



*Wabbar*

**POST**  
Newsletter



**SERVICE, LEADERSHIP,  
ACTION & YOUTH**

*Dr. Pam M. Northern*  
*42<sup>nd</sup> Illustrious Commandress*

December 2021    Volume 2, Issue 4

## *Newsletter Committee*

The 2021 Nabbar Court No. 123 Newsletter Committee hope that you enjoyed the three newsletters that covered January through September. We are excited to publish the final newsletter of 2021. All our newsletters covered the exciting events, accomplishments, and community service events for the year. This final newsletter will showcase the great works of our Court from October to December 2021. We hope that you enjoyed reading and learning about Nabbar Court No. 123 and that we kept you informed and entertained. We thank Dt. Pam M. Northern, the 42<sup>nd</sup> Illustrious Commandress, for the opportunity to work on the Court's newsletter committee.



**Dt. Treasa Dumas-Jackson**  
Chairperson

**Dt. Kisha D. West**  
Co-Chairperson

**Dt. Tamicka Jones**



## **Nabbar POST Newsletter Disclaimer**

The photos utilized and articles written by the Newsletter Committee members are used with permission and credit is hereby given to the photographers and authors.

Information in this publication is for the enjoyment of Nabbar Court No. 123 members. Photos and articles in this publication are not intended to reflect the views of the Imperial Court Daughters, Auxiliary to the A.E.A.O.N.M.S. Photos and articles may not be copied, in whole or in part, or be duplicated, transmitted, published, reproduced, or printed without consent.



*Newsletter Committee (2)*

*Illustrious Commandress Corner (4-6)*

*Deputy for the Oasis Corner (7)*

*In the Spotlight – Milestone Anniversaries (8-10)*

*Nabbar or Nothing (11-23)*

*Did you know? Medical Edition (24)*

*Accolades (25)*

*COVID 19 Vaccination Facts (26)*

*Holiday Safety Tips (27)*

*December's Meeting (28)*

*Promotions (29)*



## *Illustrious Commandress*



Greetings Daughters of Nabbar Court No. 123:

COVID-19 is once again on the rise due to the impact of the Omicron variant. It is said to be more contagious than previous variants so please continue to wear your masks, practice social distancing, and use hand sanitizer regularly. Mayor Keisha Lance Bottoms has issued an executive order to reinstate the citywide indoor mask mandate. Please be sure to get vaccinated and get your booster shot. Vaccinations has proven to save lives.

Even amid a global pandemic, that continues, we have actively continued the great work of our organization. Reflecting over these past 12 months, we have accomplished much. As Nabbar Court navigated new waters this year, relying heavily on digital technologies to continue the work of our order in these unprecedented times, our Court remained grounded in a rich foundation set forth by our Past Commandress.

October is very widely known for Breast Cancer Awareness. Nabbar Court Breast Cancer committee hosted a number of events during this month to bring awareness to this dreaded disease. We started the month out with Nabbar Courts first ever Breast Cancer Slingshot Kick-Off Parade. As the month progressed, we hosted a virtual breast cancer walk in which Daughters dressed in their pink, walked, and posted videos on our social media sites. We ended the month with a Virtual Recognition Service in which we supported the fighters, admired the survivors, and honored those that have been taken from us far too soon. Special “shine” to our Chair, Dt. Rena McElrath, and her committee for planning a month filled with breast cancer awareness activities.

Super-duper “shine” to the Fire and Ice Ball Committee under the leadership of Dt. Treasa Dumas-Jackson, Chair, HPIC Sheila Freeman, Co-Chair and HPIC Brenda James, Advisor. The ball committee did a ByonFabulous job that entire weekend entertaining our guests with the southern hospitality that Nabbar is known for. Amidst the challenges due to COVID-19, the ball committee did not let that stop them. They still showed up, showed out and gave our guests what they came for..... a great time. Thank you so much to everyone that supported the ball in any way. Whether you bought a ticket, sold a ticket, bought and/or sold an ad, worked before and/or during that weekend.....THANK YOU!! I was very humbled to be honored during that weekend.

During our November virtual Court meeting, the Military Daughters committee chaired by HPC Sharon Lane, recognized our veterans in honor of Veterans Day with a short Veterans Day program. To all our veterans, thank you for serving our country and protecting our freedom! “Shine” to HPC Lane for putting on this wonderful program and purchasing gifts for the Nabbar Veterans on behalf of the Military Daughters committee.

November was National Diabetes Awareness Month. We partnered with Nabbar Temple and observed National Diabetes Awareness Day on November 14th. Extra special “shine” to Dt. Ebony Johnson for chairing our joint event via Zoom called Diabetes Sunday: A Virtual Worship and Education Experience. It was a ByonFabulous program.

On November 20<sup>th</sup>, as our Thanksgiving Community Service Project, we volunteered at Grace Community Food Pantry. Thank you to the Daughters that came out. Special “shine” to Dt. Shaunta Rutherford, Community Service Co-Chair, for coordinating our final community service project of the year.

On December 2<sup>nd</sup>, on behalf of our Tools for Schools committee, myself and Dt. Julia Fleming presented books to Kelley Lake Elementary School. Shine to the Tools for Schools committee under the leadership of HPC Denise Butler for collecting monetary donations used to purchase the books.

