Alpha Kappa Alpha Sorority, Inc. hosted its 44th North Atlantic Regional Conference last weekend at Baltimore's Hilton Hotel. Pictured at the highlight of the event at the Saturday night banquet are from left: Councilwoman Mary B. Adams, honoree; Flossie Dedmond, Chairperson Conference Program Committee; Mildred W. Stuart, Director North Atlantic Region; the honorable C. Delores Tucker, guest speaker; Bernice Sumlin, Supreme Basileus; Virginia B. Vauls, Epsilon Omega basileus; Edna O. Campbell, Past Supreme Basileus and Bernice Hunley, Chairman Regional Conference Committee.

More local club notes

The Meritocrats, Inc

At a recent meeting the members hosted their election of officers, completed plans for their scholarship fund and mailed off 250 Western Union Mailgrams to the Pro-Football Home of Fame Selection Committee on behalf of all-pro Lenny Moore.

The write-in idea to petition the Hall of Fame Selection Committee came from Meritocrat Henry Caraway. The club financially backed the Mailgram petitions with full participation.

New officers elected were: Joe Obey, president; Ernest Murphy, vice president; David White, secretary; James Edwards, treasurer; Henry Caraway, reiording secretary; business managers include Frank Conaway, Lloyd Mitchner, Claude Patterson; Richard Palmer is sergeant-at-arms and Arthur Murphy and Harry Peaker, parliamentarians.

Under its new leadership the members voted to issue two scholarships in the amounts of $350 each to two June graduating seniors.

Social programs for the year include the group's annual picnic, black-tie annual dance, two week trip to the Hawaiian Islands and the adoption of a needy family in Baltimore City.

Alpha Kappa Alpha

The exciting and active three day Annual North Atlantic Regional Conference of the Alpha Kappa Alpha Sorority, Inc. drew some 400 women to the downtown Baltimore Hilton last weekend.

During their stay in the Monumental City AKA sorors attended workshops, luncheons, banquets and hospitality activities hosted by Baltimore chapters.

Highlight of the meet was the Saturday night banquet which gathered members of the organization as well as friends, relatives, members of various Greek-letter organizations and individual citizens.

Hosting the affair were the Epsilon Omega graduate chapter and undergraduate chapters of Morgan and Coppin State Colleges, Alpha Delta and Epsilon Kappa.

Some 1,000 persons filled the Francis Scott Key Ballroom to capacity for the annual event where honorary member of AKA, the Honorable C. Delores Tucker, Secretary of State, The Commonwealth of Pennsylvania served as guest speaker.

Mrs. Tucker encouraged members of the organization to become more aware of situations affecting blacks around the world and take action upon them.

She stressed the importance of continued education for black children especially in the area of reading.

During her message she continuously repeated, "Speak the truth to the people, speak the truth. It is not necessary to blow the mind, but to free the mind."

Award presentations were made to those individuals and chapters who had done outstanding work throughout the year.

Epsilon Omega's councilwoman, Mary B. Adams, was honored by the sorority for her interest and continued participation in the world of politics.

Special guests at the banquet included: Emily Johnson, of Cleveland, Ohio and a member of the National Constitution Committee; Ann Davis, executive secretary of Chicago, Ill.; Joanne Powell, program specialist, Chicago, Ill.; Janet Ballard, Mid-Atlantic regional director of Richmond, Va. Emma Brown, past North-Atlantic regional director.

Henrietta Jordan, coordinator activities; Albertine Emerson, parliamentarian, New York City; Paula Berry, National chairman, graduate advisors; Jill Moseley, conference secretary; Mable Frisby, past supreme antigrammatis; Esther Preem, Mildred Stewart, regional director, New York City and Bernice Sumlin, supreme basileus of Dayton, Ohio.

Bernice Hunley, chairperson of the Regional Conference Committee, served as mistress of ceremonies. Greetings were brought to guests by Virginia Vauls, basileus of the Epsilon Omega Chapter while Diane Powell, basileus of Alpha Delta Chapter, Morgan State College, delivered grace.

Mildred W. Stuart, director, North Atlantic Regional, also brought greetings followed by Flossie Dedmond, chairperson, conference program committee, who introduced head table guests

Musical selections were rendered by Mary Robb of Tau Omega Chapter and Joyce McManus of Delta Pi Chapter.

Special presentations were given by Mildred W. Stuart and Edna O. Campbell, past supreme basileus.

Banquet committee included: Evelena Henderson, Agnes Patterson, Charlotte Sherrington, Bernice Anderson, Thelma Bando, Edwin Burke, Flossie Dedmond, Margaret Lind, Doris Levi, Rosabell Lewis, Vernice Matthews, Delores Scriggs, Beverly Reid, Ruby Taylor and Mary Young.

