R.S.V.P. With Marie

By Marie P. COOKE
Reflections Editor

"I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forebearing one another in love; Endeavoring to keep the unity of the Spirit in the bond of peace. There is one body, and one Spirit, even as ye are called in one hope for your calling; One Lord, one faith, one baptism."

The Acts 9:1-9

Reba Rebecca Fitchett-Brown. She's 26. A mother and a daughter, a career woman and a homemaker—she's a child of the King. Ms. Fitchett-Brown underwent a name change on Sunday that may bring about some additional changes. Not only in her life, but also in those lives she may touch—she's now the Rev. Brown.

A representative number of Reba's loved ones came out to hear her give her trial sermon at Fulton Baptist Church (1630 W. North Ave.) Eleven clergypersons, family—and "saints" listened as she preached from the depth of her heart.

Tremendous. If we hadn't known, we would have thought we were worshipping in an afternoon service where she was the appointed preacher. Her text—from the Old Testament Book of Joshua — was well constructed, diction very clear and "sweet" (Reba has always had a soft, sweet voice). Even when the spirit came, she was still the Reba we knew. (We've often heard comments that because the ministry is still heavily male-dominated, the few women clergy tend to take on some of the masculine characteristics of their colleagues while in the pulpit.)

Recently, in an extensive WEAA-FM radio interview with Reba and one of her best friends and now colleague, the Rev. Cynthia Jones, of Jones Tabernacle Baptist Church, (on "Women in the Pulpit,") we discussed how one is "called" to preach the gospel. In Reba's case, she says, the "calling" came in 1973, however, she didn't answer it until six months ago. Now there's no turning back.

The now Rev. Fitchett-Brown is a product of Forest Park High School and the Helene Fuld School of Nursing where she earned a registered nurse degree. She is a former occupational health nurse and is currently employed by Homemakers Upjohn, Inc.

She has a daughter, Tenyo, who is quite a young lady. Rev. Brown is the daughter of Mrs. Ethel Fitchett, longtime assistant to Mrs. Pauline Brooks Amis (who was present with her daughter, Paula), and the late Ellsworth Fitchett. Her godparents are Dr. and Mrs. Franklin Phillips (Hazel) and the Rev. and Mrs. Stuart Turner. Grands are Mrs. Helen Gwynn and the late Sterling Phillips.

Rev. Brown is currently receiving theology training at the Maryland Baptist School of Religion, Virginia Seminary Extension and is receiving consultation from the Interdenominational Theological Center in Atlanta, Ga.

Cuff Note: Special praises to the Rev. Douglas Wilson, pastor of Fulton Baptist, for taking a might big step in supporting women in the ministry.

We'll be back on the road in just a couple of days. Our first stop is D.C. where the National Urban League will be meeting at the Hilton. Predictors estimate that there may be as many as 8,000 NUL supporters who will turn out for the four-day conference.

Three of the most respected black women will speak at the conference:

Patricia Roberts Harris, secretary of Housing and Urban Development at the Federal Resources Luncheon on Monday, July 25.

Ms. Harris, an attorney, has held a number of governmental and educational positions, including Dean of Howard University Law School and U.S. Ambassador to Luxembourg.

A member of the American Bar Association, Delta Sigma Theta sorority and on the boards of a number of corporations and universities, Ms. Harris has received many awards and honors during her career.

Eleanor Holmes Norton, newly appointed chairman of Equal Employment Opportunity Commission, will speak at the afternoon plenary session on Tuesday. Ms. Norton was formerly the Human Rights Commissioner for New York City, and was an active member of CORE and SNCC while a student at Yale, and

Alexis M. Herman, director of the Department of Labor's Women's Bureau, will address the members of the Council of Urban League guilds at their annual luncheon held on Sunday.

Ms. Herman, who is responsible for formulating standards and policies promoting welfare of working women, previously served as national director of women's programs for the Recruitment and Training Programs. A graduate of Xavier University, she belongs to a number of organizations, including the Board of Directors of the YWCA and the U.S. Catholic Conference on Social Justice.

