



## ***THE DRUMBEAT***

**A publication of the Leisure World Association for African American Culture (LWAAAC)**  
**Vol. 6 No. 3 Spring 2023**



**LWAAAC**

### **PRESIDENT'S MESSAGE**

Spring has arrived with pollen! But the best part is the that invite us out to walk and and events in Leisure World and

This will probably be my LWAAAC. I have truly enjoyed capacity! Thank you for the been shown to me. It has been



rain, wind, buds, flowers, and sunshine and warmer weather participate in the many activities our own organization!

last letter to you as president of the five years I have served in this warmth and friendship that has encouraging and supportive. It is

wonderful to see how our membership has grown from a small group meeting in the Norbeck Room to now over 270 members needing to meet in the Crystal Ballroom! We have shared many laughs and joys with the many programs, events, and trips over the years. And I'm sure there are even more activities to be enjoyed in the future years. I appreciate all the dedicated committee chairs and officers who have worked so diligently to make LWAAAC what it is today, an organization to be proud of.

Hopefully you will step up and join or chair a committee so that we will grow to greater heights. It's easy to sit back and watch or criticize what's being done or forgotten, but the work is easier when more members help the team to achieve the dream. We need YOU to carry on the legacy!

The LW community needs to see more of us getting involved and participating in the programs of other clubs. We have the Juneteenth celebration and the July 4th events coming up soon. LWAAAC will march in the July 4th parade with our new banner; hopefully, you will join us for the short walk, or decorate your car or golf cart and drive!

As I leave the honor of serving in this office, I will still remain active in LWAAAC and do all that I can to help wherever it's needed.

**LET THE LWAAAC CIRCLE BE UNBROKEN!**

*Juanita*

**Juanita Sealy-Williams**

## Jeanne Craig Sinkford, DDS, MS, Ph.D



Many laudatory adjectives may be, and have been, applied when referring to the woman who is known, respected, and loved as Jeanne C. Sinkford. These include brilliant, accomplished, steadfast, and compassionate. The list of degrees that follows her name speaks only in part to her abundant accomplishments. A native Washingtonian, she attended schools in the city, including Paul Laurence Dunbar High School, the country's first secondary school for African American students. Other luminaries who graduated from Dunbar include Charles Drew, Mary Church Terrell, Charles Hamilton Houston, and Nannie Helen Burroughs. But as the child of parents who insisted on the achievement of a sound education for their four daughters, Jeanne entered Howard University at sixteen years old, graduated Phi Beta Kappa, and went on to Howard's College of Dentistry on a full scholarship. She then earned both a master's degree and a Ph.D. in physiology from Northwestern University, the latter making her the first female prosthodontist with a doctorate.

Earning that doctorate in 1963 would be one of many firsts and only-one-in-the-room moments Jean Sinkford would experience in her amazing career. For example, she returned to the Howard College of Dentistry in 1964 to chair the prosthodontics department, the first woman in the nation to head a department of its size and scope; in 1967, she was appointed associate dean; and after eight years she was appointed dean of the dental school, where, as its first woman dean, she served for the next sixteen years. Also in 1991, Jeanne was appointed to the office of director of the Office of Women and Minority Affairs at the American Dental Education Association (ADEA). Her work as director and later as a senior scholar-in-residence focused on bringing women and people of color into the profession. She has also worked at home and abroad to develop programs to support women's health in general and their oral health in particular.

Dr. Sinkford holds memberships in numerous professional associations, among which are the International Association of Dental Research, the National Academy of Sciences, and the National Dental Association. She is a member of Phi Beta Kappa and Alpha Kappa Alpha Sorority. Awards and recognitions are copious and well-deserved. Among them are alumni achievement awards from both Howard and Northwestern, one of the first Candace Awards from the National Coalition of 100 Black Women, and the Trailblazer Award from the National Dental Association. In addition, she has received honorary doctorates from Georgetown University School of Dentistry, Meharry Medical College, and her own beloved Howard University.