Dance committee members were: Vernice M. Reynolds, Mary M. Young, Anastatia Benton, Edwin Burke, Gloria Carpenter, Gertrude Cooper, Ruth Davis, Marilyn Hill, Yvonne Holt, Norma Humphrey, Bonnie Lee, Michelle Lee, Delores Scriggs, Ruby Taylor, Mary Urquhart, Elizabeth Williams.

Democratic organization

The Board of Directors of the Fourth District Democratic Organization, Inc. has invited five state senators to speak at its next public forum, on Monday, April 14, at 7:30 p.m., at the District Headquarters, 1624 W. North Ave.

The legislators will summarize significant results of their deliberations during the session that has just adjourned.

John H. Thornton is the president. The Rev. Olin P. Moyd is the chairman of the Board of Directors.

Senator Verda F. Welcome is the advisor.

Child Study

Reservations are now being taken for the annual luncheon meeting of the Child Study Association of Md., Inc. The luncheon, which has a theme of "Children, The Flowers of Life," will be held on Thursday, May 8, at 11:30 a.m., at 6817 Dogwood Rd.

Alan Christian, from WBAL Talk Show, is to be the guest speaker. Chairpersons for the luncheon are Brenda Belsky and Judy Pincus. Margie Belsky is president of the association.

The Child Study Association of Maryland, Inc. is a non-profit, non-sectarian organization that has been in existence for 51 years providing pioneer service in the field of Parent Education through its organization of Parent Discussion Groups.

At present there are over 700 members in 22 chapters in Baltimore City, Baltimore County, Howard County and Anne Arundel County. Child Study's function is to broaden and help build healthy family relationships. Community achievements have included state-wide kindergartens and educational TV.

Please contact the Child Study office at 6623 Reisterstown Rd., or call 358-2555.

Chesapeake Club

The Chesapeake Club, Inc. held its monthly board meeting April 7. Major plans for the 25th anniversary in October were discussed.

The regular

The regular monthly meeting will be held April 14. All members are requested to attend as there are many important items to be discussed.

Dr. A. A. Forte is president of the group.

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Volunteers: 'Hands helping hands to heal'

By Cynthia K. Grandison
Reflections Staff Writer

As a follow up to examining the job market and informing AFRO readers of its prospects, Part Five seeks to examine the role of the volunteer, an alternative to employment.

One often thinks of volunteers as being people helping people in a hospital atmosphere. One may envision an adult helping a child, talking with patients or answering a telephone. Petite young ladies wearing red and white pinafores, scurrying from place to place, is usually associated with the volunteer image.

But, the field has broadened to envelope all ages and both sexes. Volunteers range from age 14 and up, they are females and males. Most importantly, they are responsible, dependable, hardworking people with a desire to help and learn.

In talking with the volunteer services directors of five city hospitals, this writer learned what it is like to be a candy-stripper.

Maryland General Hospital, Provident Hospital, Johns Hopkins Hospital, Bon Secours Hospital and Lutheran Hospital were the five institutions consulted.

Program requirements are very similar: one must be at least 14, have successfully completed the ninth grade, completed an application, submitted a statement of parental consent and come in for an interview.

Following the preliminaries, one must undergo four days of training by the Red Cross and receive a certificate. Then the person is signed to a post under the supervision of a nurse.

Routine duties

A typical day for a hospital volunteer follows:

Tuesday is one of the two days a week this person works. At about 8:25 this person signs in. Signing in and out is very important because the supervising nurse is responsible for knowing your whereabouts. Especially, in case of an emergency.

The volunteer then changes into a uniform that he/she may have purchased or the Hospital supplied. Being well-groomed is just as important as punctuality. Volunteer's always wear an identification tag and abide by the hospital's code of ethics.

A nurse gives the volunteer a list of duties to perform for that day. This may include: changing linens, feeding patients, reading to patients, transporting them to various departments, performing an assortment of errands for nurses, retrieving and delivering mail, working in the coffee shop, answering the phone, filing material, admitting and discharging patients or undertaking laboratory assignments

By noon it is time for lunch and in three more hours the volunteer is through for the day.

Programs differ

Mrs. Jones, director of volunteer services at Johns Hopkins Hospital told the AFRO paricipants must be at least 15 and no older than 18. If one desires to participate in special programs such as lab work he or she must be 16 and have completed the tenth grade. Lab workers should have a background and interest in chemistry and biology. These volunteers devote four days a week.

Those interested in working with children, must have had some previous experience and will be trained by a pediatric's personnel. Otherwise, you will be trained by Hopkin's Inservice Educational Department.

