



*October Deck*

*2019*

# Officer Reports



President



First Vice President  
Membership



Second Vice President  
Program



Recording Secretary



Financial Secretary



Treasurer

Inglewood Pacific Chapter  
Links, Incorporated  
Report from the Vice President, Membership  
October 26, 2019

The Membership Committee on Monday, October 7 at the home of Link Pamela Elkins. Hosts for the meeting were Link Pamela Elkins and Anita Castille.

Attendance: Links Tracie Bowdoin, Rhonda Cotton, Thelma Day, Denise Downing, Pamela Elkins, Angela Glover, Lula Morehouse, Velma Marshall, Susan Odom Houze, and Leslie Orticke.

**Meeting Agenda Items:**

**I. Member Induction Process:**

- Sponsor Candidate Forms were distributed via e-mail regarding a change in process requested by Area Vice Director, Karen Cole.
  - Due to Susan Odom Houze, Membership Chair, by 10/25.
- Building out a calendar,.
- Location
- Budget

**II. Friendship Activity:**

- Proposed date is November 15 since the National Friendship Day is the same day as we will be hosting the 2019 Chapter Fundraiser.

**III. Chapter Meeting Membership Activity:**

- We will have a very short activity for the membership to provide a small fun break.

**IV. Next Meeting: November 4th**

Other Updates:

2019-21 MVP Training Updates:

- Training was scheduled from October 17<sup>th</sup> to October 24<sup>th</sup> due to technical issues with the Webinar.
  - Again, the Membership Committee will present this month's Core Values training at the October meeting.

WA Member Profile:

- I want to thank everyone for the cooperation for returning the completed the IPC Chapter Profiles. I was able to submit our chapter information by the requested information.

New 1N5 tracker:

- Will be coordinating with Link Krishna to have this updated and submitted before the end of the month.

Member Updates:

- Welcome to transferring Link Nancy Rahim!

48 Hours Requirements:

- Hours! Hours! Hours! Service is the heart of organization.
- As of this date, you should be at least 1/3 through with meeting your 48 hours requirements!

- If you have any questions or believe that you need assistance, reach out to me or Link  
Eva Carpenter, Vice President of Programs, for Facet Activities.

Respectfully Submitted,  
Susan Odom Houze  
Link Susan Odom Houze  
Membership Vice President



**October 2019**

## **Report of the 2<sup>nd</sup> Vice President of Programming**

October continues to be a busy month of learning, planning and collaborating around the programs and activities of IPC. I have participated in facet conference calls (Arts and NTS) as well as a webinar on the Service Delivery Model. During the conference calls I spoke with the Arts and NTS facets about their latest activities and how they will contribute and partner with other facets for the umbrella program. I have also been teaming with Link Cameron on how we can meet and strengthen goals of Delivering and Sustaining Transformational Programming in the Strategic Plan.

During the Service Delivery Model webinar on 10/16 which was facilitated by Link Pamela Fobbs, National Programs Director, the following objectives were met:

- ★ Increase knowledge of the Service Delivery Model and describe its use in program planning and implementation
  - Purpose
  - Planning process
  - Six components of the SDM
  - Key questions for developing a SDM
- ★ Increase use of the Action Delivery Model and the Evaluation Plan worksheet
- ★ Increase use of transformational programming throughout our organization

My next steps will be to continue working with all facets to facilitate ease of collaborating under the umbrella program model and to incorporate the Service Delivery Model.

Respectfully submitted,

Link Eva F. Carpenter

# *The Facets*



Inglewood Pacific Chapter of the Links, Inc.

1010 Chase Bank -Dues Checking, Period Ending 09/30/2019

**RECONCILIATION REPORT**

Reconciled on: 10/19/2019

Reconciled by: Inglewood Pacific Chapter

Any changes made to transactions after this date aren't included in this report.

Summary	USD
Statement beginning balance.....	0.00
Checks and payments cleared (29).....	-106,013.75
Deposits and other credits cleared (43).....	106,523.76
Statement ending balance.....	<u>510.01</u>
Register balance as of 09/30/2019.....	510.01

Inglewood Pacific Chapter of the Links, Inc.

