Catonsville Notes

... by Liz Williams

Congratulations to the following friends who celebrated their birthdays this month: Emily Glascoe Brown, (Edward) and her twin sister Mary Glascoe Wilson, (Julius) who celebrated their 72nd birthday last week; Ethana Washington Sr. who celebrated his 74th birthday; and Charles P. Morris who was given a surprise birthday party by his family on his 82nd birthday.

Congratulations to Pauline C. Blackwell, longtime AFRO employee, who recently had a birthday. May God love, bless, and protect all of you always and may he continue to shower his many blessings upon you.

Continue to send "Get Well" cards to the known sick and shut-ins. Among them are: Eunice Hall, Helen Kent, Arthur Welling, Beatrice Kane, Mamie Williams, Timothy Johnson, Frances Collette, Mildred Hammond, Annie Beverly, Walter Reynolds, Joann Thomas, Margaret Ebb, Frances Coe, Emily Gross, Gladys Combash, Louis Torsell and Hattie Boone.

Frank Terrell's co-workers at the C and P Telephone Company feted him with a retirement party held at Snyders in Glen Burnie. Frank had been with C and P for 35 years. More than 200 guests attended, including relatives, co-workers, friends, neighbors and church members.

Congratulations to you, Frank Terrell for a job well done. Enjoy your retirement and begin to do "your thing."

"Once a teacher always a teacher"—Eva Brooks will always be a teacher even though she has been retired for several years. Last week Eva invited all the black students who graduated from Westowne, Hillcrest and Catonsville Elementary schools to her house. Thirty-one students attended. The purpose of the get-together was more or less an orientation session for the students who will be entering Catonsville Junior High School in September. These kids will know what to expect when they enter into an entirely new world. It is great to know that our retirees are continuing to use their expertise in helping our young people.

It would be nice if someone could do the same thing for our black kids who will be entering senior high schools in the fall. Eva Brooks has started something that should be done every year for our students who are bridging the gap between elementary and junior high schools and between junior high and high schools. I would certainly like to be a part of this kind of program next year.

In Baltimore City we in the Guidance Division called it the Articulation Program when we started with the 6th grade students and 9th grade students in the Fall of the year and continued throughout the year until they graduated from their grades upon entering a new kind of school life.

Eva Brooks has initiated a new program which hopefully can be carried out through the years to come.

Congratulations to the Willing Workers from Grace AME Church who took a bus load to the Holy Land, U.S.A. Waterbury, Conn. last weekend. It was a most enjoyable trip.

A variety dinner for the benefit of Mt. Olivet's Women's Day will be held on Saturday, August 13 at the home of Grace Jackson on Shipley Avenue. The time, 11 a.m. until.

Henry Joyce was in Washington, D.C. to attend the Urban League Convention. He came over to our fair city to have dinner with his sister-in-law, Dorothy Joyce (Harvey). Our good friend, John "Junky" Wood (Dorothy "Dot") told us that Addison Joyce is doing well.

Let us continue to remember Addison Joyce who is still at the Lexington House, 3916 Chesterfield Ave., Charlestown, W. Va., 25305. Kindly, remember our dear friend and neighbor, Addison by sending a card, a gift, or maybe if it is possible a visit.

John "Junky" Wood has been a friend of the Joyce family since the time that his father, Dr. Francis M. Wood, (Nellie) came to Baltimore to become Director of Colored Schools in the city. Dr. Wood acquired land which is now part of Baltimore National Pike where he lived with his family for many years. During these many years, he and his family had always maintained a close relationship with the Joyce family. Junky has also been our local contact person with Addison. Please contact Addison and let him know that he is still being remembered by the Catonsville community.

The following lesson was picked up from a Sunday School class at Mt. Olivet United Methodist Church. Q: What is friendship? Friendship is that attachment between people, who love and respect each other. A friend is one who will not condone nor encourage wrong in his-her friends. A true friend will not stand by and see you doing wrong and not tell you that you are wrong.

I will write the letters that have come in to me from Pete Hebron and others in our community. Thank God for people like you who are keeping this column moving.