From D.C. we will jet to Jackson, Miss. Tuesday to serve, along with several of the nation's most noted food editors, as a judge at the Natonal Chicken Cooking Contest. On Thursday evening (July 28), we hope to land in Atlanta, Ga. for a l-o-n-g weekend with our dearest friends, the Charlie A. Wrights (Brenda is a former AFRO reporter; their twin sons, Chay and Chad are our godchildren).

Continentals Dine

The program committee of the Baltimore Chapter of the Continental Society, Inc., last Thursday took a group of young adults to Little Italy for dinner. The scene was Vellegia's. The guests were selected as outstanding students in the community by Echo House director Sylvia Sartor.

Continentals attending the dinner were Zelma Brown, president; her daughter, Linda; Patricia Mapp, Delores Young, Daisy King, and Louise Mapp, vice president and chairperson. Echo House representatives were Roxie Slaton and Afred Craig.

Les Gals Closed

Les Gals held their closing meeting on Sunday at the St. Luke's Lane home of Mae Chamberlain. It was the first meeting she has been able to host at her home since her long illness. She is now able to get around and looks good.

Members and mates present from Washington, Lester and Walter Banks, Merita Pyles, Ursula Hill; Baltimore members about: Sylvia and Charles Shipley, Asalee and Talley Portee. Other members of the group are Jacqueline Harmon and Pearl Fitzgerald, who is ailing.

There were door prizes and lottery prizes after a period of games . . . as well as swimming. Mae's husband Matt was a perfect host.

Mates present were Albert and Billy Cooper, [illegible] and Olive Dulaney, Charles and Gwen Hillen, [illegible] and Gloria Phillips John and Merita Stokes, [illegible] Hermione Weaver, Lonnie and Seretha [illegible], Clarence and Odessa Dyson. David and Bea [illegible], Paul and Bettye Moss, Roland and Anethia Williams.

Also, Carolyn Willis, Daisy King, Edith Sydnor, Lois Kyler, Louise Dorcas, Ronne Williams, Lorenzo Haywood, of D.C., and J. Lawson Smith, Greenbelt, Md. And the Marshall Pylses and the Lee Boones.

(Photo by Roman Hankewyz)

FIFTIETH WEDDING ANNIVERSARY—Mr. and Mrs. Charles (Martha) Graves celebrated their 50th wedding anniversary last weekend in festivities at the S and R Banquet Room, The Alameda.

(Photo by Roman Hankewyz)

FORTIETH WEDDING ANNIVERSARY—Bishop and Mrs. Gene (Irene) Johnson were feted last weekend at a celebration marking their 40th wedding anniversary at the Holiday Inn, downtown.

Woodlawn Highlights

. . . by Marjorie Green

Members of the Area Ten's Council, comprising three SSA Toastmaster clubs, met recently with their newly elected officers to discuss plans for the coming year.

According to Albert Jones, the new area governor, the clubs will sponsor two youth leadership programs. Emphasis will be placed on an eight week course for state juvenile delinquents and the formation of a new evening Toastmaster club at SSA. An eight week speech craft course is also proposed for counselors who work with the juveniles.

In addition to Al Jones, other officers introduced at the meeting were: Miles Smith, assistant area governor of education; Art Blume, area secretary; West Stearns, treasurer; and Al Williams, editor of the area bulletin.

Guest speaker at the noon time meeting was Al Whittaker, a Westinghouse employee and Lt. Governor for Division C.

The three SSA clubs in Area Ten are, BDI No. 1345, Woodlawn Security No. 2029, and SSA No. 2884.

Three members of this council have earned the title "Able Toastmaster" (ATM). They are Albert Jones, Miles Smith, and Nate Lawson. The Area Ten Council slogan for the year is "Success Is Sharing."

