

THE DRUMBEAT

**A publication of the Leisure World Association for African American Culture (LWAAAC)
Vol. 7 No. 1 Fall 2023**



LWAAAC

Greetings LWAAAC,



For those of you who don't know me, I offer here a brief biography. I was born and raised in Mount Vernon, NY, a town just above the Bronx. My husband, Mel, and I moved to this area in 1981. I worked in publishing as an editor, writer, and/or publications manager for a little over 40 years in New York and Washington, DC. Mel passed in 2009 and I moved to Leisure World in 2021

As LWAAAC president, I have greatly appreciated the support given to me. My goal as president is to expand the LWAAAC circle and continue to build our community. To do that, we will offer opportunities for members who are not active to become active and, now, to incorporate ideas generated by the LWAAAC survey that many of you participated in in October.

As a result of survey responses, our general meetings will continue monthly, but they will be dual meetings—first part, a shortened business meeting; second part, a topical program with a speaker or panel, or something else. Also, LWAAAC will have a membership directory and a website. A new addition not related to the survey is that our monthly meetings will be preceded by a health segment, the African American Health Program (AAHP) Screening, when AAHP medical staff will monitor and check blood glucose, blood pressure, and A1C levels.

As we look toward the end of 2023 and forward into 2024--LWAAAC's 30th Anniversary Year--I am grateful to have found this community; grateful for the often hard, consistent, and selfless work of our Board of Directors; and for all of you who are willing to be the change you want to see in our LWAAAC circle.

In this coming season of gratitude and celebration, may yours bring you joy and peace.

Janet

Janet Overton
President

HONORING LWAAAC VETERANS



(Photo by Al Holston)

Front row (l-r): Lawrence S. Traynham, United States Air Force; Kent Amos, United States Army; Wilbur C. Jackson, United States Army National Guard; Greg Oliver, United States Navy

Back row (l-r) Carl A. Major, United States Army; Henry Osborne, United States Army; Walter Faggett, United States Army; Robert A. Malson, United States Navy; Frank A. Walker, Jr., United States Navy

Not in attendance: Roger Blacklow, United States Army Reserve; Stanley Crocker, United States Air Force and United States Army; James Guyton, United States Army; William Overton, United States Air Force; Robert Warr, United States Army Air Corps

During its monthly membership meeting on November 1, LWAAAC was privileged to honor some of the members who have served in the U.S. armed forces. Following introductory remarks by organization president, Janet Overton, immediate past president Juanita Sealy-Williams read an excerpt from President Barack Obama's 2016 Veterans Day speech at Arlington National Cemetery. The President's opening words were "Whenever the world makes you cynical, whenever you doubt that courage and goodness and selflessness is possible, stop and look to a veteran." Each of the honorees was given a token of appreciation for their service, often under circumstances that sought to deny them the dignity they deserved.

In a perfect repudiation of those moments, however, Bob Malson stepped to the podium to share compelling memories of his service during the Vietnam War as a guided missile radar and computer technician aboard the *USS Long Beach*. Malson, and each of our honorees, in the President's words, exemplifies those "... fellow citizens who was willing to lay down their life for strangers like us."



A FEW THINGS

LWAAAC Members Serving the Leisure World Community

Juanita Sealy-Williams is vice chair of the Leisure World Community Corporation (LWCC) board of directors. Paul Eisenhaur is a member of the board. In what we hope is much less challenging civilian life here in Leisure World, Bob Malson is a member of the LWCC executive committee and the board of The Regency. Antoinette Schooler, Sandy Henderson, and Renee Stevenson are on the Lifestyle committee. And Sherry Weaver has recently been appointed to the communications committee.

Correction to Al Holston's Profile in the Summer Newsletter

It ain't so: Al is not leaving Leisure World. He has no plans to return to Alabama any time soon. Further, his photographic portrait of his beloved Glenne Martin was not sold to a New York gallery. Rather, when Glenne took the picture to the gallery to be framed, the gallery owner liked it so much that Al was asked to bring in other work to be reviewed. This encounter opened doors for Al to sell his work and to participate in such events as the National Black Fine Arts Show, which was produced by Stedman Graham. Sorry for the confusion, Al. Glad you're staying right here with us.

ISO: OTHERS INTERESTED IN FINDING THEIR ROOTS

Several members of LWAAAC have discussed their interest in genealogy and thought there might be others in the group who might also share the desire to pursue their family histories. Those of us who have been doing this over time have benefited from group collaborations and brainstorming. Therefore, we would like to start a LWAAAC genealogy group open to all whether you are a seasoned family historian or someone who wants to begin but doesn't know how to get started. If you are interested, contact Karen House at kyhouse4@gmail.com. Please put LWAAAC Genealogy Group in the subject line. Include whether you have already begun your research, what geographic areas you are interested in and if you have any "brick walls" that have you stuck. We look forward to hearing from you.