I write this column on Tuesday, so that I may get the news in by Wednesday morning. Please send your news to my address prior to any given Tuesday. Catonsville Notes, Liz Williams, 628 Meyers Dr. 21228.

P.S.: Priscilla Lansey, (Gaines) is now back at work after having had a 3 week illness. She has always been known as a busy wife, mother, community and church worker and always a friend when we needed her. Priscilla will now have to slow down a little bit.

BIRTHDAY AND ANNIVERSARY celebration of Mrs. Celia E. McLeod was held recently at the Faith Baptist Church. The affair marked the 61st birthday of Mrs. McLeod and the founding and directorship of the Simon Williamson Memorial Choir of the church. Mrs. McLeod has been a member of the church since 1937 and formed the choir in June 1947. From left are: Mrs. Mary Bishop, the Rev. Walter E. Paige, pastor of Faith Baptist; Ornat Erby, president of the choir; the honoree and her husband, Charles W. McLeod Sr. and Mrs. Kathryn Bivens, choir vice president.

Local club notes

By Michele L. McRae

The newly formed Baltimore Chapter of the Holidays Inc. hosted their first lawn party on Sunday, July 17 at the beautiful home of Mr. and Mrs. Charles Ridgely (Delores) of Old Frederick Road.

Guests enjoyed lounging, playing cards, friendly chit chat, listening to the good music, eating delectables and sipping cool beverages. In spite of the squelching heat in the city, the Holidays and their guests enjoyed an unbelievable breeze that swept over the lawn and patio throughout the evening.

Their guests included the Schofield Lawsons, the Liston Georges, the Errol Taylors, the William L. Hankins, the George Stevensons, the Rodney Evanses, the Thomas Hubbards, the Herman Briscoes, Dr. and Mrs. Eugene Byrd, the Honorable Judge and Mrs. Harry Cole, and Stu Crawford, Joseph Bracy and Joseph Press.

The Holidays Inc. members are: Anne Emery, president; Dorothy Clayborne, Delores Ridgely, Ann McKee, Norma Humphrey, Gloria Dorsey, Carolyn Boston, Carrie Langley, Sara Gray, who she describes as a "gracious Lady," prepared brunch for Liosetta, her mother, Mrs. Rowena Norfleet, and her sister Bea.

The chapter beasileus, Mrs. Ovella Queen, entertained her and her mother at her Randallstown home. Local sorority members joined them for cocktails.

Mrs. Margaret Yates followed with an invitation to dinner on the following day. The Iota chapter members also made it possible for her to share the bus ride from New Jersey to Baltimore.

The Baltivox Toastmistress Club recently played host to five young women visiting from the West Indies. They were Gloria Forde, Pamela Beckles, Tatiana Leacock, and Nola Lynch. The visitors were all members of the Barbados Toastmistress Club, a 30 member sister club that was adopted by the Baltivox Club in Janauary 1977.

The group was attending the International Toastmistress convention in Washington, D.C., when they accepted the invitation to witness the Baltimore installation of Baltivox officers and visit a few days as house guests of Baltivox's new president, Mrs. Vera Garner.

Other officers installed during their visit were Helen Robinson, vice president; Irene Carroll, secretary; Gerline Williams, treasurer; and Louise Bankins, club delegate. Janice Jackson, Council One vice president conducted the installation service.

It was during a November 1976 visit to Barbados that Vera first met and established the bond of friendship between the two clubs.

During their visit to Baltimore, the Barbados Toastmistress were escorted on a tour of Baltimore City including visit to the Italian Festival, Columbia City, and various shopping centers by Mr. and Mrs. Mervin Garner. A 10 year employee at Social Security, president Garner joined the Baltivox Club three years ago. She has held the office of club delegate, secretary and vice president. She is currently working as an investigation clerk in the Bureau of Data Processing.

Baltivox meetings are held in the East Building on the first and third Thursday of each month.

Woodlawn Highlights

... by Marjorie Green

My very good friend, Loisetta Norfleet Smith was visiting in town recently. It seems as though it was just a short while ago that I was a member of her wedding party, but those of you who attended her beautiful church wedding know that it was over 20 years ago. How time flys.