An author as well as an educator, in 2021, Sinkford co-authored *Undaunted Trailblazers: Minority Women Leaders for Oral Health* with Shelia Price and Marilyn Woolfolk. She describes it as a "learning tool" that tells previously untold stories about the obstacles thirty-one women encountered in the field of dentistry. Sinkford believes that their stories have pertinence for all African American women.

When asked to talk some about the inner Jeanne Sinkford, she says that her faith enables her; she is a believer in forgiveness and helping others. Her motto is “Don’t sweat the small stuff” because “worry is a waste of time.” She believes in smiling, staying positive, and staying connected with family and friends. Further, she advises that we must remember to pray or meditate. It is essential, she says, to “communicate with nature and God.”

Dr. Jeanne Craig Sinkford was married for sixty years to the late Dr. Stanley M. Sinkford, Jr., a renowned pediatrician, who was also a double alumnus of Howard University. Their children are Dianne, Janet, and Stanley, III, who followed in his father’s footsteps into pediatric medicine. She has lived in Leisure World since 2006, lent her time and talent to LW committees, and been featured by the Fireside Forum. Jeanne is a long-time member and loyal supporter of LWAAAC and its causes.

### **ICYMI: In Case You Missed It**



AARP has a section entitled “AARP Black Community” on its website. Right now the content includes:

- Lessons from Michelle Obama’s *The Light We Carry*
- The Bonds of Black Fraternities and Sororities
- COVID-19 Caused Racial Disparities in Stroke Mortality
- What Black Adults Need to Know About Stroke Risk
- African American Veterans: A History of Heroism
- Skin-Care Tips from Black Women Dermatologists

Be advised, though, some of the information is accessible to members only. Go to [aarp.org](http://aarp.org) and search for “AARP Black Community.”

# Committee Activities

## Community Service Committee

(Submitted to *The Drumbeat* by Janet Overton, Chair)

LWAAAC's community service committee plans and implements projects and activities annually to support a specific need of a predetermined community group in the Montgomery County area. For our spring project we chose [Shepherd's Table](#) in Silver Spring, a grassroots initiative for the homeless and working poor that aims to improve the quality of life, create a pathway toward self-sufficiency, and inspire hope for the most vulnerable in our community.

The community service committee had our first Shepherd's Table group volunteer event on March 23. Colette Hayes, Diane Jackson, Vivian Jackson, Georgiana Jones, Janet Overton, and Arlene Washington worked the lunch service from 11:15 am to 1:30 pm, slicing vegetables, serving food in the cafeteria, cleaning up in the dining area as clients came and went, washing dishes, and performing other odd jobs. Jacquelin Butler, Vivian Jackson, Salome Nwosu, Millie Overton, Janet Overton, and Arlene Washington performed those same tasks during our second event Thursday, April 27.



**CSC ON THE JOB AT SHEPHERD'S TABLE**

(PHOTO BY MILLIE OVERTON)

Our committee chose to work only the lunch meal on Thursdays, but other opportunities are available daily. If this is something you think you'd be interested in doing, contact Janet Overton at 240-293-6825 or [janmo4868@gmail.com](mailto:janmo4868@gmail.com) to get additional information.

## Fundraising Committee



**THE T-SHIRT**  
(Photo by Sherry Weaver)



### Just Dance Fundraiser

The Just Dance Fundraiser will be held on Friday, May 19, 5:30-9:00 pm in the Activities Room in Clubhouse II. It's a casual evening for dancing to DJ Fleming's sounds, enjoying light refreshments, and meeting up with new and old friends. For questions or more information, contact Ramona Brown, fundraising committee chair, [avbrown150@comcast.net](mailto:avbrown150@comcast.net).

## Membership Committee

(Submitted to *The Drumbeat* by Janice Wallace, Chair)

The membership committee is happy to share that we have 279 members, which looks like our largest membership to date! Membership dues paid at this point will be credited towards the 2023-2024 activity year. Any questions, please call Janice Wallace at 301-502-2832.

## Healthful Thursdays

(Based on information submitted to *The Drumbeat* by Gail Cooper)



### LWAAAC / AAHP Events

Saturday, April 29, 2023 - 8:45 a.m.