1020 Wells Fargo-Programs Checking, Period Ending 09/30/2019

**RECONCILIATION REPORT**

Reconciled on: 10/20/2019

Reconciled by: Inglewood Pacific Chapter

Any changes made to transactions after this date aren't included in this report.

Summary	USD
Statement beginning balance.....	0.00
Checks and payments cleared (97).....	-35,508.54
Deposits and other credits cleared (11).....	41,779.75
Statement ending balance.....	<u>6,271.21</u>
Uncleared transactions as of 09/30/2019.....	-380.08
Register balance as of 09/30/2019.....	5,891.13
Cleared transactions after 09/30/2019.....	0.00
Uncleared transactions after 09/30/2019.....	-500.00
Register balance as of 10/20/2019.....	5,391.13

Inglewood Pacific Chapter of the Links, Inc.

1000 Chase Bank -Operating Checking, Period Ending 09/30/2019

**RECONCILIATION REPORT**

Reconciled on: 10/21/2019

Reconciled by: Inglewood Pacific Chapter

Any changes made to transactions after this date aren't included in this report.

Summary	USD
Statement beginning balance.....	0.00
Checks and payments cleared (328).....	-85,127.59
Deposits and other credits cleared (93).....	97,632.51
Statement ending balance.....	<u>12,504.92</u>
Uncleared transactions as of 09/30/2019.....	1,157.95
Register balance as of 09/30/2019.....	13,518.87
Cleared transactions after 09/30/2019.....	144.00
Uncleared transactions after 09/30/2019.....	-276.00
Register balance as of 10/21/2019.....	13,386.87

Inglewood Pacific Chapter of The Links, Inc.  
2019-2020 Unrestricted Budget  
September 2019

**INCOME**

Acct #	Description	2019/2020	July	August	September	Subtotal
	Est Balance Forward May 1, 2019	\$ 5,000.00				
4000	Member Dues (36 X \$375)	\$ 13,500.00				
4000.01	Member National Dues (39 X \$285)	\$ 11,115.00				
4000.02	Candidate Dues	\$ -				
4200	Donations	\$ -				
4600	Activity/Event Reimbursement	\$ 240.00				
<b>BUDGETED INCOME</b>		\$ 29,855.00	\$ -	\$ 165.00	\$ 860.00	\$ 1,025.00

**\$ 21,775.00** (Bud Inc+  
YTD Inc)

**EXPENSES**

Acct #	Description	2019/2020	\$ (404.20)		\$ (250.85)		\$ (1,925.89)		\$ (6,596.10)
Acct #	Description	2019/2020	Income	Expenses	Income	Expenses	Income	Expenses	YTD Ex
6000	Accounting Quick Books On-line	\$ 800.00							(LocDue+ YTD Inc)
6050	Bank Charges and Fees	\$ -		\$ (18.00)		\$ (18.00)		\$ (270.00)	\$ 21,775.00
6100.01	Delegate	\$ 2,250.00							
6100.02	Alternate	\$ 2,250.00							
6100	Conferences-National/Area Total	\$ 4,500.00							
6200.01	Delegate	\$ 1,000.00							
6200.02	Alternate	\$ 1,000.00							
6200	Conferences-Leadership Total	\$ 2,000.00							
6250	Cluster Meetings	\$ 300.00			\$ 165.00				
6300.01	President	\$ 1,000.00						\$ (300.00)	
6300.02	1st Vice President	\$ 250.00							
6300.03	Corresponding Secretary	\$ 50.00							
6300.04	Financial Secretary	\$ 100.00							
6300.05	Treasurer	\$ 100.00						\$ (25.00)	
6300.06	Recording Secretary	\$ 120.00							
6300	Officers	\$ 1,620.00							
6400	Bonding Insurance	\$ 550.00							
6500.01	External Audit Fees	\$ 250.00							
6500.02	Tax Preparation	\$ -							
6500	Legal & Professional Fees	\$ 250.00							
6530	Taxes and Licenses	\$ -							
6600.01	National Dues (transf from Dues)	\$ 11,115.00							
6600.02	Foundation Dues	\$ -							
6600	Member Dues Remittance Total	\$ 11,115.00							
6700.01	Archivist	\$ 200.00							
6700.02	Bylaws	\$ 250.00							
6700.03	Courtesy	\$ 1,200.00				\$ (25.49)			
6700.04	Planning Meeting/Retreat	\$ 1,200.00							
6700.05	Protocol	\$ 600.00				\$ (39.36)			
6700.06	Public Relations	\$ 1,000.00						\$ (250.00)	
6700.07	Strategic Planning	\$ -							
6700.08	Social	\$ 1,000.00						\$ (124.34)	
6700.09	Internal Audit	\$ 100.00							
6700	Committees Total	\$ 5,550.00							
6750	Contingency	\$ 450.00					\$ 860.00	\$ (782.80)	
6790	Wester Area Initiatives	\$ 240.00							
6800.01	New Member Materials	\$ -							
6800.02	New Member Workshop	\$ -							