Loisetta, who now resides in San Diego, Calif. arrived in Baltimore via New Jersey where she participated in the annual conclave of the Lambda Kappa Mu Sorority, Inc. She is basileus of San Diego's Alpha Gamma Chapter.

The Lambda Kappa Mu Sorority, Inc. was founded in 1937 in New York City. Its members are dedicated to sisterhood, achievement, scholarship and service.

Just before she headed back to San Diego, Loisetta asked me to say a few words about the Iota Chapter members who treated her with such wonderful kindness when they learned that she was originally from Baltimore.

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IN MEMORIAM

Vivian Elma Johnson Cook
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Members of the Philomathian Club mourn the passing of their founder, Vivian Elma Johnson Cook. In 1932, she and the late Vashti Turley Murphy organized a club for cultural and intellectual stimulation and adopted the name Philomathians, (lovers of learning), as suggested by another charter member, the late Mrs. Joshua Maxwell.

Vivian Elma Johnson Cook, pioneer educator, scholar, concerned civic leader, gracious, kind and beautiful lady, was a steady force for good in the Baltimore community and elsewhere, and an inspiration to all who were privileged to meet her and benefit from her wise counsel.

We of the Philomathian Club will cherish her memory.

Flossie Dedmond, President	Regina Goff Henry
Thelma Bando	Beaulina DeCosta Lee
Amy Billingsley	Helen Lee
Carolyn Chissell	Vashti McKenzie
Doris Cole	Christine Moore
Marie P. Cooke	Elizabeth Murphy Moss
Althea Cornish	MaeWright Peck
Senora DeCosta	Marion Patterson
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Miss Hudley lost 60 pounds; now a Diet Workshop instructor

Marlene Hudley

By Arlene S. Katz

"Inside every fat person is a hidden self, one that maybe hasn't surfaced in a long time. Losing 60 pounds helped me realize that falling in love with oneself can be beautiful," asserts Marlene Hudley of McCabe Avenue.

Marlene has maintained her weight loss for three years and now instructs Diet Workshop classes at St. Francis Xavier, St. Bernadine's Catholic Church and the Monroe Street Montgomery Wards.

"In class I present a bit of my philosopy of life," says Marlene. "Know who you are and do the best you can. You owe it to yourself — you are very special people."

Marlene's own weight loss helps supply the empathy needed to work with other dieters. She admits to being spoiled as a child since her relatives showed their love by offering food. "One aunt would invite me over for a slice of fattening chocolate cake while another cousin would insist that I sample the empty calories in her coconut specialty. Everything I did was ok cause I was cute and chubby.

"At age 10 I wore oversized clothes. For years I hid beneath "he formless parochial school uniform — the school was all-girls, so I told myself that being fat didn't matter. I was still fat at my wedding. When my fourth and youngest son started school I knew it was time to slim down and find the real me."

Marlene introduces herself at the beginning of each Diet Workshop class and briefly talks about her weight loss. She believes in giving her dieters individual attention, and she takes time to "get to know the people, relate, give of my self, guide them."

Each Diet Workshop class has its own unique personality:

"My Monday night Wards class is mostly working people who come directly from the job to relax, socialize and get dieting help."

St. Bernadine on Wenesday night has several male members. "My gentlemen need special pampering," notes Marlene, adding that it takes a special type of man to lose weight in a mixed class. Her "gentlemen dieters" are newspaper editors, probation officers, social workers — all are made welcome.

St. Francis Xavier is one of Marlene's favorite classes since members meet on Thursday and Marlene can add hints she has learned from earlier in the week.

Marlene's family have become Diet Workshop fans — her mother Helen Drummond lost 40 pounds, sister Deborah Brown lost 29 pounds and sister-in-law Denise Drummond lost 25 pounds.