Thank you, Nabbar Court, for your donations to breast cancer awareness. Your donations allowed us to donate \$1000.00 to Pinking of the Hue Foundation, Inc. on December 3<sup>rd</sup>. The following Daughters joined me for the presentation: Dt. Rena McElrath, Dt. Sandra Jamison, and HPIC Vernice Scott. As Chair of the HIV/AIDS committee, Dt. Ebony Johnson and committee raised funds through our virtual Diabetes Walk earlier this year which allowed us to donate \$1000.00 to the Diabetes Association of Atlanta. Thank you to those who either registered for the walk or donated. On December 6<sup>th</sup> the following Daughters accompanied me to make the presentation; HPIC Vernice Scott and Dt. Ebony Johnson. Also, on December 6<sup>th</sup>, me, HPIC Vernice Scott, and Dt. Ebony Johnson presented a \$500.00 donation to Sister Love, Inc. which is a nonprofit organization with a mission to eradicate the adverse effects of HIV/AIDS. “Shine” to all those who joined me to make presentations.

**THANK YOU.....**

**To the 1<sup>st</sup> Lt. Commandress and Ball Chair (Dt. Treasa Dumas-Jackson):**

You wore many hats this year and wore them all well. You did a great job as Ways and Means Chair. You exceeded your goal with the Dime a Day and Bed Linen Fundraisers. As the Newsletter Chair, you produced four award winning newsletters for the Courts information and enjoyment and the biggest hat of all being the ball chair. You really jumped through a lot of hoops with the ball, and I really appreciate all your hard work, energy and effort. Our guests had a great time and although it was not a fundraiser, it was very profitable. ByonFabulous job! Best wishes as you elevate to lead Nabbar Court to greater success!

**To Deputy Timolin Jefferson:**

Thank you for your support this year and all that you do for Nabbar Court No. 123.

**To the Divan and all Committee Chairs/Co-Chairs:**

I am very appreciative for every Divan member and Committee Chair and Co-Chair for your leadership as we sought to deliver impactful initiatives to our communities. Thank you for your support this year and helping me to carry out our 2021 theme.....**S.L.A.Y. 2.0 Style! Service Leadership Action Youth**. Although we were not able to carry out all the events and initiatives that we normally have in previous year, those that we had, were great. I appreciate all the energy and effort put into planning, especially during these unprecedented times. I know you had to use creativity, innovation, and in most instances’ technology, to make the events a success. We shared a lot of “firsts” for Nabbar Court this year with a lot of virtual events we had. You **S.L.A.Y. 2.0 Style!!**

**To the Nabbar Court Queen and Directress of Promotions (HPIC Katrina Williams):**

Congratulations on not only being the Desert Queen but also being the 1<sup>st</sup> runner up in the Imperial Court Queen’s Contest. I am so very proud of you. Thank you for promoting all the great work of Nabbar Court through social media and always keeping us in the spotlight throughout the domain.

**To HPIC Brenda James (My mentor and Ball Advisor)**

Thank you for serving as my mentor and giving me your honest opinion, constructive criticism, and insight. Thank you for serving as the Ball advisor and all the hard work you put in. It was very much appreciated.

**To the Tyree J. Walters Past Commandress Council:**

Thank you for the strong foundation that you help lay in making Nabbar Court the premier Court that we are today. Your advice, feedback, and support have been invaluable and appreciated.

### To Nabbar Court No. 123:

Daughters, your commitment, and dedication to our Court, especially during these challenging times have been ByonFabulous! Whatever part you played in our Courts continued success this year, thank you so much! To each of you, the Daughters of Nabbar Court, continue to do your part to make this indeed the best Court in the entire domain. Thank you for your love, support, and commitment.

There are also those unsung heroes I want to thank who keep our chapter “in the know” in creative and innovative ways and kept our Court moving forward during the 11 months of this year that we met virtually. I want to thank the following Daughters for your commitment to excellence and Nabbar Court: Dt. Kisha West & Dt. Shaunta Rutherford for your accurate record keeping of our minutes during our meetings, Dt. Kisha West also drafted our informative Weekly Announcements. To our Treasurer, Dt. Laniki Smith, she ensured we were in great financial shape by leading monthly Treasurer Huddles and meeting me monthly to sign checks and vouchers. To our Assistant Treasurer and ball co-chair, HPIC Sheila Freeman, thank you for assisting our Treasurer to transition into her new role, for all of your advice, input, and feedback on financial matters as well as all of the hard work you put in serving as the ball co-chair. To our Recordress, Dt. Cynthia Henry, who spent a lot of time, energy, and effort in supporting me and the entire Court by drafting vouchers, submitting dispensations, working with countless petitioners who submitted petitions, working with our new Daughters to order fezzes, sending out correspondence to the Court and countless other responsibilities, thank you. Many thanks to our entire Technology committee, under the leadership of Chair, Dt. Ebony Johnson. Our use of technology has increased in ways never imagined – from Zoom training sessions, virtual Court meetings, virtual committee meetings, voting on motions, Zoom, Zoom, and more Zoom. Did I mention Zoom? The technology committee did a great job of handling all our technology needs.

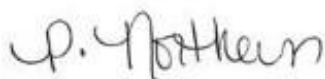
Congratulations to the 43<sup>rd</sup> Illustrious Commandress, Dt. Treasa Dumas-Jackson, and the entire 2022 Divan.

“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. ~Jeremiah 29:11 ~ I wish you all much success in 2022.