**\$ 21,775.00** YTD Ex  
(LocDue+  
YTD Inc)



Inglewood Pacific Chapter of The Links, Inc.  
2019-2020 Unrestricted Budget

September 2019

6800.03	Membership Misc	\$ -						\$ -	
6800.04	Membership Operations	\$ 1,000.00					\$ (5.75)	\$ 994.25	
<b>6800</b>	<b>Membership</b>	<b>\$ 1,000.00</b>						<b>\$ 994.25</b>	
<b>6850</b>	<b>Postal Rental</b>	<b>\$ 140.00</b>						<b>\$ 140.00</b>	
<b>6900</b>	<b>Storage Rental</b>	<b>\$ 2,040.00</b>		\$ (386.20)	\$ (168.00)		\$ (168.00)	<b>\$ 1,317.80</b>	
6950.01	Survey Monkey	\$ 300.00						\$ 300.00	
6950.02	Website & Hosting Fees	\$ 500.00						\$ 500.00	
<b>6950</b>	<b>Technology</b>	<b>\$ 800.00</b>						<b>\$ 800.00</b>	
<b>Grand Total</b>		<b>\$ 31,355.00</b>	\$ -	\$ (404.20)	\$ 165.00	\$ (250.85)	\$ 860.00	\$ (1,925.89)	<b>\$ 25,783.90</b>
Respectfully Submitted,									\$ 37,284.52
<i>Rhonda Cotton</i>									\$ (28,893.64)
<b>Rhonda Cotton, Financial Secretary</b>									\$ 8,390.98
									<b>\$ (6,596.10)</b>
									<b>\$ 15,178.90</b>

Financial Secretary Report  
September 2019

Income	Date	Account	Check/Cash	Description	Amount
	8/29/2019	6750	Cks and Cash	11 IPC Members Reimb for Photo Attire	\$ 244.00
	8/31/2019	6750	Cks and Cash	16 IPC Members Reimb for Photo Attire	\$ 352.00
	9/14/2019	6750	Cks and Cash	5 IPC Members Reimb for Photo Attire	\$ 110.00
	9/23/2019	6750	Cks and Cash	5 IPC Members Reimb for Photo Attire	\$ 110.00
	9/28/2019	6750	Cks and Cash	2 IPC Members Reimb for Photo Attire	\$ 44.00
<b>TOTAL</b>					<b>\$ 860.00</b>

Expenses	Date	Account	Account Name	Description	Amount
	9/13/2019	6750	Contingency	Susan Houze - Reimb for Chapter Sweaters Ordered for photo	\$ 625.88
	9/23/2019	6300.01	President	Denise Downing - Reimb for LA Chapter Event	\$ 125.00
	9/23/2019	6300.05	Treasurer	Denise Downing - Reimve for Late Fee for WA Display Registratic	\$ 25.00
	9/23/2019	6800	Membership	Denise Downing - Reimb for postage for Alumna Member	\$ 5.75
	9/23/2019	6700.08	Social	Denise Downing - Links and Chain Event	\$ 124.34
	9/23/2019	6700.06	Public Relations	MPJI - Pymt for photographer for new chapter photo	\$ 250.00
	9/23/2019	6000	QuickBooks	Rhonda Cotton - Reimb for QuickBooks for Jun, Jul, Aug & Sep	\$ 270.00
	9/23/2019	6750	Contingency	Susan Houze - Reimb for Chapter Sweaters Ordered for photo	\$ 91.07
	9/23/2019	6300.01	President	LA Charitable Trust - President's ticket to the LA Cotillion	\$ 175.00
	9/28/2019	6750	Contingency	Lula Morehouse - Flowers for Attire	\$ 65.85
	9/30/2019	6900	Storage	Price Self Storage	\$ 168.00
<b>TOTAL</b>					<b>\$ 1,925.89</b>

