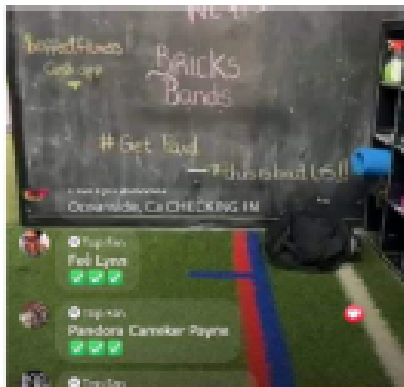


# The Nabbar Fitness Experience

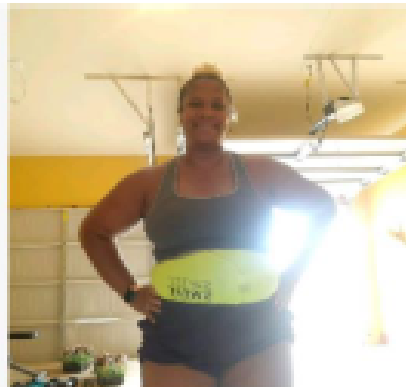
A small gesture to engage Daughters during shelter in place mandates turned into a fitness movement! Nabbar Ct. No. 123's Co-Directresses of Promotions, Dts. Timolin Jefferson, PC and Katrina Williams, PC set out on an audacious task, encouraging members to stay connected to one another through daily exercise all while being safe. The "We S.L.A.Y. – Nabbar Ct. No. 123 Fitness Challenge" was born and Daughters rose to the occasion - showcasing their walking achievements on personal social media pages and on the Court's group messaging room, hosted through GroupMe. The walking challenge provided an outlet for Daughters to relieve the stress and anxieties experienced by COVID-19.



Dt. Althea Thompson enjoys a brisk morning walk.



Dt. Payne shares daily workouts with Effect Fitness on GroupMe and through Facebook.



At the end of the challenge, Daughters were recognized for their active participation during the Court's Zoom meeting. During our 'Food, Fun & Fitness' Zoom, Dts. Ebony Johnson, Katrina Williams, PC, Kendra Stewart, Pandora Payne, and Stephanie Wimbish received virtual certificates for being top participators in the challenge.

Daughters also had an opportunity to share fitness success tips! Dt. Pandora Payne shared how her fitness journey really helped her to cope with increased demands at work as well adjustments with work/life balance now that scholars are home engaged in digital learning.

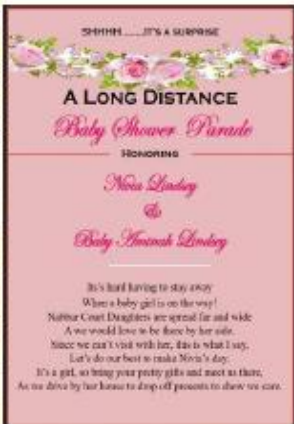
Daughters were so inspired by the challenge that a new group formed to further support individual fitness goals. Led by Dt. Kendra Stewart, chair of the Health & Wellness Committee, Daughters continued their walking or exercise routines, talked through fitness challenges and supported one another. Dt. Stephanie Wimbish is a tremendous support for Daughters - from the challenge and beyond! From motivational quotes, sharing personal milestones and encouraging Daughters to "keep it moving," Dt. Wimbish goes above and beyond to keep group members encouraged.

Experts from The American Heart Association, Centers for Disease Control (CDC), and Mayo Clinic recommend adults get at least 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity, or a combination of moderate and vigorous activity each week. The guidelines suggest that you spread your exercise out during the week. Greater amounts of exercise provide even greater health benefits. As you consider an exercise regimen, be sure to consult with your medical provider to get a full assessment on your health profile.



# Shhhhh....It's A Rolling Baby Shower

It was only expected that the amazing Directresses of Promotions, PC Timolin Jefferson and PC Katrina Williams would coordinate the wonderful idea of Dt. Charlotte Banks, to surprise one of our Nabbar Divas, Dt. Nivia Lindsey, with a "Baby Shower Parade". The participants met at O'Reilly's Auto Parts to decorate the cars and assemble the procession, opening in prayer. The event was an immense success in the midst of a pandemic with Nabbar Daughters parading in their vehicles, only stopping to place gifts in the yard in front of Dt. Lindsey and her family.....including the new baby.