As the biblical passage states, the race is not given to the swift, nor the strong, but to the one who endureth until the end. I have endured and come to the end of a challenging 2-years but as they say, “God doesn’t put more on you than you can bare”. COVID -19 has challenged us to think outside the box, appreciate the little things in life and not take anything for granted. This final article in the newsletter is “bittersweet” for me (wipes tears). Again, thank you for electing me to serve as the 42<sup>nd</sup> Illustrious Commandress of Nabbar Court No. 123. I thank you for the experience and embracing my vision while soaring with me on this journey. You S.L.A.Y.! Wishing you a safe and happy holiday season!

Please continue to pray for me as I will continue to pray for you, and we will watch God change things. Be blessed and be a blessing to others. Love you much! (Drops mic!)

In Service, Leadership and Empowerment,



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



## *Deputy for the Oasis*



WE S.L.A.Y. 2.0

as we support the community and look to 2022 with change and limitless possibilities!!!

It is with great excitement to greet you as we embrace the Atlanta community and look to change in 2022.

“Shhh..... Nabbar is Here”!!! There was a plethora was energy felt during the weekend of October 23-24, 2021, as we gathered for Nabbar’s Joint Ball to celebrate the accomplishments of Nabbar Temple No. 128 and Nabbar Court No. 123. and their labor of LOVE in the community. The efforts of the Joint Ball committee was limitless, and the fellowship was remarkable.

Congratulations to the committee and to the honorees, Illustrious Potentate Carl Bowen and Illustrious Commandress Pam M. Northern. Congratulations to Nabbar Temple No. 128 and Nabbar Court No. 123 for an outstanding joint Diabetes Initiative Sunday Program on November 14, 2021. I enjoyed the words of Reverend William Burress, who focused on educating and raising awareness of this chronic disease with a biblical insight. I implore each of you to get screened for diabetes and if you are like me and have been diagnosed with diabetes, please attempt to change, or manage your diet and exercise habits.

What a feeling of renewed satisfaction to lend a helping hand to others in the community during the Thanksgiving Holiday season. On November 20, 201, Daughters dressed in red and gathered at Grace Food Pantry on Wendell Drive in Atlanta. Bags of personal hygiene items were sorted and packaged for distribution. It was enriching and rewarding to see Nabbar Court Daughters influence change in the community.

We have had a fun year full of outstanding activities in 2021 during uncertain times with COVID-19 amongst us, but we have persevered. It is my hope that we continue to pave forward in service safely and that you would consider getting vaccinated to help protect us all, especially with the domain opening for in-person meetings. As we move from 2021 to 2022, please be open and receptive to change of ideas and leadership. “Change is inevitable”!!! I would like to thank the 42<sup>nd</sup> Illustrious Commandress Pam Northern and her divan for their service in 2020 and 2021 as we “SLAYed”. Lastly, I would like to congratulate our newly elected Illustrious Commandress, Dt. Treasa Dumas-Jackson, and her divan. I look forward to working with them in 2022.

Daughters, I love you all and remember, “Don’t dim your light for other people's insecurities. Continue to be the unique YOU”.

Dt. Timolin D. Jefferson,  
Past Illustrious Commandress 2017  
Imperial Deputy for the Oasis

"Change is inevitable, and possibilities are limitless"



## **In the SPOTLIGHT**

---

# **Recruit, Reclaim & Retain Milestone Anniversaries**

The **Recruit, Retain, Reclaim** Committee has been busy all year. This small committee of five has completed big tasks. In January, we decided that our goal was to stay connected to the members and let them know that they are appreciated. We have constantly made telephone calls to check on members or just to say hello and encourage them to attend the meetings and any scheduled activities.

Nabbar Court No. 123 meetings had consistent attendance of 60 or more members. The lowest attendance was in May, due to the memorial services of Nabbar Temple's Chief Rabban, Kennis Harrell. The highest attendance was December, with July having the next highest attendance.

Cards were sent quarterly to all members for their Nabbar Court anniversary date. The theme for the cards was "Thank You for being a KEY part of Nabbar". Our final project included Milestone gifts. Each Daughter celebrating their creation date in increments of 5 years received a personalized mug and tokens of appreciation. A total of 38 Daughters were honored, including HPIC Ruth Stevenson, who celebrated her 50<sup>th</sup> year as a member of Nabbar Court! She received a mug and a personalized blanket presented to her at the December meeting. The committee has enjoyed working together and thanks Illustrious Commandress Northern for allowing us to serve on this committee. Nabbar Court No. 123, thank you for supporting our vision. The committee members are Dt. Rosaline Moody (Chairperson), Dt. Kisha D. West (Co-chairperson), Dt. Treasa Dumas-Jackson, Dt. Deborah Woods, and HPIC Susan Gibson (Advisor).

*Nabbar Court*



*No. 123*

*Celebrating our own!*



## *Nabbar Court No. 123 celebrating Milestone Anniversaries*



**5 Years:** Dt. Laniki Smith, Dt. L. Nicole Bowens, Dt. Deonica Banks, Dt. Shaunta Rutherford, Dt. Kisha West, and Dt. Tamicka Jones. (Not pictured: Dt. Yolanda Gilbert, Dt. Marvalous Harris, Dt. Cynthia Henry, Dt. Jennifer Smith Grant, Dt. Sharon Taylor, and Dt. Davida Williams-Mendez).