Total Unrestricted Budget Overview Year to Date

Total Budgeted Income as of May 1, 2019	\$ 20,750.00
Plus Year to Date deposits	\$ 1,025.00
Total Income of 2019-20	\$ 21,775.00
Less Year to Date Expense	\$ (6,596.10)
Ending Budget Balance (as of September 30, 2019)	\$ 15,178.90

Respectfully Submitted,

*Rhonda Cotton*  
Financial Secretary

\$ 2,008.90

The Links, Inc.  
 Inglewood Pacific Chapter  
 2019-2020 Restricted (Program) Budget  
 September 2019

**INCOME**

Acct #	Description	2019/2020	July	August	September	Subtotal
	Balance Forward May 1, 2018	\$ -				\$ -
4300	Fundraising/Assessment	\$ 30,000.00				\$ 30,000.00
4300.01	Activity/Event Reimbursement					
4300.02	Awards	\$ 1,000.00			\$ 2,500.00	
	<b>BUDGETED INCOME</b>	\$ 31,000.00	\$ -	\$ -	\$ 2,500.00	\$ 2,500.00

(Bud Inc  
+YTD  
Inc) \$ 32,500.00

**EXPENSES**

Acct #	Description	2019/2020	Income	Expenses	Income	Expenses	Income	Expenses	Subtotal
7000.01	The Arts	\$ 3,000.00							\$ 3,000.00
7000.02	Health & Human Services	\$ 3,000.00							\$ 3,000.00
7000.03	International Trends & Services	\$ 3,000.00							\$ 3,000.00
7000.04	National Trends	\$ 3,000.00					\$ 2,500.00		\$ 5,500.00
7000.05	Services to Youth	\$ 3,000.00				\$ (94.48)			\$ 2,716.96
	<b>7000 Facets</b>	\$ 15,000.00							\$ 17,216.96
7200.01	Scholarships	\$ 10,000.00							\$ 10,000.00
	<b>7200 Programs</b>	\$ 10,000.00							\$ 10,000.00
7300.01	NAACP	\$ 500.00							\$ 500.00
7300.02	UNCF	\$ 500.00							\$ 500.00
7300.03	SESA	\$ 500.00							\$ 500.00
7300.04	HBCU	\$ 500.00							\$ 500.00
7300.05	Other Links	\$ 1,500.00							\$ 1,450.00
	<b>7300 Contributions</b>	\$ 3,500.00							\$ 3,450.00
	<b>7400 Miscellaneous</b>	\$ 1,000.00							\$ 1,000.00
	<b>7500 Western Area</b>	\$ 500.00							
	<b>Grand Total</b>	\$ 30,000.00	\$ -	\$ -	\$ -	\$ (94.48)	\$ 2,500.00	\$ -	\$ 32,166.96

YTD Ex  
(Bud Inc  
+YTD  
Inc) \$ (333.04)

\$ (333.04)  
\$ 32,166.96

Financial Secretary Report  
 Restricted (Program) Itemization - September 2019

Income	Date	Account	Check/Cash	Description	Amount
	9/14/2019	NTS	Ck	Western Area Award for NTS	\$ 2,500.00
<b>TOTAL</b>					<b>\$ 2,500.00</b>

Expenses	Date	Account	Description	Amount
<b>TOTAL</b>				<b>\$ -</b>

Total Restricted Budget Overview Year to Date

Total Budgeted Income as of May 1, 2018	\$ 30,000.00
Plus Year to Date deposits	\$ 2,500.00
Total Income of 2019-20	\$ 32,500.00
Less Year to Date Expense	\$ (333.04)
Ending Budget Balance (as of Sept 30, 2019)	<b>\$ 32,166.96</b>