#### SATURDAY WALK

North Four Corners Local Park

315 University Blvd. W.

Silver Spring, MD. 20901

3.6 miles paved area

Contact: Stacy Gantz ([sgantz@mcfarlandassociate.com](mailto:sgantz@mcfarlandassociate.com))

**Thursday, May 11, 2023**

#### HEALTHFUL THURSDAY (AAHP/LWAAAC Hybrid Event)

**NOON - 1:00 pm: Testing/consultation**

**1:00 pm: Cooking demonstration + Nutritious Treats, demonstration by**

**Ms. Robina Barlow**

**Clubhouse I, Chesapeake Room**

Saturday, May 20th, 2023 - 9AM - 2:PM - FREE EVENT

Walk/Run/Bike Activities start at 7:45a

TAKE CONTROL OF YOUR HEALTH

RSVP on Eventbrite@ <https://tinyurl.com/AAHPCommunityDay2023>

Location: Montgomery College: Germantown Campus, Bioscience Center

20200 Observation Drive, #4067

Germantown, MD. 20876

TAKE CONTROL OF YOUR HEALTH

#### AFRICAN AMERICAN HEALTH PROGRAM (AAHP)

1401 Rockville Pike

Rockville, MD 20852

(240) 777-1833

[info@montgomerycounty.org](mailto:info@montgomerycounty.org)





## Programs Committee

(Based on information submitted to *The Drumbeat* by Sandy Henderson, Chair)

Wed., February 1	Kinky Boots stage 2:00 pm performance Olney Theatre - local	Attendees: 44 ppl
Monday, February 20	Annual Black History Month Program 2:00-4:00 pm	Attendees: 150 ppl Speaker: Dr. Lorretta Johnson Poetry Reading: Grace Cooper
Friday, April 21	Member Appreciation Event 4:00-7:00 pm	Attendees: 150 ppl
Friday, April 28	Shout Sister Shout stage 2:00 pm performance Ford Theatre	Attendees: 56
Saturday, June 10	Annual Outing on the Lanai 4:00-7:00pm	Expected Attendance: 200 ppl
Friday, June 16	"The Real Juneteenth" Speaker: Reynauld "Rey" Smith*	
Wednesday, July 12	Fela stage 2:00 pm performance Olney Theatre - local	Expected Attendance: 50 ppl



### \*Juneteenth Presentation

On Friday, June 16, at 2:00 pm, Mr. Reynauld Smith, a board member of the Sandy Spring Slave Museum, will present his PowerPoint presentation entitled "The Real Juneteenth" in the auditorium in Clubhouse II. Registration is required. Mr. Smith's bio, as it appears on the museum's website follows.

Reynauld Smith is proud of being a Texan, a distinguished graduate of Tuskegee, being a mentee of the eminent historian Professor Russell Adams at Howard University, and a 37-year career as a history teacher at secondary schools in Dallas, Montgomery County, and Washington, DC. Rey was a Fulbright Fellow at the University of Nairobi, Kenya and the recipient of the McGraw Hill prize for his leadership work on Global Education. He is proud of his meetings with many of the leading African Statesmen of the 21st Century, including Nelson Mandela. His revolutionary past as a worker on voter registration with the Student Non-Violent Coordinating Committee (SNCC) at Tuskegee reinforced his current work on the modern Civil Rights Movement and voter registration for which he received a Proclamation from the Rockville City Council. With a background in African American History, Reynauld Smith is a major contributor serving as a member of the Board of Directors of the George and Georgianna Campbell Sandy Spring Slave Museum and African Art Gallery.

## Public Relations Committee

**Community Fair:** PR committee members Sherry Weaver, Millie Overton, and Patricia Means staffed the LWAAAC table at the annual LW Community Fair, which gives organizations the opportunity to show off their accomplishments and recruit new



**MILLIE AT THE FAIR**

(Photo by Lyle Wolinsky)

members. LWAAAC members Elise Nicholls, Sharon Boone, Carl Major, and Janice Wallace also took shifts at the table. The logo was on full display on the new table runner; the recently redesigned recruitment brochure; and the luggage tag, which was a gift to interested participants in the fair.