The Johns Hopkins program draws students from 45-55 different schools and males compose one third of the group.

Does this sound like it might suit you? If so, applications are being taken now. Keep in mind, Hopkins, as are all hospitals, is looking for students who are ready to assume a serious commitment and might be considering a career in the health field.

At present, Provident has registered 60 volunteers between 14 and 18. Mrs. Ruth Tibbs says there are 24 departments where volunteers work.

In her words, "We are the hands that help the hands that heal." Employees, nurses, doctors and one entire family has enrolled in this program.

"When youngsters come they are often disorganized but they eventually settle down and make friends. All in all, it is a very productive program and the young people like it even though they are not getting paid," Mrs. Tibbs adds.

In case you were wondering, male nurse's aides at Provident wear green and white uniforms with black shoes.

"It's a satisfying thing to see them form into a cohesive group," says Mrs. Tibbs.

In the future, she hopes that a "buddy system" will develop. In this way newcomers could start off with a friend with whom they could share their experience.

Maryland General Hospi-

(Continued on page 33)

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Protection Pointers

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Because the costs of repairing homes and replacing damaged furnishings and other personal property have increased substantially over the years, you should review your insurance coverages periodically.

To help you keep your home insurance up to date, there is now available in many states an optional "inflation guard endorsement." This is attached to your homeowners or tenants policy.

For a small extra charge, this endorsement provides an automatic increase in the policy's limits every three months at the rate of 1 per cent of the original amount of coverage—12 per cent during the life of a three-year policy.

If you do not have this safeguard attached to your policy, consult your local insurance representative.

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Week's food economies

Spring is here and with it a number of fresh fruits that will lend color, flavor and a refreshing change in your daily menu, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

The spring fruits that you will be seeing more of in the market are fresh strawberries that are coming from Florida and California, rhubarb which is from hot houses but within a month we will be having local rhubarb and fresh pineapple which is coming to us from Mexico. In addition to these fruits, we have our standby citrus fruits of Valencia and Navel oranges which are excellent for juice and for eating out of hand.

Grapefruit is available both in white and pink meat fruit. There are also offerings of pears and apples which you will find at a reasonable price and in good supply. Add to this some of the canned varieties of fruits that are available such as cling peaches, canned applesauce and canned pears to have quite an array to make springtime present in your menus.

Now is the time to enjoy luscious fresh pineapple. April, May and June are the best months to buy this golden fruit. Prices are usually the lowest, supplies the heaviest and quality is the best. You may choose between fresh, canned and frozen pineapple much of the year.

If you choose a fresh pineapple, choose one that is fresh, clean and heavy for its size to assure good quality. Look for one free from bruises, soft spots and rot. If it has a square shoulder, it will have the minimum of waste. It should have good color for the variety varying from yellow to yellow orange and bronze. The real test of ripeness is the fragrant odor typical of pineapple.

One of the reliable signs of fresh pineapple that many people use is when the green leaves of the crown of the fruit may be plucked out easily. This is not always a true sign of ripeness. Handle pineapple as little as possible because it bruises easily. If a fresh pineapple is not quite ripe when you buy it, it will ripen at room temperature within a few days. It develops a fragrant odor when it is ripe enough to eat. The ripe fruit should be stored in the refrigerator well wrapped to prevent the odor being absorbed by other foods.

When you use fresh pineapple, stand long spears of pineapple in a tall glass of orange juice or grape juice as an appetizer or as a beverage. Serve wedges of fresh pineapple on salad greens and garnish with cream cheese or cottage cheese sprinkled with nuts. You may also serve chilled slices of bana, orange sections and pineapple chunks for a dessert or for a first course. Enjoy fresh fruits, they are good for you.

-Summer jobs

(Continued from page 32)

tal's program runs from July to August and there is a limit of about 50 enrollees. In addition to the requirements mentioned for the previous hospitals, Maryland General requires that you have a physical.

Mrs. Virginia Cox, director of volunteer services, says she usually recruits from the schools and prefers that one come in for an interview.

Maryland General is able to supply their volunteers with a free lunch, although they must by their own uniforms.

Neither Lutheran nor BonSecours have large programs, but if either of these are in your neighborhood give them a call for more details.

Mrs. Mae Kelly, diector of volunteer services at Lutheran Hospital says she also usually recruits from the schools. If you are 15 and want to participate, call the hospital and an application will be sent to you. Once enrolled, you will take a week-long course given by the Red Cross. Uniforms are about $4

Due to the fact that they do not have enough assignments to occupy a large team, Sister Mary Regina must limit BonSecours volunteer team to about ten. They do not as yet have a separate program for teenagers, but they only take females 16 and over. They try to provide for a person to work in a department

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