LWAAAC MOMENTS



Celebrating the Fourth



Sharing in a cultural afternoon at the Sandy Spring Slave Museum



Friends and members enjoy the Fall Membership Social



At the Pink Gala



LWAAAC November Showcase

*Photos by Sharon Boone, Sandy Henderson, Al Holston, Elise Nicholls,
Millie Overton, and Sherry Weaver*

LWAAAC COMMITTEES

***Amenities**-Acknowledges and responds to situations where members and their families may appreciate support

Karen Robinson, Chair, blinky1@sbcglobal.net 240-293-6583

***Community Services**-Plans and implements outreach activities within and outside the Leisure World community and supports the wellbeing of students in Montgomery County

Juanita Sealy-Williams, Chair, sealyjaws@gmail.com, 301-822-4531

Healthful Thursdays-Collaborates on informational wellness presentations with the Montgomery County African American Health Program

Gail Cooper, Contact, gailkriswhit@gmail.com, 301-518-9868

***Membership**-Enrolls members and maintains a membership database

Alfonso Holston, Chair, alholston38@gmail.com (917) 873-9995

Men's Fellowship-Focuses on increasing the involvement of the men of LWAAAC

F Robert Yates, Contact, fryatesjr1202@gmail.com, 202-607-5611

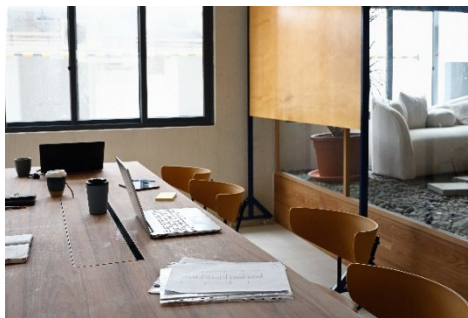
***Programs**-Plans and executes educational, social, and recreational events

Sandy Henderson, Chair, sky99henderson@gmail.com, 202-730-5130

***Public Relations**-Publishes information about LWAAAC members, events, and activities

Sherry Weaver, Chair, lwaacprcom@gmail.com (301) 275-8918

***Standing Committees**



COMMITTEE ACTIVITIES

Community Service: The Community Service Committee is requesting that LWAAAC members donate money for the purchase of \$50 Giant gift cards. We are requesting that the monies be brought to the December 6th general meeting, or a check, made out to LWAAAC, (*ref. Community Service*) can be placed in the LWAAAC mail slot in the Lifestyle office of Clubhouse I. Last year we raised \$1500 and gave 30, \$50 gift cards to Social Services to disburse to needy LW residents. Hopefully we can match or exceed that amount this year. Wendy Pailen and Rosie Engman are the leaders of this project. Contact Wendy Pailen for more information at (646) 727-0190 or wenpailen@aol.com.

Membership Committee: Annual dues of \$20 for the period covering July 1, 2023 through June 30, 2024 are now being accepted by check only, payable to LWAAAC. Payment can be placed in the LWAAAC mail slot in the Lifestyle office in Clubhouse I or mailed to (LWAAAC, Attn: Membership, PO Box 12316, Silver Spring, MD 20908). ***Membership meetings are held the first Wednesday of each month at 4:00, usually in the Crystal Ballroom in Clubhouse 1, where memberships may also be initiated or renewed .***

Men's Fellowship: At its monthly Zoom meeting on Tuesday, November 7, Dr. Walter Faggett will facilitate a discussion on recent developments in COVID 19. The group will also consider topics for their 2024 discussions.

Public Relations Committee: The public relations committee will produce *Celebrations III*, the third in the series of year-book type publications that contain photos and biographical information about members who elect to participate. *Celebrations, Volume I* was published in 2008. Ten years later, in 2018, *Celebrations II, An Oral History* was produced. *Celebrations III* is intended to continue this tradition that introduces members to members and neighbors to neighbors in the community within a community. The committee will officially kick off the long-term project on November 1, 2023, with the anticipated completion date of September 1, 2024. At various points throughout the project, members will be invited to be photographed and interviewed for inclusion in the book, volunteer to act as interviewers, and contribute financially to the production of *Celebrations III*.

The PR committee has adopted a new, dedicated email address primarily to transmit *The Drumbeat* and information about *Celebrations III*: lwaaacprcom@gmail.com.

Programs Committee: Our Annual Holiday Gala - Saturday, December 16 from 6-9pm. The ticket price will be \$65. Ticket sales: Tuesday, November 7th & Wednesday, November 8th from 12n-2pm Clubhouse II, Lobby. While tickets last!