Respectfully Submitted,  
*Rhonda Cotton*  
 Financial Secretary



**Inglewood Pacific Chapter**  
**The Links, Incorporated**  
*The Arts Facet Meeting*

**October 15, 2019**

Link Brenda Penny Gainer  
Link Darlene Battle

**“Through the Lens of A Child” Photography Class**

- **Status of Photography Program and planning for this year** – The Arts Facet will provide a photographer to teach a lesson once a month to students in the journalism class at Inglewood High School. The journalism class has an enrollment of 36 students, so more students will be provided photography instruction. This program will replace the IPC-sponsored photography class that had been held during 6<sup>th</sup> period and often conflicted with sports and other classes. IPC offered to sponsor a photography club during lunch; however only one student applied so the IPC program will be merged with the journalism class.
- The MOU with the photographer has been prepared for signature, and the photographer is available.

**Possibilities for Partnering with other Programs**

- **Amazing Grace Conservatory** – Link Brenda and Link Darlene met with Jackie Elam of the Amazing Grace Conservatory to tour the facility and discuss ways in which IPC can partner with Amazing Grace Conservatory to enrich the lives of young African-American youth, ages 5 through 18, through the arts. AGC’s mission is to train and develop emerging artist and at-risk youth in the performing arts by offering a well-rounded, culturally enriching educational program in an environment that is nurturing for their personal, artistic, and professional growth. There are opportunities to sponsor students and the organization, and also participate in parent meetings and workshops. We are in the process of developing a plan to partner with this agency.

**Umbrella Programming**

- **Homelessness Program** – The Arts Facet will work with the journalism students at Inglewood High School to create art that brings attention to the homelessness issue.
- We discussed possibility of partnering with other facets, such as Services to Youth, for programming.

**Strategic Plan**

- The plan will be complete by the end of the month.

**Attendance: Eva Carpenter, Evelyn Turner, Micaela LeBlanc, Brenda Penny Gainer,  
Darlene Battle Byrd**

**Respectfully Submitted:**

Link Brenda Penny Gainer

Link Darlene Battle Byrd



## COMMITTEE REPORT FORM

### **Directions:**

- **Please complete a form for each conference call held on behalf of your Facet or committee.**
- **Email form to the President, Recording and Corresponding Secretary by the Thursday before the Monday Executive Board.**

### **FACET/COMMITTEE:**

**CHAIRPERSON/CO-CHAIRPERSON: Lula Morehouse, Co-Chair and Kim Austin, Co-Chair**

**MEETING DATE: October 8, 2019**

**START TIME: 7:30 pm      END TIME: 9:30 pm (2 hours)- via tele conference**

### **DISCUSSION POINTS:**

- Link Lula welcome the all the members to the HHS Facet Conference Call.
- Link Lula discussed the upcoming project- Handbags of Hope Across of America. The mission is to collect and distribute Handbag for Domestic Violence, Sexual Assault and Human Trafficking. The project will take place on Saturday October 12 @ Los Angeles Youth Athletic League- 11911 S. Vermont Ave. Link Lula also informed the Facet that we will stuff bags on Friday at Link Cameron's Home. Link Lula will purchase the toilettes from the HHS Facet budget.
- Link Lula information the Facet that we will continue with our **Healthy You- Healthy IPC Campaign**. The **Healthy You** box will be available for the October Meeting along with the slips for members to write their goals. Thanked Link Kim and Link Rebecca for passing around the Healthy You Box during the September Meeting. Link Kim suggested that they set up the box at a table and when members come in, they can get their slips and bring them back to the box. The new component to the **Healthy You- Healthy IPC** is the **Let's Move**. Link Angela, Link Cameron and Link Rebecca will be responsible to helping us to exercise and learning the importance of moving. The project will kick off at the October Chapter Meeting. Link Lula encouraged all Facet members to **Let's Move!!**