**10 Years:** Dt. Pandora Payne (Not pictured: Dt. Nicolette Gordon, and Dt. Patricia Langford).



**15 Years:** HPC Verlyn Smith and Dt. Sandra Vance (Not pictured: Dt. Lena Harris).

**20 Years:** Dt. Shirley Cunningham, HPC Linda James, HPIC Sheila Freeman, Dt. Rosa Weston, and PC Mary Surry (Not pictured: Dt. Betty Allen, HPIC Susan Gibson, Dt. Valerie Hindsman, and HPC Mary Watts).





# *Nabbar Court No. 123 celebrating Milestone Anniversaries*



**25 Years:** HPIC Brenda James (Not pictured: Dt. Cecilia Brown-Marshall, Dt. Georgetta Dye, HPC Sarah Frazier, Dt. Barbara Caldwell, PC Thelma Ingram, Dt. Emma Johnson, and Dt. Denise Washington).

**30 Years:** PC Cheryl Thomas Moore

**40 Years:** Not pictured: HPIC Dorothy Jackson



**50 Years:**

**HPIC Ruth Stevenson**

# NABBAR

*Or Nothing!!!*



The **Breast Cancer Awareness committee**, lead by Dt. Rena McElrath held several events in 2021. The committee has always focused on the importance of breast cancer education and awareness. This year, fun and excitement was added to the various activities.

On October 2, 2021, the committee hosted a Kick-Off Parade, featuring the Atlanta Sling Shot Riders. They paraded their colorful customized slingshots around the parking lot of the Grand East. Some of the Daughters even went for a spin in these fun vehicles. After several laps, the members exited their vehicles and enjoyed the relaxing atmosphere filled with Nobles, Daughters, family, and friends.

On October 16, 2021, Daughters donned their favorite pink attire and participated in a Virtual Walk. Donations were accepted for support of a local foundation and more than

40 Daughters posted pictures on social media during their walk. Lastly, on October 27, 2021, a Virtual Recognition Service was held to recognize the Daughters that continue to fight for a cure and honor those that have transitioned.

Dt. McElrath stated, "I would like to thank Nabbar Court No. 123, Nabbar Temple No. 128, family, and friends for all your support during the month of October in our awareness activities. The committee is grateful for all financial contributions received." Nabbar Court No. 123 presented \$1,000.00 to the Pinking of Hue Foundation, Inc. Dr. Charnita West, a member of the organization, is a breast cancer survivor and advocate. She continues to support cancer patients with their journey and has expressed that she is grateful for Nabbar Court's support.







*Recognition and Celebration of Nabbar Court No. 123  
Military Daughters  
Veteran's Day Celebration*

On November 13, 2021, at the virtual meeting of Nabbar Court No. 123, the 2021 Military Daughters Committee, chaired by HPC Sharon Lane, presented a Veterans Day celebration ceremony that recognized and celebrated the military Daughters who served and are still serving in the Armed Forces of the United States. The program honored the following Daughters:

Dt. Cecilia Brown- Marshall (US Navy)	Dt. Tonaé Clements (US Army)
Dt. Arnese Foster (US Navy)	Dt. Cynthia Henry (US Army)
Dt. Tonya Lambey (US Army)	Dt. Sharon Lane, HPC (US Army)
Dt. Kiema Mosley (US Army)	Dt. Carmen Scott (US Army)
Dt. Jennifer Smith-Grant (U.S. Public Health Service)	Dt. Althea Thompson (US Army)

Dt. Pam M. Northern, Illustrious Commandress (US Army)

Prior to the program, certificates and crystal tokens of appreciation were given to each military Daughter. The program's guest speaker, SGM (Ret.) Scarlett V. Williams, Lead Volunteer - United Service Organization (USO) and President of the Association of the United States Army (AUSA) served 35 years in the U.S. Army and retired January 1, 2012. Her message detailed the meaning of Veteran's Day and its importance to those who served and are still serving. She explained that Veteran's Day was a holiday originally established to reflect on the heroism of those who died for our country. In 1954 it was changed to honor all those who served and are still serving in all the wars for our country. SGM Williams stated, "We get one day to thank our soldiers. We should thank our veterans as much as possible for enabling us to enjoy the freedoms we have through their dedication and sacrifices as members of our Armed Forces".

Dt. Polandria Porter, Amman Court No. 195, gave a presentation on what being a veteran means to her. She presented a salute to all the military Daughters for their service and thanks were given to HPC Sharon Lane for her dedication in volunteering at the Atlanta Airport USO, serving our military personnel, and for her untiring devotion to volunteering with the Association of the United States Army in the presentation of awards/medals to Cadet recipients in Georgia's public schools JROTC programs.

SGM Williams concluded her message with a quote from Sidney Sheldon, "My heroes are those who risk their lives every day to protect our world and make it a better place – police, firefighters, and members of our Armed Forces." HPC Sharon Lane asked the Daughters of Nabbar Court No. 123 to give thanks to all our Military Daughters with appreciation and gratitude for their dedicated service in the Armed Forces to secure the freedoms and safety of our country."



# CERTIFICATE OF *Appreciation*



Dt. C. Brown-Marshall, Dt. A. Foster, Dt. J. Smith-Grant,  
Dt. T. Lambey, HPC S. Lane, Dt. K. Mosley,  
IC P. Northern, Dt. C. Scott, and Dt. A. Thompson.  
Not pictured: Dt. C. Henry and Dt. T. Clements.





Nabbar Court No. 123

## "Dime a Day" Project



For just a "Dime a Day", you can assist the Court's Ways & Means project. That's only \$36.50.