## Words of Appreciation from Daughter Nivia Lindsey....

.....On May 15, I was so surprised when I expected to be riding with my husband to get some food from a take-out restaurant, and there was my Court, lined up in their cars down my street, decorated with pink balloons to welcome my new daughter, Aminah Nivia Lindsey!

I had been home from work for about 6 weeks before Aminah was born, taking a combination of personal leave to keep my son since daycare had closed, and working from home since I was pregnant. My parents could not just come over as they would have due to travel restrictions in their state of residence, shelter in place requirements, and their own COVID-19 scare. Even with my husband there at every point of the way, those days were very strange to me.

Aminah was due to be born on May 23, but she felt it was such an emergency to get out on May 12, 2020. She was 6 lbs., 2 oz and 19 inches long. Because of some complications with the delivery, I was supposed to be discharged on that Saturday, but I was able to go home on Thursday.

I had not expected any kind of baby shower, even in non-pandemic times. But seeing the 123 Riders of Nabbar Court in front of my house the day after we arrived home, (and it is NOT a short drive for most, some as far away as Athens), brought tears to my eyes. It was wonderful to see the faces of family! My neighbors still talk about seeing the parade. I am so grateful to each and everyone in my Court, Nabbar Court #123 for your prayers, gifts, and support. I was surprised, but really, why should I have been? That's how we do it – the Nabbar Way!



# Nabbai's Rolling Baby Shower .....Continued



## Words of Thanks from..... PC Timolin Jefferson

Greetings Daughters,

I wanted to thank all of you for your contributions to our court (may it be large or small), during these uncertain times. You all always exemplify "teamwork" no matter what you do!!!

Thanks to:

- Dt. Charlotte Banks for having the vision for the long-distance shower
- Dt. Katrina Williams for working with Mr. Lindsey for the set up
- Dt. Treasa Dumas-Jackson for the beautiful invitation and idea for the meeting location
- All the Daughters who showed up, decorated their cars and home-blowing to help put a smile on Nivia's face
- Daughters who sent & purchased gifts for the parade

It was soooooo much fun!!!

You all SLAY in 2020!!!

With Best Regards,  
Co-Directresses of Promotions

Dt. Katrina Williams, PC  
Dt. Timolin Jefferson, PC



Submitted by Dt. Theresa E. Hill



# Special June Birthday

Great Grandson of Mollie Scott, HPIC

born June 7, 2020

8 lbs, 6 oz 6:50am



Zen Ramzi Tatum

## *Nakbar Court No. 123 Family Shoutouts*



### **Family Means Everything** By Kelly Roper

Family members  
Are the people who  
Make life worth living.  
In good times and bad,  
Love them first and last because  
Your family means everything.

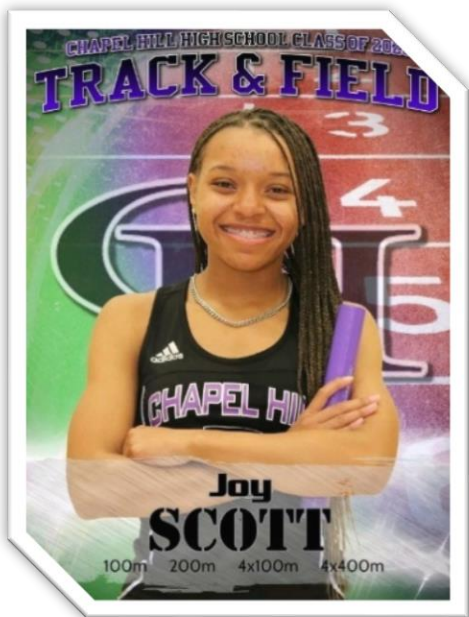
PIC Mable Ray is elated to present her granddaughter, Ms. Carmen A. Boykin, an accomplished Attorney in the Washington D.C. metro area. She began her college education at Spelman College and ended with her attendance at the University of North Carolina School of Law.



PIC Mable Ray's excitement and proudness extends also to her grandson, Mr. Darren Boykin, Deputy Commissioner of the Office of Linear Infrastructure Operations of the Atlanta Watershed Management. Deputy Commissioner Boykin is a Professional Engineer licensed in the states of Georgia and North Carolina. He holds degrees from Morehouse College and North Carolina Agricultural and Technical State University.



