



Volume 8 No. 1 Fall 2024



Dear LWAAAC Members:

I have a few thoughts to share with you as we come to the end of an eventful year. First, I want all of us to remember “**DEER**,” an acronym for some principles of self-care: **D**rink plenty of water, **E**at nutritional meals, **E**xercise as much as possible, and get some **R**est. If we adhere to these simple principles, we can continue to be ready and WOKE! My definition of WOKE is being awakened to the needs of others and being well informed, thoughtful, compassionate, humble, and kind.



Next, the empowering drums have been beating throughout our organization. As your president I continuously echo those sounds and urge you toward **Leadership, Service and Membership**. For now, though, let’s think about the simple word “joy,” a feeling that comes through service.

I used to think I was serving because it made me happy, but happiness is fleeting. Joy is a deeper emotion that will last because you continue to spread it from heart to heart. You feel the joy when a person comes back and says “thank you” for helping with that Giant gift card because they didn’t have any food in the house, or because reading stories to the kids in school is helping to broaden their minds. These are just a couple of examples of the joy you may feel. I know a lot of you have stories of your own you could share about moments of service that brought you true joy. Let us continue to spread that joy, not just during holiday seasons, but all year long. Remember a famous quote by Maya Angelou: “People will forget what you say, they will forget what you did, but they will never forget how you make them feel”.

Next, let us support our events, so that the effects will be measurable. Let’s share in the excitement of the happenings in November and December. We had a wonderful celebration of our veterans and their service, and now we look forward to our 30th Anniversary on Saturday, December 21 at Manor Country Club and the second annual Kwaanza program on Thursday, December 26.

Finally, let’s join with all our LWAAAC committees as they lead our organization in making changes that will enable us to make a difference. Remember, too, that everything we do leads to something bigger. And our best work is still ahead of us

Maxine Hooker

Maxine Hooker, President



A SPECIAL MESSAGE FROM PRESIDENT HOOKER

November 18, 2024

Dear LWAAAC Member,

I want to thank you for a successful LWAAAC year. Before we get caught up in the holiday rush, however, I would like to know that you can be counted on to continue supporting us in the upcoming year by serving on the LWAAAC nominations and election committee.

The purpose of the committee is to conduct the nominations and election of officers for the 2025-2027 board of directors. The committee will consist of five members elected by the general membership at the LWAAAC meeting in January 2025. The chairperson of the committee will be selected by the committee members. No officers may serve on the committee.

Briefly, the duties of the committee are as follows:

- Seek nominees for president, vice president, recording secretary, correspondence secretary, financial secretary, and treasurer.
- Present a slate of candidates to the membership.
- Conduct the voting process.
- Announce the results of the election.

I hope that you will volunteer some of your time by serving on the committee. Your support is needed to reach and encourage each LWAAAC member to participate in this essential and most important activity.

If you have any questions, please contact me at mxnhooker129@gmail.com.

Best regards,

Maxine Hooker

Maxine Hooker, President

A Message from the Executive Committee/Board of Directors



Maxine Hooker
President



Janice Wallace
Recording Secretary



Sharon Boone
Correspondence Secretary



Judith Robinson
Financial Secretary



Eleanor Thompson
Treasurer



Juanita Sealy-Williams
Immediate Past President

With the election of a new executive committee only months away, the recently formed by laws committee announced that it has placed any revision of the 2022 LWAAAC by laws in abeyance until after the election at the annual meeting in June.

The executive committee, on behalf of the entire board of directors, also wishes our valued LWAAAC members/friends a happy and joy-filled holiday season among those you love.

(A very informal poll of our board revealed dressing/stuffing as the favorite Thanksgiving dish. Candied yams were a near second, with one conspicuous nonconformist going all in for hot dogs and beans. Editor)





On November 2, 1993, eight residents hosted a “Get Together” for 50 African Americans in the Community Room of The Greens II, 15100 Interlachen Drive. It was at this gathering that the Leisure World Association for African American Culture (LWAAAC) was born. On October 4, 1994, LWAAAC was officially established as a recognized organization of Leisure World of Maryland.