Sow a seed of an additional \$9.15 to help a Daughter experiencing a hardship. That's only \$45.65.

# Your Support is NEEDED

To Help With Community and Imperial Initiatives

United Negro College Fund - Breast Cancer Awareness - Sickle Cell Foundation - Community Health Initiatives - American Cancer Society - Community Service - Talent & Scholarship Pageant - Church Visitation - Disaster Relief - Sickness, Distress, and Bereavement Donations

Contact Dt. Treasa Dumas-Jackson or Dt. Rosaline Moody for questions

Payments can be mailed to the Recordress or paid via the PayPal App

The Nabbar Court No. 123 Ways and Means Committee, chaired by Dt. Treasa Dumas-Jackson, started the year with the proposals of several fundraising projects. Due to increasing cases of COVID-19 across the state of Georgia, they were unable to host in-person events; however, this did not stop the committee from moving forward with endeavoring to meet their financial goal. The first fundraiser was the "A Dime-a-Day" project. Each Daughter was challenged to pay ten cents per day for the entire year. The total per Daughter would only be \$36.50 for the year. Understanding that we have senior Daughters and members experiencing hardships, it was suggested that those Daughters be sponsored by others that wished to give. Dt. Rosaline Moody, Co-Chair, suggested that three Daughters could donate \$9.15 each to cover that cost. By October 31<sup>st</sup>, sixty-five percent of the membership had donated. To increase participation, the committee decided to

have a prize drawing after each meeting. The winners received best-selling novels, gift cards, and baskets. The lucky winners were:

Dt. Vivian Cook – March  
Dt. Laniki Smith – April  
PC Cynthia Lee – May  
Dt. Laniki Smith – June  
PC Denise Mundy – July  
Dt. Lisa Johnson – August  
HPC J.C. Jefferson – September  
Dt. Ihsana Ujamaa – October  
Dt. Sakeska Johnson – November (Grand Prize)

The second project of the year was a bed linen sale. The committee accepted orders for 1800-thread count linen sets at the cost of \$38.00 each. The linen was offered in an array of colors and sizes. The committee exceeded their goal of 150 sets and are extremely grateful of the Daughters for their support. The sheets arrived and deliveries and pick-up dates were held in December, just in time for Christmas.

NABBAR TEMPLE NO. 128 & NABBAR COURT NO. 123  
 present  
**DIABETES SUNDAY**  
 ACCESS TO DIABETES CARE: IF NOT NOW, WHEN?  
 Sunday, November 14, 2021  
 4:00 PM EST





ZOOM MEETING ID: 874 2517 1092  
 PASSCODE: 192079

*Please join Nabbar Temple No. 128 and Nabbar Court No. 123 online as we bring awareness to the impacts of diabetes on the African-American community.*

REV. WILLIAM BURRELL, CHW  
 C.H.A.N.C.E.  
 Guest Speaker

The **Community Health Initiative** (CHI) Committee remained busy throughout the year. The purpose of the Committee is to promote education and awareness regarding diseases and health conditions that disproportionately impact communities of color and to eradicate the associated health disparities.

During the month of July, the Committee challenged Daughters to a 21-Day Wellness Challenge. We encouraged participants to partake in 30 minutes of movement and to drink water daily. Helpful tips and motivational reminders were sent daily from the committee and members of the Court.

Non-Hispanic blacks were twice as likely as non-Hispanic whites to die from Diabetes according to a study published by U.S. Department of Health and Human Services Office of Minority Health. Nabbar Court No. 123 and Nabbar Temple No. 128 jointly

hosted “Diabetes Sunday; A Virtual Workshop and Education Experience” on Sunday, November 14, 2021. The well attended event included an inspirational message, soloist, and diabetes education for attendees. Nabbar Court No. 123 CHI Committee presented a \$1,000.00 donation to Diabetes Association of Atlanta to support them in their efforts to provide diabetes education and medical support to citizens in the metropolitan Atlanta area who may be unable to afford diabetes health care.

CHI’s final effort for 2021 was to make a monetary donation to Sister Love, Inc. in recognition of World AIDS Day on December 1, 2021. Sister Love, Inc. is the first women’s HIV, sexual and reproductive justice organization in the southeastern United States. They provide health, education, and prevention services as well as testing, workshops, and advocacy ([sisterlove.org](http://sisterlove.org)).

The CHI committee, chaired by Dt. Ebony Johnson, was excited about the activities during the year. She stated, “We are proud to partner with these invaluable agencies and thank Nabbar Court Daughters for their continued support”.





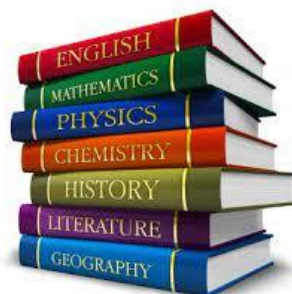


The Nabbar Court No. 123 **Tools for Schools** committee made a holiday visit to Kelley Lake Elementary School in the southern part of Dekalb County School District to present *The Gift of Reading Books* donation on December 2, 2021. Illustrious Commandress Pam M. Northern and Dt. Julia Fleming presented three class sets of books to Principal Peggy Davis for her school just in time for delightful holiday reading. The presentation was humbly received by some students and her administrative team. Principal Davis was very grateful and respectfully honored to receive recreational books for the students to read over the holiday from Nabbar Court.