HONORING  
THE CLASS OF  
2020

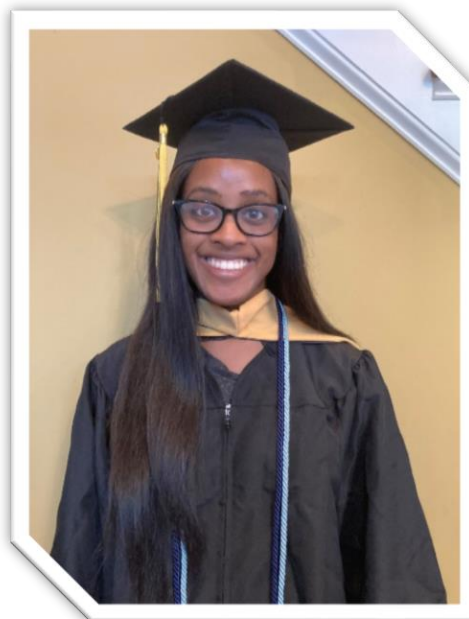


**JOY SCOTT**

**SCHOOL:** Chapel Hill High School – Douglasville, GA

**PLANS:** Attend Eastern Kentucky University  
majoring in Sports Medicine

**Granddaughter of HPIC VERNICE SCOTT**



**AUTUMN WILLIAMS**

**SCHOOL:** Kennesaw State University,  
Master's Degree in Social Work

**PLANS:** Pursuing a position with the FBI (stage 4)

**Daughter of PC KATRINA WILLIAMS**

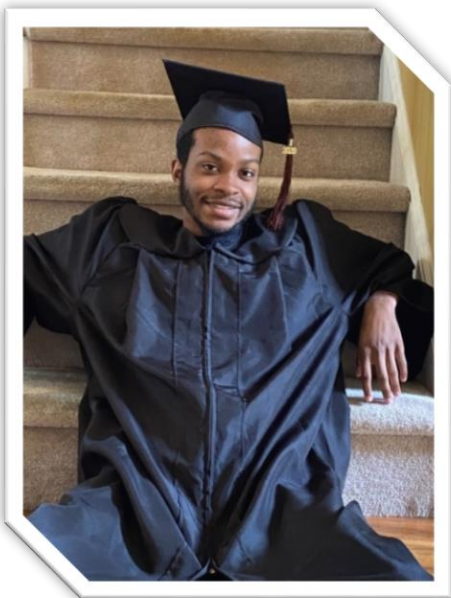


**DARRYL WILLIAMS**

**SCHOOL:** Georgia Southern University,  
Bachelors in Business Administration with  
a concentration in Management

**PLANS:** Masters Degree in Business Administration/  
Human Resources

**Son of PC KATRINA WILLIAMS**



**DARIUS WILLIAMS**

**SCHOOL:** Georgia Southern University,  
Bachelors in Studio Arts with a minor in  
Animation

**PLANS:** Pursuing a job in animation

**Son of PC KATRINA WILLIAMS**



**MAYA T. JOHNSON**

**SCHOOL:** Lovejoy High School

**PLANS:** Attend University of West Georgia  
**Daughter of Dt. Lisa Johnson**

# Recognizing Military Daughters



**US ARMY**  
**III. Commandress Pam M. Northern**



**US ARMY**  
**Dt. Cynthia Henry**



**US ARMY**  
**Dt. Sharon Lane, HPC**



**US ARMY**  
**Dt. Althea Thompson**



**US ARMY**  
**Dt. Kiema Mosley**



**US ARMY**  
**Dt. Tonya Lambey**

# *Recognizing Military Daughters*



**US NAVY**  
**Dt. Arnese Foster**



**US ARMY**  
**Dt. Carmen Scott**



**US ARMY**  
**Dt. Tona'e Clements**



**US PUBLIC HEALTH SERVICE**  
**Dt. Jennifer Smith-Grant**



**US NAVY**  
**Dt. Cecelia M. Brown**

# “I S.L.A.Y.”

## *Essential Workers-Daughters on the Frontline*



While the coronavirus pandemic has shut down much of the U.S. economy, millions of workers are still on the job providing essential services. The COVID-19 pandemic has highlighted just how much our society depends upon essential workers. One in three jobs held by women has been designated as essential, according to a New York Times analysis of census data crossed with the federal government's essential worker guidelines. Women make up the majority of essential workers in health care (76%) and government, as well as community-based services (73%).

Nabbar Court No.123 would like to recognize the heroic work being performed by all of our daughters who serve as essential workers in a variety of settings.