Since its inception, LWAAAC has strived to maintain a welcoming organization that promotes diversity, inclusivity, and respect for all. We are the central point within Leisure World that connects, supports, and encourages all residents in the commitment and promotion of our heritage, traditions and culture.

As one of the most recognized and respected organizations in Leisure World, we are proud that the size and scope of the association is ever growing. And we did this by the participation of our members and with activities, such as theater trips, thought provoking programs and speakers, and traditional events.

Our founders would be excited and proud to know that they laid the foundation for us. So, let’s celebrate the achievements at our 30th Anniversary Gala at the Manor Country Club at 2:30 p.m. on Saturday, December 21, 2024.

*(By Juanita-Sealy Williams, Immediate Past President and
Chair, Community Services Committee)*



Manor Country Club

***(For information on registration, go to lwaaac.com or contact
Sandy Henderson at 202/730-5130)***

MOMENTS



Farewell to our friend



Welcome to new members



Congrats to Rev. Glenda



Recognizing the forbears



Coming back from "MJ"



Some anniversary merch

STANDING COMMITTEE ROUNDUP

Amenities Committee-Assures members that friends and neighbors in the organization offer their support and compassion during times of illness and bereavement. To share information, contact Karen Robinson, blink1@sbcglobal.net (240) 293-6583; Elise Nicholls, elise2row@aol.com (301) 509-2543; or Louise Markray, markraylv@gmail.com, (301) 598-3839.

Community Service Committee-Initiates, plans, and implements projects and activities to support needs on the LW campus and in the wider Montgomery County area

Volunteers are still needed for the Grandreaders Program on Wednesdays at Bel Pre Elementary School. Committee chair Juanita Sealy-Williams can fill you in on available time slots: sealyjaws@gmail.com or (202) 494-5633.

Donations in any amount can be made until **December 4** toward the purchase of Giant Food gift cards for LW neighbors who are experiencing food insecurity. Checks should be made payable to LWAAAC, with “Giant Food gift card” written on the memo line. They can be dropped off—enclosed in an envelope, please—in the Lifestyle Office in Clubhouse 1, or you can bring them to the December 4 membership meeting. Gift cards will be distributed by the LW Social Service Department. This is the third year that LWAAAC has done this collection. ***LET’S MAKE IT THE BEST ONE YET.***

(The LW Social Work Department can be reached at (301) 598-1581.)

Membership Committee-Enrolls members and maintains a membership database. Alfonso Holston, Chair, alholston38@gmail.com (301) 438-3537.

The committee is currently collaborating with the technology committee to streamline the registration and record keeping processes related to maintaining LWAAAC’s membership roster.



Public Relations Committee-Publishes information about LWAAAC members, events, and activities. Sherry Weaver, Chair, lwaaacprcom@gmail.com (301) 275-8918

Please see the website, lwaaac.com, under “Meet Your Neighbor,” for the latest profile: “Mazel Pernell: The Itchy Feet Traveler.”



The committee hopes that readers will like the new design of *The Drumbeat*. The masthead has been borrowed from the website to signify our close collaboration. Finally, the committee welcomes Sam Langevine, our newest committee member, to our happy little group.

Programs Committee-Plans and executes educational, social, and recreational events. Sandy Henderson, Chair, sky99henderson@gmail.com, (202) 730-5130



DATES TO SAVE

December 26, 2024, Second **Kwanzaa** Celebration

January 13, 2025, **Martin Luther King, Jr. Birthday** Program

February 18, 2025, **Black History Month** Program

More information about these events will be provided soon by
LWAAAC5 and lwaaac.com.