Kelley Lake Elementary is a Title I school and currently serves 330 students in grades Pre-K-5<sup>th</sup>. One hundred percent of the students who attend the school are eligible to participate in the National Free and Reduced Lunch Program. One of the school's strategic goals is to increase literacy performance as measured on standardized test and donations of books for students to take home to read is one helpful way to support Kelley Lake Elementary School with the vision of improving reading by providing sets of books. The Tools for Schools Chairperson, HPC Denise Carter, added that the committee was also able to assist the Imperial Court in their initiatives by giving them a monetary donation at Imperial Session.

TOOLS

FOR



SCHOOLS





The 2021 “Fire & Ice” Joint Ball, honoring Illustrious Potentate Carl Bowen and Illustrious Commandress Pam M. Northern, was held October 22-24, 2021. On October 21, 2021, Illustrious Commandress Pam M. Northern invited all Daughters to her “Cocktails with the Commandress” gathering. The evening was spent laughing, sharing stories, and enjoying food and specialty drinks. Illustrious Commandress Northern was in tears as she was escorted to her personalized decorated suite.





Guests began to arrive at the Sonesta North Atlanta Airport Hotel on Friday afternoon. They were directed to the registration table and greeted by our Welcome committee. Checking in and receiving reserved tickets was a breeze. HPIC Sheila Freeman, Joint Ball Co-Chair, made sure that her team was equipped with the guest list and table assignments. The first of many hospitalities started at noon with Dt. Kiema Mosley and members of the Hospitality Committee providing delicious refreshments. Everyone was entertained at the “Welcome to Atlanta Ice Breaker” where they were served a southern styled meal.

At 5:00 p.m., the Sam McLurkin Clown Unit hosted a Sip ‘N Smoke while the Court enjoyed the music, food, and specialty drinks at the “Fire and Desire” Karaoke and Kocktails. Dt. Ebony Johnson and committee members served an array of foods and encouraged attendees to showcase their vocal talents and stage presence. The showstopper of the evening was the “Blazin’ Inferno” Mask Party. Nabbar Court Daughters, dressed in red, owned the room. The beautiful “Fire and Ice” balloon display was the perfect backdrop for guests to capture memories. The evening ended with “The Temperature is Rising” hospitality. There’s no party like a Nabbar party ‘cause a Nabbar party don’t stop...until the next morning that is!





On Saturday morning, all hands were on deck as Nobles and Daughters decorated the ballroom. The teamwork shown was phenomenal. Tents, tables, and chairs were set up outside and guests enjoyed a southern meal cookout of smoked chicken, ribs, hamburgers, hotdogs, pulled pork, and a variety of sides at the “Fired Up Cookout and So Icy Game Day”.

The moment arrived for the “Fire and Ice” Joint Ball. Doors opened at 7:00 p.m. and dinner was served promptly at 8:00 p.m. As guests arrived, they received a customized journal note pad as a souvenir in appreciation for their support and attendance. PC Timolin Jefferson, Deputy for the Oasis, along with Deputy of the Oasis, Noble Gary Claxton, greeted the guests and announced Nabbar Court No. 123 and Nabbar Temple No. 128 as they entered the ballroom. Visiting Courts and Temples were introduced from their table.

Illustrious Commandress Pam M. Northern was radiant as she entered the room to the tune of “This girl is on fire”. Illustrious Potentate Carl Bowen commanded everyone’s attention as he entered the ballroom, escorted by other Potentates. Remarks were given by HPIC Patricia Bostic, Imperial Deputy for the Desert of Georgia, and Imperial Potentate John T. Chapman. The dance floor was opened, and Nabbar Court No. 123 Daughters lined up behind the Commandress for the Daughters stroll.

This memorable weekend concluded with a farewell breakfast that was prepared with love and affection by Dt. Rosaline Moody and Dt. Deborah Muhammad. The “Fire and Ice” Joint Ball weekend was epic and historic, even in a pandemic!





*Dt. Pam M. Northern, 42<sup>nd</sup> Illustrious Commandress*





# Community Service and Charity



On November 20, 2021, Nabbar Court No. 123 volunteered with an outstanding organization, Grace Community Food Pantry. The organization, located at 4215 Wendell Drive, Atlanta, GA, prides itself on involving, educating, and uniting people in the work of ending hunger in The Atlanta area. Nabbar Court assisted in sorting food items, stocking shelves, and making health/blessing bags. The Daughters in attendance were: Illustrious Commandress Pam M. Northern, HPIC Katrina Williams, PC Timolin Jefferson, HPIC Vernice Scott, HPC Donna Cook, Dt. Stephanie Wimbish, Dt. Treasa Dumas-Jackson, and Dt. Shaunta Rutherford. We left with a rewarding feeling knowing that we made a difference in the lives of people who are experiencing homelessness, mental illness, and unemployment.



# Community Service and Charity



HIV/AIDS Education and Awareness  
\$500.00 donation to Sister Love, Inc.



Diabetes Education and Awareness  
\$1000.00 to the Diabetes Association of Atlanta

Breast Cancer Awareness  
\$1000.00 was donated to Pinking of the Hue Foundation, Inc. on December 3<sup>rd</sup>



# Life inside Myasthenia Gravis

By Dt. Yolanda Crowley-Hill

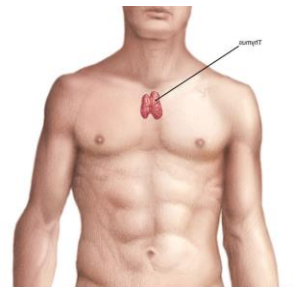
Myasthenia Gravis (MG) is a debilitating disease that affects about 1,000 people per year, it is extremely rare. It is a neuromuscular autoimmune disease with characteristics of muscle weakness and muscle fatigue, to say the least. It attacks the muscle mass of the body making it harder and harder to function at one hundred percent. Simply, your body mass is under attack and you began to experience muscle weakness gradually until you cannot walk.