Marlene has succeeded in re-educating her eating habits to a more healthful pattern, yet she still considers herself a "cake person." When she craves something sweet she bakes diet gingerbread:

Diet Gingerbread

2 Ounces Arnold Melba Thin Dietslice White Bread
1 Teaspoon Baking Soda
½ Teaspoon Baking Powder
½ Teaspoon Salt
1 Teaspoon Cinnamon
1 Teaspoon Ginger
¼ Teaspoon Ground Cloves
2 eggs
Two third cup Alba Non-Fat Dry Milk Powder
5 packs artifical sweetener
1 Teaspoon maple flavoring
1 Teaspoon Imitation Butter Flavoring
1 cup Tillie Lewis Tasti-Diet Applesauce

Directions: 1. Beat all ingredients together until smooth and well mixed.

2. Pour into eight inch square pan sprayed with Pam.

3. Bake in a 350 degree oven for 35 minutes.

Serves four.

For recipes to satisfy your sweet tooth send a stamped, selfaddressed envelope to SWEET TREATS, The Diet Workshop, 6999 Reisterstown Road, Balt., 21215.

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Packing for Summer

Leavin' on a jet plane? by auto? by bus?

The first step is to pack, and packing is a long-neglected art. However you leave, wherever you go, you want your clothes to look their best so that you look your best in your newly slimming figure. The Luggage and Leather Goods Manufacturers of America send these packing tips.

1. Pack heavy items at the bottom of the case, resting against the hinges at back so that they don't shift and wrinkle clothes enroute.

2. Cushion fabric folds with plastic from dry cleaners' bags. Better yet, roll knits, you may even roll slacks by aligning seams, beginning at the cuffs and rolling tautly and tightly. Shirts and blouses do best front-to-front with collars in opposite direction.

3. Small items like jewelry, belts, etc. tuck into shoes.

4. Medicines and toiletries go into plastic bottles not more than three-fourths full. Best carried in separate tote bag if you are flying.

5. Distribute weight evenly so bag is balanced for carrying. A tightly-packed case eliminates wrinkles caused by shifting contents.

6. If flying, write name and address on outside of luggage to conform with federal regulations.

Wingoes Club

The members of the Wingoes Club of Baltimore held their last meeting of the season at S & R Banquet Room in the Alameda Shopping Center. Members and guests danced to the music of A. V. Turner and his band.

The Wingoes, one of Baltimore's older clubs plans a full schedule of activities for the summer. Officers are Lew Weaver, president; Pearl Mathews, vice president; Mable Hawkins, secretary and Arthur Byrne, treasurer.

NOTICE

On Friday, July 29th about 2:30 P.M., man driving dark green Chevrolet Impala, possibly '72 model, kindly assisted 2 ladies on Beltway near exit 24, Harrisburg Expressway and drove them to Ezrine Tire Co. York Rd., Lutherville. Very urgent he telephone 944-1282 as soon as possible.

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—Local club notes

(Continued from Page 10)

Loretta Richardson, Betty Wright and Mary Ellis.

The husbands and escorts, fondly called the Labor Days, assisted the Holidays with entertaining.

OMEGA PSI PHI FRATERNITY

Pi Omega Chapter, Omega Psi Phi Fraternity, Inc. affair for wives and sweethearts last year, Denim Disco, was such a rollicking success, the brothers of the group did it again in the form of Disco II.

Disco II for the Omega wives and sweethearts was a gala reincarnation of the Denim Disco. It featured the same popular cheese and wine sips at the homes of two of the brothers prior to the affair. This was followed by the dancing and dining at the Cross Keys Hollyday Room, along with disco music and games.

This year the affair was catered, rather than have each brother prepare some special cuisine of his own. This time the dress was not limited to denim, however it was the predominant attire.

As a part of the affair, the outgoing officers of Pi Omega were publicly cited by basileus, Walter Amprey for their services to Pi Omega. These included brothers Garland Brown, Kenneth Jenkins, William Roddy, Isaac Aycock, and Alfred Woolridge.

Officers for the 1977-78 fraternal year were also formally sworn into office at the affair.

The Wives and Sweethearts Affair Committee consisted of Kenneth Jerkins, chairman; Cecil Johnson, coordinator; Nathaniel Morehead, coordinator; Ernest Stokes; William Ghant; James Priest; James Mack; Washington Greene; Harrison Fuller; Randolph Thompson; Alan Moseley; and Garland Brown.

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