Technology Committee-Provides short-and long-range planning for all technology initiatives: innovation, vision, goals, program objectives/strategies/activities, infrastructure, evaluation, and budgeting. The committee collaborates with all standing committees in support of their technical objectives. The committee maintains the organization's websites, event calendars, email accounts, and cloud storage. Luis Alomar, Chair, lwaaactc@gmail.com

The committee will offer a LWAAAC Website 101 Seminar on Monday, February 18. The seminar is intended for members who want to know more about the LWAAAC website, its features and functions, and how to navigate it. Members were encouraged to bring along their own familiar devices to facilitate ease in following the instructor.

For Our Health



Medicare Open Enrollment ends Saturday, December 7. You have until then to review or make alterations to your Medicare coverage. Changes go into effect on Wednesday January 1, and remain in place throughout 2025. For answers to more questions about open enrollment or about Medicare in general, go to Centers for Medicare & Medicaid Services (CMS) at [CMS.gov](https://www.cms.gov).

The Food Doctor – The Vegetarian Society of Leisure World (VSLW) invites the community to a lecture by Dr. Neal Barnard, founder and president of the Physicians Committee for Responsible Medicine on Monday, December 2, at 3:30 pm in the auditorium in Clubhouse II. Dr. Barnard is a renowned expert on plant based foods, and he will discuss his newest book, *The Power Foods Diet: The Breakthrough Plan that Traps, Tames, and Burns Calories for Easy and Permanent Weight Loss*. Signed copies of the book will be available for purchase. The event is free, but registration is required and begins on Friday, November 29. Call or stop by the Lifestyle office in Clubhouse II to register, (301) 598-1230.



LWAAAC continues to partner with AAHP to offer members free health screenings beginning at 2:30 pm, just before the monthly membership meetings on the first Wednesday of each month at 4:00. AAHP also brings Healthy Thursday to the LW community on the 2nd Thursday of the month at 1 pm in the Chesapeake Room in Clubhouse I. This hybrid health and nutrition class also includes a cooking demonstration and food tasting. For information on the many good programs and classes offered by AAHP, go to <https://www.aahpmontgomerycounty.org/contact-us/> or call [240-777-1833](tel:240-777-1833).

A TRIBUTE TO LWAAAC'S VETERANS

Members of the men's fellowship, public relations committee, and technical committee collaborated on planning a salute to veterans after the November 6 monthly membership meeting. More than twenty service members, from nearly all the branches of service, were identified and invited to participate in the tribute.

The program began with a moving PowerPoint presentation assembled by Luis Alomar that could only barely skim the magnitude of the African American presence in the American military across the centuries, decades, and years. Greg Oliver, the convenor of the LWAAAC men's fellowship and a veteran of the U.S Navy, then read the names of the veterans who had been identified and asked all who were present to stand for a well-deserved round of applause.



Oliver then moderated a panel of veterans who related anecdotes about their experiences before, during, and after their military service. Those panelists, l-r in the photo above, were Kent Amos, U.S Army/U.S. Air Force; Beverly Green, U.S. Army; Henry Osborne, U.S. Army; and Carasundia Rivers, U.S. Navy. Following the panel, all veterans were asked to join the panel for a group photo and a token of appreciation. The gift bag presented was donated by Millie Overton, who also redesigned the LWAAAC showcase in Clubhouse I to honor the veterans and their service. Photos were taken by Al Holston, and Sandy Henderson donated lovely cupcakes.



THANK YOU ALL FOR YOUR SERVICE.

The Drumbeat

The Drumbeat is issued quarterly. It's generated by the public relations committee and approved by the president. It does not endorse political candidates or publish information intended to elicit personal or commercial profit, and it promotes no religious beliefs. The 2024-25 public relations committee is chaired by Sherry Weaver, who is joined by Millie Overton, Connie Ambush, Patricia Means, and Sam Langevine.

Please direct comments or questions to LWAAAC, Attn: Public Relations Committee, POB 12316, Silver Spring, MD 20908.

Thank you for reading *The Drumbeat*.

Sherry Weaver, Editor
lwaaacprcom@gmail.com



HAPPY HOLIDAYS, LWAAAC!

✦ Happy Anniversary



Let the LWAAAC circle be unbroken