The 1977-78 officers of Council One, Blue Region, International Toastmistress Clubs, were installed recently at the downtown Holiday Inn. They are: Raymona Robinson, president; Janice Jackson, vice president; Maralyn Marske, secretary; and Lillie Johnson. Council One embraces nine Toastmistress clubs in the Baltimore area: Baltivox, Bayettes, Chesapeake, Civies, Point Breeze, Security, Universal, Vita, and Woodlawn. Eight of these clubs are in the Social Security Administration complex.

Sunday afternoon the Queen of Sheba Court, Order of Daughters of Sphinx Jurisdiction of Maryland held their Sphinx Day at the Masonic Temple, 1205 Eutaw Place.

Several persons present received awards presented by Grand Master John V. Thornton in recognition of outstanding service to the Daughters of Sphinx Department.

They were: Clarence Wycoff, Grand Matron Helen V. Benton, Clara Brummell, Bessie Epperson, Bertha Garrett, Willie Harper, Louise Lawson, Mattie Manning.

Also Ophelia Mathis, Elizabeth Smallwood, Delia Smith, Mary C. Smith, Lina Toyer, Annie Williams, Pearl Wilson, Fannie Wycoff, and Gertrude Young.

Grand Master Thornton is a former Social Security employee. We knew him as "Vernon." His wife, Shirley is an instructor at the Temple. She is currently working in the Bureau of Disability Insurance.

Later while sampling the goodies on the outside refreshment tables I talked with Mrs. Myrtle Blackwell. It was she who called my attention to all of our co-workers affiliated with the lodge. She also pointed to all of our co-workers affliated with the lodge. She also pointed out that eight of the ten members in the recently organized Benton Memorial Chapter No. 24, (named after former SSA'er Helen V. Benton) are employed at Social Security.

Mrs. Ethel N. Hill, Doris Webb, Delia Saunders, and Mary Johnson who we spied hovering over the sweet table are just a few of the many SSA workers who normally grace the halls of the Hiram Grand Lodge. One of the highlights of the afternoon was the presentation of a Biblical program titled "The Call for The Twelve Disciples."

We were saddened to hear of the recent death of Mrs. Eva Nesbit. She retired last year from the Bureau of Disability Insurance.

The film presentation of "Hobson, The Great Gadfly," and the presentations by Congressman Parren J. Mitchell and Tina Hobson gave SSA employes a close-up view of Hobson's personal courage and concerns for humanitl during his fight for equal education and employment. Early this month over 33 million people received an automatic 5.9 percent increase in their social security check. The amount of the increase was based on the rise in the cost of living from the first three months of 1976 through the first three months of 1977. The average monthly Consumer Price Index rose by 5.9 percent.

With the cost of living increase that was added to the social security law in 1972, the average social security payment to a retired worker goes from $221 a month to $234. The average social security payment to a disabled worker goes from $248 to $262 a month. A widowed parent caring for two children gets an average monthly payment of $547.

Supplemental security income (SSI) payments also increased this month. Federal SSI payments to eligible people with no other income increased to $177.80 a month for an individual and $266.70 for a couple.

The maximum federal payment was $167.80 a month for an individual and $251.80 for a couple.

Columbia Capers

By Pinnie L. Ross

A Service of triump

Funeral service was held Thursday at St. John Baptist Church, Wilde Lake Interfaith Center for Mrs. Wilhelmina Kelly.

Mrs. Kelly who was 36 years of age departed this life July 11 in Columbia, Md., en route to the Howard County General Hospital, as a result of an extensive illness.

The Rev. Walter L. Parrish II, pastor of St. John Baptist Church officiated the service.

Participating on the program were members of the deceased husband's family, John C. Kelly, read the scripture, and brother Rukus G. Kelly Jr., gave an inspirational prayer to the family. Tribute come from Mrs. Vera Wilson, national council representative and past president, and Mrs. Ethel Parker, a very dear friend.

St. John Baptist Adult Choir rendered three selections including "Balm In Gileard" with Dorothy Weaver as soloist. A final solo was rendered by Dr. Jesse Paul Clay, "The Lord's Prayer."