Twenty-five years ago, I was devastated by the news of my mother being rushed to the hospital in Oakland, California. I quickly settled my affairs here in Georgia and was off to California. Upon my arrival, I was welcomed by a team of medical doctors who would change my life. I was informed that my mother was diagnosed with myasthenia gravis about 5 years prior. Although, I spoke to my mother every day and visited twice a year she was able to keep this secret from me. She never informed me of her diagnosis.

At the time of my mother's diagnosis, there was not a lot of information about this disease. My mother was diagnosed in 1993 and she succumbed to MG in 1997. Myasthenia Gravis began the attack on her muscle quadrants. The muscle weakness, drooping eyelids (ptosis), weakness of the eye muscle which causes double vision (diplopia), weakness of the facial muscle, limb weakness, impaired speech (dysphagia), and weakening of the arms and legs. There is not a cure for Myasthenia Gravis; however, there are medicines and therapies to improve the quality of life for someone diagnosed with MG.

What we know today about MG is that women between the ages of 20 and 40 (any ethnicity) or men between 50 and 70 (any ethnicity) are most likely to develop Myasthenia Gravis. A blood test by your physician can determine your risk of MG. Currently, there is no cure, and research is still underway. June is Myasthenia Gravis Awareness Month. For more information visit [www.mggeorgia.org](http://www.mggeorgia.org).

The thymus gland is a part of your immune system situated in the upper chest beneath your breastbone. Researchers believe that the thymus gland triggers or maintains the production of the antibodies that block acetylcholine. Large in infancy, the thymus gland is small in healthy adults. In some adults with myasthenia gravis, however, the thymus gland is abnormally large. Some people with Myasthenia Gravis also have tumors of the thymus gland (thymomas). Usually, thymomas aren't cancerous (malignant), but they can become cancerous ([mayoclinic.org](http://mayoclinic.org)).





*Congratulations!*



## **HPIC Katrina Williams**

### **Imperial Deputy**

#### **Imperial Court Education and Development Department (I.C.E.D.D.)**

On October 21, 2021, Imperial Commandress Paulette Brown signed a patent naming PC Katrina Williams, HPIC as an Imperial Deputy of I.C.E.D.D. This is one of the newest additions to the Imperial Court and there are several divisions within this department.

A few of the divisions are:

**Ceremonies** – Responsible for all ceremonies performed (Actual Past Commandress, Honorary Past Commandress, and Honorary Past Imperial Commandress exaltation).

**Workshops /Trainings** – Responsible for training during Imperial Session and Gala Day/ Desert Conference, if invited and scheduling permits. Sometimes I.C.E.D.D. does training with the Imperial Court after new policies and procedures are adopted.

**Diamonds** – This division is one of the latest to be added. With this addition, Courts Throughout the Domain will be able to compete against one another at Imperial Session. They will be able to display their ritualistic skills. An example is that a Court may be asked to perform the ritualistic opening. This is similar to the Noble's Jewel ceremony. There are even Temples, and soon to be Courts, that compete within their Desert during their Gala Day.

**Women of Distinction** – Responsible for recognizing Daughters that go above and beyond for their Court. This is similar the Nobility's Legion of Honor award. The Daughter does not have to be a member of the Court's Divan nor a Past Commandress.

Currently, there are 47 members on I.C.E.D.D and they are each assigned to a specific division. HPIC Williams is assigned to work on the Ceremonies division with the Past Commandress exaltations. When asked what she enjoys the most about this department, she stated, "One great thing about being in this department is that you can volunteer in other divisions. This allows you to grow and learn about the many moving parts".

## COVID-19 Vaccination Facts

**MYTH: COVID-19 vaccines cause variants.**

**FACT:** COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19.

**MYTH: COVID-19 vaccines contain microchips.**

**FACT:** COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

**MYTH: A COVID-19 vaccine can make you sick with COVID-19.**

**FACT:** None of the authorized COVID-19 vaccines in the United States contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

**COVID-19 vaccination will help protect people from getting COVID-19 or mitigate complications.**

- Adults and children may have some side effects from the vaccine, which are normal signs That their body is building protection.
- Moderately or severely immunocompromised people should get an additional primary dose at least 28 days after their second shot if they are:
  - 12 years and older and completed their Pfizer-BioNTech COVID-19 vaccine primary series.
  - 18 years or older and completed their Moderna COVID-19 vaccine primary series.
  - Everyone ages 16 years and older can get a COVID-19 vaccine booster shot.
  - Teens ages 16-17 can get a Pfizer-BioNTech COVID-19 booster shot at least 6 months after completing their primary Pfizer-BioNTech COVID-19 vaccination series.
  - Adults ages 18 and older who received the Pfizer-BioNTech or Moderna COVID-19 vaccine can get any COVID-19 vaccine booster shot at least 6 months after completing their primary vaccine series.
  - The Pfizer-BioNTech COVID-19 vaccine is currently the only vaccine that children ages 5 through 17 years can get. The Pfizer-BioNTech vaccine for children ages 5 through 11 years has the same active ingredients as the vaccine given to adults and adolescents.
  - It takes time for the body to build protection after any vaccination. People are considered fully vaccinated 2 weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose J&J/Janssen COVID-19 vaccine.