**Other Activities:** Members of the PR committee also collaborated with the programs committee to execute the Black History Month Program and Fun Night. We acquired the souvenir pen given out at Fun Night and bearing the LWAAAC motto (“Let the LWAAAC circle be unbroken”) from a local minority-owned company. We continue to update the showcase in Clubhouse I, write LWAAAC’s biweekly column in the *Leisure World News*, and publish this quarterly newsletter. Questions and comments for the PR committee may be directed to Sherry Weaver, chair, at [stheweaver@comcast.net](mailto:stheweaver@comcast.net) (301) 275-8918).

### Great Concerts We've Attended

Lorenzo Morris: Nina Simone, Chicago, 1972

Toni Schooler: Earth Wind & Fire/ Smokey Robinson/Lionel Richie, Bermuda

Ramona Brown: Prince, James Brown

Sherry Weaver: Bill Withers, Kennedy Center, early 90's

**LWAAAC Book Club:** Coordinated by Marilynn Washington, this month the club is reading Brendan Slocumb’s *The Violin Conspiracy*, a semiautobiographical work of fiction about the obstacles encountered by a Black classical musician. Coincidentally, Mr. Slocumb is the guest speaker for the LW Book Network on May 24, 2:00-4:00 pm, in the Crystal Ballroom. The event is open to all LW residents.



# LWAAAC MOMENTS

## BLACK HISTORY MONTH PROGRAM



**DeeDee, Carol, and Thelma dress the heritage.**



**Celebration Instruments**

## FUN NIGHT



**Magic Act**



**Girl Group**



**"Happy" Sandy**



**Karaoke Contestants**



**Karaoke Winner Yvette and Judges Donald and Robert**

*(Photos by Sherry Weaver and Al Holston)*



### ***Ogboni Harambee Drumming Circle and Percussion Ensemble***

If you walk through Clubhouse I around 3:00 pm on a Sunday, you may be drawn to the resonant, soul stirring sounds of drumming. You will have come upon a rehearsal of the newly formed Ogboni Harambee Drumming Circle and Percussion Ensemble, which has come together organically through the friendships and conversations among LWAAAC members Glenda Clay, Janis Jones, and Carl Major.

Janis and Carl are from DC and found themselves reminiscing about the “old days” and making music in Meridian Hill Park, known only to pretty much all local Black folks as Malcolm X Park. They discovered that they had drumming in common: Carl had taken lessons in djembe drumming from a Malian drum maker and teacher; Janis had bought a djembe to celebrate her move to Leisure World; and Glenda is learning to play drums and other percussion instruments. Janis and Glenda realized that they are both retired Montgomery County music teachers, for 44 and 38 years respectively.



**OGBONI HARAMBEE AT REHEARSAL**  
(PHOTOS BY ROBIN MARSHALL)

So, the teachers of music brought their complementary technical expertise together with the other drummer, who shares his knowledge of the history and power of the drum and its importance to our enslaved ancestors, and they decided to bring to Leisure World the gift of the drum circle. As Janis relates in the wonderful narrative she shared about the group’s formation, “We are taking baby steps.” But a first step was to find a name, the correct name. They arrived at Ogboni (elders) Harambee (come together) to form Ogboni Harambee Drumming Circle and Percussion Ensemble. Janis says, “It’s a long title, but it tells who we are!” The group, which is still forming, definitely lent richness to LWAAAC’s Black History Month program, and they are planning to participate in the Leisure World Juneteenth celebration.

For more information: Janis Jones, [janjo1639@hotmail.com](mailto:janjo1639@hotmail.com); Carl Major, [bgoha1@yahoo.com](mailto:bgoha1@yahoo.com) , Glenda Clay, [glendaclay615@gmail.com](mailto:glendaclay615@gmail.com)

## ***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 2022-23 public relations committee is chaired by Sherry Weaver, who is joined by Millie Overton, Sandy Henderson, and Patricia Means.

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

**Thank you.**

Sherry Weaver, Editor

301-275-8918

[stheweaver@comcast.net](mailto:stheweaver@comcast.net)



**Let the LWAAAC circle be unbroken.**