The former Wilhelmina Harrison was a native of Philadelphia, Pa., where she actively participated in many civic, religious, scholastic, and vocational interest. She attended Bartrm High School that has many testimonies to her academic and leadership potential.

In her early life she was a member of Union Baptist Church, Philadelphia, where she served to develop the deep religious conviction that existed throughout her

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—Columbia Capers

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life. She developed her interest in communications and journalism at The Philadelphia Tribune, where she served as editor of the Youth Section for four or more years.

She attended the North Carolina A and T State University in Greensboro, N.C., where she graduated Magna cum laude in 1961. In 1963 she received a Master of Arts degree at the Annenberg School of Mass Communication, University of Penn. She had planned to enter the Howard University School of Theology in September had she lived.

Mrs. Kelly married July 5, 1962 to Nathaniel C. Kelly of Rueford, N.C. This union created three children, Crystal Lynette, 13; Nathaniel Christopher, 11; and Carla Johnette, 8.

The late Mrs. Kelly was employed as team leader of the Insurance Compliance Staff, Social Security Administration in Baltimore.

Her activities included membership in the League of Women Voters; charter president and member of the Columbia chapter of the National Council of Negro Women; membership on the Howard County Maryland Commission on the Status of Women; advisory person to the Howard County, Maryland Board of Education on various committees;

She also was an officer and member of the Alpha Kappa Alpha Sorority, a charter member of the St. John's Baptist Church in Columbia, and membership in various honorary societies including Alpha Kappa Mu, and Who's Who in American Universities and Colleges.

The late Mrs. Kelly was a quiet person devoted to her family, church and the community. A woman who bore pain in secret with a smile until her death.

In addition to her husband and children, survived by her parents, William and Thelma Harrison, Philadelphia; two sisters, Fannie Harrison and Marie Staley of Philadelphia, Pa.; one brother John of Pasadena, Calif.; her father and mother-in-law Rufus and Mary Kelly of Rueford, N.C. and many other relatives and friends.

Memorial services in Philadelphia Friday, July 15, noon, Clyde C. Peizer and Sons Philadelphia, Pa. Burial in Rueford, N.C.

A Wilhelmina Harrison Kelly Memorial Scholarship Fund has been set up in her honor. Makes checks payable to St. John Baptist Church, Wild Lake Interfaith Center, Columbia, Md. 21044.

THOUGHT FOR TODAY

May the Holy Ghost, the Comforter, comfort me as one whom a mother comforts and let me feel about me the arms of thy merry for Jesus sake. Amen.

(Photo by Jimmy Hill)

The LA DELLS Civic and social organization, recently presented an installment check for a lifetime membership to the NAACP Baltimore chapter president, Enolia P. McMillan. Making the presentation is Barbara Bess, president of the club.

Local club notes

By Michele L. McRae

Recently, Kappa sorors observed the 48th Anniversary Founders' Day of Iota Phi Lambda Sorority, Inc., with a dinner meeting at the Gospel Tabernacle Educational Center.

Enolia P. McMillian, president of the Baltimore Branch, National Association For The Advancement of Colored People, and Iota's new honorary member, was the speaker of the evening. The theme was: "Women Building For Tomorrow Through Professional Enrichment and Economic Development Effecting Social Change."

Mrs. McMillan stressed rededication to the purpose of the sorority to promote business education among high school and college girls through planned programs and scholarships. Encourage development of personalities for all areas of leadership through continued education, civic and community involvement to effectuate social change.

Evelyn B. Faulk, chapter president, presented the Outstanding Woman of the Year Award to Mrs. McMillan for her tireless efforts in education, civil rights and community service. The honoree is also the chapter's candidate for the Lola M. Parker Achievement Award which is awarded annually during Iota Phi Lambda Sorority, Inc., national convention in August.