Most people who get COVID-19 are unvaccinated; however, since vaccines are not 100% Effective at preventing infection, some people who are fully vaccinated may contract the infection which is called a “breakthrough infection.”

## **Holiday Safety Tips 101**

Preparing for the holidays involves more than just making meals, buying gifts, and booking your travel plans or getting ready for visitors. It also involves taking steps to ensure you and your loved ones are safe and sound. Here are a few holiday safety tips from the American Red Cross, the U.S. Department of Health and Human Services, and the U.S. Consumer Product Safety Commission:

### **Be cautious with your holiday decorations:**

- Make sure to look for fire-resistant labels on artificial trees and keep them away from heat sources like fireplaces or heaters.
- If you have a live tree, make sure it is fresh, cut about two inches off the trunk and keep it watered.
- Do not place breakable ornaments or ornaments with small parts that come off on low tree branches if you have small children.
- Avoid stringing more than three strands of lights together on each extension cord and check to make sure cords are not broken or frayed.
- If decorating outside, make sure decorations are labeled for outdoor use and fasten lights securely to trees or your house.
- Make sure to turn off holiday lights before leaving the house or going to bed.
- Avoid hanging stockings on the fireplace when it is in use.
- Recycle live trees.

### **Handle food safely to prevent illness:**

- Wash your hands often, especially when preparing food.
- Use different cooking utensils and cutting boards for cooked and uncooked meats to avoid contamination.
- Ensure meat is cooked properly by using a meat thermometer.
- Store food in the refrigerator within two hours after eating.

### **Stay safe on the roads over the holidays:**

- Prepare your car for winter and keep an emergency kit with you.
- Get a good night's sleep before departing and avoid drowsy driving.
- Leave early, planning ahead for heavy traffic.
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance to be traveled.
- Put your cell phone away and use hands-free features.
- Practice defensive driving.
- Designate a sober driver to ensure you and/or guests make it home safely after a holiday party; alcohol or over the counter, prescription, and illegal drugs can cause impairment.

### **Keep holiday plants that may be poisonous away from children and pets:**

- This includes amaryllis, holly berries, Jerusalem cherry and mistletoe.

### **In addition to these tips, remember to follow local, state, and national guidelines to prevent the spread of infection:**

- If you have not already, get your COVID-19, booster, and flu vaccines.
- Continue to practice good hand hygiene by washing or sanitizing your hands often and limit exposure to high touch surfaces.
- Wear a mask.
- Practice social distancing and avoid large groups.
- Cough and sneeze into your elbow or a tissue, then clean your hands.
- Stay away from others if you feel sick. Take a COVID-19 test if symptoms continue.



# *Nabbar Court No. 123*

## *December 2021 Meeting*

The elections for Nabbar Court No. 123 were held on December 9, 2021, at the Prince Hall Masonic Grand East at 7:00 p.m. Prior to the meeting, Illustrious Commandress Pam M. Northern's Hospitality Committee prepared a scrumptious meal of spaghetti, salad, garlic bread, and assorted deserts. Daughters arrived at the Grand East to enjoy the meal and safely socialize. The Recruit, Reclaim, Retain committee presented Milestone Anniversary gifts to Daughters who celebrated an anniversary of 5 years or more, in increments of 5. The meeting started promptly, and the business of the evening was completed. Congratulations to the **2022 Divan:**

Illustrious Commandress	Dt. Treasa Dumas-Jackson
First Lieutenant Commandress	Dt. Rosaline Moody
Second Lieutenant Commandress	Dt. Kiema Mosley
High Priestess	Dt. Ebony Johnson
Oriental Guide	Dt. Shaunta Rutherford
Treasurer	Dt. Laniki Smith
Recordress	Dt. Cynthia Henry
First Ceremonial Daughter	Dt. Rena McElrath
Second Ceremonial Daughter	Dt. Pandora Payne
Inside Spy	Dt. Lisa Johnson
Outside Spy	Dt. Patrice Daniels
Marshal	Dt. Bianca Houston
Marshal	Dt. Latoya Hunter
Assistant Recordress	Dt. Latonya Burkhalter
Assistant Treasurer	HPC Sheila Freeman, HPIC
Directress of Promotions	PC Katrina Williams, HPIC

Dt. Treasa Dumas-Jackson expressed that Dt. Yolanda Crowley-Hill, Assistant Recordress, and Dt. Loretta Graham-Pennington, Directresses of Youth, would be appointed and installed in January 2022. Deputy Timolin Jefferson completed the swearing in ceremony and the 2022 Divan members were escorted to the stations. Illustrious Commandress Northern crowned Dt. Dumas-Jackson and turned the gavel of authority over to her. The 2021 Divan was thanked for their service to the Court. The 2021 Court picture was taken immediately after the meeting.

## *Promotions Team*

The Promotions Team is excited that Nabbar Court No. 123 has increased its visibility of our great works in the community through our social media platforms. Our team is committed to highlighting the great works as we continue to S.L.A.Y. in 2021 with Service, Leadership, Action & Youth. 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. We would like to spread the word and 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*



*HPIC Katrina Williams  
Dt. Ebony Johnson*