**Dt. Treasa Dumas-Jackson  
(2nd Lieutenant Commandress)  
Deputy Sheriff/Lieutenant  
Spalding County Sheriff's Office**



**Dt. Kiema Mosley  
(High Priestess)  
Triage Medical Assistant  
Northside Hospital**

# **“I” S.L.A.Y.**

## *Essential Workers - Daughters on the Frontline*



**Dt. Charlene Maupins, HPC  
Satellite Manager  
Cobb County Board Elections**



**Dt. Patricia Miller, HPC  
Area Supervisor  
Cobb County Board of Elections**



**Dt. Yolanda Gilbert  
Psychiatrist  
VA Hospital  
Imperial Physician**



**Dt. Jennifer Smith-Grant  
Lt. Commander  
US Public Health Service**

# **“I S.L.A.Y.”**

## *Essential Workers-Daughters on the Frontline*



**Dt. Crystal Lockhart**  
**Criminal Justice Information Specialist**  
**Georgia Bureau of Investigation**



**Dt. Kendra Stewart**  
**Outpatient Adolescent Therapist**  
**Summit Ridge Behavioral Health Hospital**



**Dt. Lisa Charles**  
**Social Worker**  
**InCommunity**



**Dt. Tomeka Randolph**  
**Refund Specialist**  
**Northside Hospital System**



# “I S.L.A.Y.”

## *Essential Workers-Daughters on the Frontline*



Dt. Vivian Cook  
Deputy Clerk  
DeKalb County Superior Court



Dt. Cecilia M. Brown  
Oral Surgeon  
US Navy

**HOMIE**  
**O F ★ T H E**  
**F R E E**  
**BECAUSE**  
**O F ★ T H E**  
**B R A V E**

# *Parade Honoring Deputy Patricia Thornton-Bostic*



The Promotions Team is excited as we have quadrupled the visibility of our great works in the community and the court with our increased membership on our social media mediums. **Mission Accomplished!!!** Our team is committed to highlighting the great works as we S.L.A.Y. in 2020 with Service, Leadership, Acceptance & Youth. We would like to remind you to please join us with your membership on the following social media sites.

**Twitter @Nabbar123**

**Instagram @Nabbarcourt123**

**Facebook @Friends of Nabbar Court (page and group)**

**Subscribe to our YouTube Channel - Nabbar Court**



Instagram



Our goal is to make sure that we are posting pictures that are always socially appropriate and to reflect Nabbar Court No. 123 in a positive light. We are focused on developing innovative ideas to profile our court, such as the *2020 Divan Feature* via video that highlights each Daughter and their position in the court and our birthday shout outs. Check out our Instagram Page which highlights posting of birthdays monthly to recognize life celebrations of our membership.

Please remember in an effort to centralize our pictures, letters of communication, etc. the Nabbar Court No. 123 email address has been created for your use. The email address is [nabbarcourt123@gmail.com](mailto:nabbarcourt123@gmail.com). If you are interested in having your moments shared on one of our social media sites please feel free to reach out to Dt. Katrina Williams, PC, Dt. Timolin D. Jefferson, PC or any member of the Promotions Team.

### **WE CARE**

The 2<sup>nd</sup> Quarter of this year has been challenging for us all with the uncertainty of the COVID-19 pandemic. Please be assured that the Promotions Team along with the Illustrious Commandress Pam Northern are committed to reaching out to you with creative ways to let you know we care. Our commitment is to keep the court connected with Zoom, Facebook live, etc. and stay-at-home online health challenges.



**Dt. Timolin D. Jefferson, PC  
(Co-Directress of Promotions)**



**Dt. Katrina Williams, PC  
(Co-Directress of Promotions)**



**Dt. Pandora Payne  
(Promotions)**

## *2020 Nabbar Newsletter Committee*

The 2020 Nabbar Court No. 123 Newsletter Committee is excited to present the second newsletter of this year! We would like to extend a heartfelt thanks to our Illustrious Commandress Pam M. Northern for the opportunity to create another awesome newsletter to ensure Nabbar Daughters are entertained and informed during these unprecedented times. If you have suggestions or recommendations for future newsletters, please feel free to forward them to nabbarcourt123@gmail.com.



**Dt. LaGayle Brewer  
Chair**



**Dt. Theresa E. Hill  
Co-Chair**



**Dt. Timolin D. Jefferson, PC**



**Dt. Tresa Dumas-Jackson**



**Dt. Ebony Johnson**



**Dt. Ihsana Ujaama**

### **Disclaimer**

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*“And let us not grow weary of doing good, for in due season we will reap if we do not give up”.*  
*Galatians 6:9*