Fannie B. Poulson, past Eastern Regional Director, received Kappa's Soror of the Year Award for service to Iota locally and nationally for Miss Evelyne D. Wilkey, charter member of Kappa Chapter, Mary B. Ames and Doris Browning were runners-ups for the chapter's award for Soror of the Year and they were honored with certificates by president Evelyn B. Faulk. This award is given annually to sorors who have been continuously involved with Iota project during the year.

Ann Foster was the soloist of the evening accompanied by Florence Clinton. Blanche Pettiford rendered instrumental music during the evening.

Sorors present were Emma Arnelle, Altamease Arnold, Dorothy Baker, Catherine Blackmon, Hortense Cain, Eva W. Cook, Mary E. Crump, Christine Fraser, Berine Greene, Helene S. Gwynn, Claudine Harden, Geraldine Hooper, Hazel Hyman, Florence P. James,

And, Eloise Johnson, Sylvia C. Martin, Isabel H. McConnell, Margaret E. Robinson, Margaret Selby, Constella Truitt, Josephine E. Wallace, Mable G. Waters. Phoebe C. Webster, Elaine Williams, Josephine Williams, Audrey S. Dorsey, Roberta Epps, Bettye D. Spriggs and Vivian W. Young.

Members of the committee were sorors Altamease Arnold, Claudine Harden, Julia C. Penny, Blanche Pettiford, Ethel E. Poindexter, Josephine E. Wallace, Mable C. Waters. Sorors Mary B. Ames and Delores Davenport served as chairpersons.

The chapter's monthly meeting was held in Annapolis, Md. at the home of Soror Mildred G. Moel.

Soror Dorothy Baker, chairman of Scholarship Committee reported that six graduates would receive scholarships from the chapter in September. Recipients are: Linda Clements, Forest Park High School; Bernice Coleman, Frederick Douglass High School; Sheliz Coward, Paul Lawrence Dunbar High School; Kim Dixon, Walbrook High School; Ella Edmonds, Lake Clifton High School; and Regina McKinney, Edmondson High School.

Local Dollies

The La Delis, an Student Group of Delicados, Inc. was organized in October, 1976, by Mrs. Barbara Bess, an associate member of the Norfolk Chapter of Delicados, Inc.

Other officers and members includes: Ruby Jackson, vice-president; Wanda White, recording secretary; Ella Holland, corresponding secretary; Marjorie Bratcher, financial secretary; Gloria Herndon, treasurer; Mary Goode, sergeant-at-arms; Christine Spain, chaplain; Madie White, parliamentarian; Doris Jones, reporter.

And, Beverly Barber, Ruth Harried, Hallisenah Morris, Annie Mountain, Carveretta Parker, Dorothy Smith, Gwendolyn Swann, and Misses Darlene and Faye Augins.

The Diet Corner

By Helen K. Fleischer
Director, The Diet Workshop

Pity the poor carbohydrate . . . .

It's been damned and grammed almost into oblivion by those revolutionaries who pinpoint it periodically as the rampaging ruin of thinness.

Now, it is true that a diet through which carbohydrates gallop with reckless abandon is a diet that will add weight. The answer lies not in exterminating the carbohydrate, but in taming it. Overeat with all potatoes, pastas, and pastries, and sure enough, you'll be fat. Overeat with anything, and you'll be fat. A calorie simply doesn't know what its origins are. Carbohydrate or protein, the calorie will add to your weight when you eat too many of them. A good reducing diet for the average woman contains approximately 1200 calories; for a man, 1600.

Because this is a restriction, it must be carefully thought out. You would lose weight if you ate 1200 calories of poor carbohydrate. You would also be undernourished—and that is dangerous. To be nourished, you must have protein, minerals, vitamins, and carbohydrates for energy. Don't cut out carbohydrates; insert them in their proper slots while you are reducing. Yes, have toast in the morning; but beware that the toast weighs one ounce and is of enriched bread. That's your breakfast carbohydrate. At lunch, eat a slice of enrich bread. At dinner, obtain the carbohydrate energy you require from vegetables such as peas, carrots, beets, eggplant, cooked onions, tomatoes — but only ½ cup of them, please. When you tame your carbohydrate intake down to this point, you will find that you are obtaining the energy this nutrient supplies and at the same time not storing up any excess in the form of fat. Additional carbohydrates on a well-balanced diet should include three fruits a day and two glasses of skim milk.