More Coming Events

December

Kwanzaa Celebration Clubhouse I, Maryland Room	Tuesday, December 26	TBD: 2:00-6:00 pm
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January

Martin Luther King Brunch Clubhouse I, Crystal Ballroom	Monday, January 15	11:00-2:00 pm
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February

Black History Celebration Clubhouse I, Crystal Ballroom	Tuesday, February 20	4:00-6:00 pm
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March

ARENA STAGE "Tempestous Elements"	Wednesday, March 13	12:00 noon
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April

ARENA STAGE "Unknown Soldier"	Wednesday, April 17	12:00 pm
Fun Night (Members Appreciation) Clubhouse I, Crystal Ballroom	Thursday, April 18	4:00-6:00 pm

How I Spent My Summer Vacation aka “Earlene Kendrick’s Institute for Adventure and Fun”

A stalwart member of the LWAAAC book club, Earlene Kendrick also has a magnificent spirit of adventure. Sometimes during book club meetings, she’ll casually mention that she’s just been to New York to see a play, and someone will ask her who went with her, and she’ll answer, “Oh, I went by myself.” Earlene, bless her, is undaunted by the notion of traveling alone to see or do something that appeals to her.

So, last month, she took herself off to New Mexico for the Albuquerque balloon festival. She says, “The trip was a unique experience that left from Club 2, took us to the airport and back. Older adults were on our two buses, and yes there were walkers and canes on the trip.” She says 850,00 people attended the festival on the first day, but she joined up with two other solo travelers. Earlene says they looked “like a diversity poster, but we did look out for each other to not get lost in the crowds.” (See Earlene standing between her new crew members in the center photo below.)



What’s next for the intrepid Earlene? Last heard, she was headed for the St. Michael’s OysterFest at the end of October. This time she had sidekicks: fellow book club members Deborah Rhodes, who gave the institute its name, and Janet Overton.

Note: Earlene highly recommends Montgomery County Recreation’s Senior Outdoor Adventures in Recreation (SOAR) program, which is designed for active adults, ages 55+.

And Another Thing: The docudrama, *Rustin*, is based on the life and work of Bayard Rustin, who many know as the architect of the 1963 March on Washington. The film examines how Rustin endured the double-edged sword of racism and homophobia during the Civil Rights Movement as a King lieutenant. It was produced by the Obamas’ production company and will be available on Netflix on November 17.



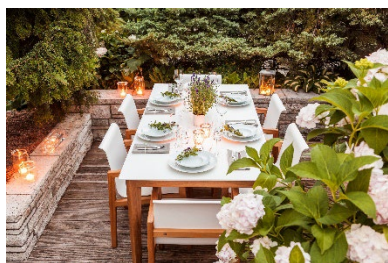
On Sharing

Thinking about donating items to a food bank this holiday season? Check out this information from a friend's recent Facebook post:

So, I spoke to people getting food at a food bank and here are some things I learned from those in need:

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.

In all the years I have donated food at the Holidays, I bought what I thought they wanted, but have never asked. I am glad I did. If you are helping a Family this Christmas, maybe this can help you tailor it more. It does for me!



What's to Eat?

Talking with Jan Woodson about plant-based eating is like taking a mini clinic on the topic. Having begun this “way of living” after a diabetes diagnosis seventeen years ago, she says she feels great and has plenty of energy. To a couple of inevitable questions, Jan patiently explains that while vegetarians still eat seafood and perhaps some meat, vegans, like herself, eat “no animal products, including dairy or eggs,” quite literally nothing that ever had “a face on it.” And on where you get your protein: many vegetables are rich in protein, Jan says, and adding beans to your meal plan also provides a source of protein.

Jan says that anyone interested in plant-based eating should begin with some education on the topic. She recommends checking out the work of the Physicians Committee for Responsible Medicine and its founder, Dr. Neal Barnard. In particular, she suggests reading his *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health*. Thriftbooks says, “Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.” Jan also likes *VegNews*, which describes itself as “an award-winning vegan magazine and website packed with recipes, travel, news, food, reviews, and so much more.” Also, she recommends a book with a somewhat alarming, but self-explanatory title: *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease* by Michael Greger MD FACLM, Gene Stone, et al.

Next, Jan says, potential vegans should avail themselves of a variety of related resources and experiences to support their journey. One of her own favorite experiences was a vegan cruise she went on several years ago, where she was able to learn from food and medical professionals, eat delicious vegan food, and meet “fellow travelers,” in both senses of the words. She also attends local vegan festivals. And Jan is president of the Vegan Society of Leisure World (VSLW), which is open to all residents, be they vegan or not. (For more information, see website vslw.org or send email to president@vslw.org.)

Finally, when asked what her Thanksgiving dinner would look like, Jan says her family might get takeout or eat in at one of a few places they enjoy: Gangsta Vegan, Hyattsville; New Vegan, D.C.; Planta or True Foods, Bethesda; Betesesb (Ethiopian), Silver Spring.

Last words from Jan: “Everyone has to come to it on their own.” Bon appetit, y’all!

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 2023-24 public relations committee is chaired by Sherry Weaver, who is joined by Millie Overton and Connie Ambush, with Patricia Means, Sharon Boone, and Al Holston as advisors.

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



Let the LWAAAC circle be unbroken.

AND

HAPPY HOLIDAYS, LWAAAC !!!