Here is a pleasant diet way to some domesticated carbohydrate:

Breakfast
Apple Cake
4 med. apples, peeled and thinly sliced
4 egg yolks
2 tsps. almond extract
5 packets artifical sweetener
½ cup evaporated skim milk
8 slices diet-sliced bread
6 egg whites
½ tsp. butter flavoring
½ teaspoon cinnamon

Line 8-inch square or Pam-sprayed pan with apple slices. Place toast in blender and reduce to crums. Place crumbs in mixing bowl, add egg yolks, and mix well. Add butter flavoring, extract, milk, and cinnamon to batter and mix. Add sweetener. Beat egg whites until stiff peaks form. Fold gently into batter and pour carefully over apple slices. Bake at 350 degree 45 to 55 minutes or until golden brown. Serve apple side up. If you wish sprinkle with cinnamon and sweetener. Eat one portion—freeze three for laters.

Let's not confuse the carbohydrate issue. No body can exist healthfully without then. Danger to the figure comes when they are allowed full sway. The base lie that carbohydrate and a reducing diet and a reducing diet are incompatible is combatable with understanding and a watchful eye.

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"all" CONCENTRATED ON SPOTS AND STAINS

Many households will have garments to launder that have oily spots from using the lawn mower, repairing the family auto or oiling a bicycle.

There are also those other hard-to-remove stains from barbecue sauce or ketchup spots that are so common during the picnic season.

CONCENTRATED "all" is the all-purpose laundry detergent that I recommend to my friends to handle all of these spots and stains.

"all" does an effective job of removing the most difficult stains from all types of fabrics—and keep them bright and clean.

In fact, you can depend on CONCENTRATED "all" to keep your whole wash clean—and in all water temperatures, too.

If you have not already tried "all," now is a good time to start.

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I can't tell you often enough, especially at this time of year, that LIFEBUOY soap does a great job of keeping your body clean while also providing lasting deodorant protection. This is especially important during the hot-weather season.

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All of us are so conscious these days of the need to get the most for our money. LIFEBUOY soap is a good buy.

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It smells so good and works so well. It's a dependable friend that never lets you down.

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As I've noted many times, we are living in an era of change. New time-saving machines help to make our lives more comfortable. Meanwhile, products are constantly being improved to meet our changing needs as consumers.

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So, don't hesitate. Do as I do. Put your money where your mouth is by buying a tube of CLOSE-UP.

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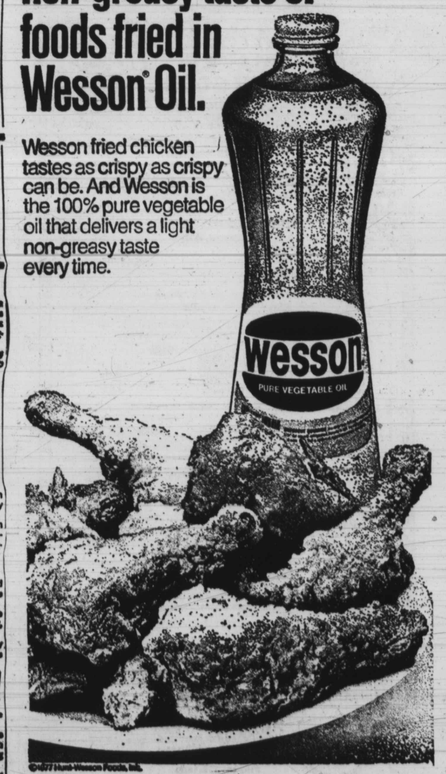

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