- Link Lula thanked the Facet members who wore pink for Breast Cancer Awareness Month and took a picture. The pictures were posted on our social media sites. The Facet would like to recommend that each member wear Pink for our October meeting and take another picture for our social media. Link Doris suggested to wearing Pink and Purple to represent Breast Cancer and Domestic Violence Month. Link Lula stated that she would take this back to the chapter president and to the Executive Board.
- Link Kim informed the Facet that she and Link Doris have pulled together a submission for the Health Education component for October.
- Link Lula informed the Facet that she ordered give away tokens for Breast Cancer Awareness to be given out at the chapter meeting.
- Link Lula encouraged the Facet to join the schedule webinar for Breast Cancer on Wednesday October 8 @ 6 pm PST.
- Link Lula stated that she would be joining the webinar for the Service Delivery Model scheduled for October 16 @ 6 pm PST.
- Link Lula and Link Wanda will be scheduling to meet with Domestic Violence Center in the Inglewood, Lennox, or Hawthorne area that we could possible work with. This should be completed by our November Meeting.

## **PLANNED EVENTS**

□ Stuff handbags for the Handbags of Hope Project on Friday October 11 at Link Cameron's house. Link Lula, Link Wanda, and Link Doris will take the bags to the drop of location on Saturday October 12. Link Darlene will come to take pictures. The bags will be dropped off between 12pm-1pm.

## **ACTION ITEMS/NEXT STEPS**

1. Participate in the Handbags of Hope Across America Project.
2. Continue provide Heath Awareness Education to the membership.
3. Continue the Health You- Healthy IPC Campaign.
4. We will to invite and encourage members to participate in the Let's Move Campaign by recording steps and recording your Healthy Lifestyle.
5. Kick off the Let's Move Project at the October Chapter Meeting.
6. The next Facet meeting is scheduled for Tuesday November 12 @ 7:30 pm via conference call.



**ATTENDEES**

<b>Link Lula Morehouse, Co-Chair</b>	<b>Link Wanda Briscoe</b>	<b>Link Rebecca Sherrill (absent)</b>	<b>Link Gwen Allen (absent)</b>
<b>Link Kim Austin, Co-Chair</b>	<b>Link Angela Glover</b>	<b>Link Cameron Brown Jones-(absent)</b>	<b>Link Doris Tims</b>

# October Awareness Month

## BREAST CANCER AWARENESS MONTH

Ahh yes, the pink explosion is everywhere, and that can only mean one thing: October is upon us, and everyone is preparing for National Breast Cancer Awareness Month. It is a reminder that there is a gruesome disease that is out to get second base. These sweet, pink pastels are there to nudge us, saying “hey, don’t forget to examine your breasts, get your doctor to check them out too, and schedule your mammogram.” After all, about 1 in 8 U.S. women, and 1 in 1000 U.S. men will develop invasive breast cancer over the course of their lifetime, and being proactive in this fight is crucial.

There are some guidelines, though. Breast self-exams are to be done monthly, and the best time to do them is about 10 days after the onset of your menstrual cycle. Breasts can be capricious, and they will change texture over the course of the monthly cycle, so sticking to one time of the month is best. If you no longer menstruate, then choose a day of the month and do it that same day from then on. If your breasts are generally lumpy and you don’t know what is normal and what isn’t, the best strategy is to simply become familiar with them. Become so familiar with each ridge and curve that if something was to change, you’d notice it right away. Also, look in the mirror. Look for dimpling, swelling, or redness by standing with your hands on your hips, then with your hands in the air, standing straight, then leaning forward. You can dance if you want to, just make sure the door is locked because if someone walked in, it’d be really awkward for everyone involved.

The second guideline is to have your doctor examine your breasts. Find a doctor that you’re comfortable with because he or she will be squeezing your breasts and looking at them rather closely every year. A lot of people would rather do it themselves, but if you were to find an abnormality, you’ll need your doctor’s help in getting the proper tests done to determine what is wrong. Only your doctor can provide an order (prescription) for a breast sonogram or diagnostic mammogram.

The last guideline is to get a mammogram. This only applies to certain people: women over 40 (or mid to late thirties if breast cancer runs in the family because a woman’s risk of breast cancer approximately doubles if she has a first-degree relative who has had breast cancer), and patients with an abnormality in the breast. It is not generally recommended to get a mammogram before the age of 35. If a patient younger than 35 finds a lump, the first exam ordered will likely be a sonogram because it does not utilize radiation. And you know what? A mammogram really isn’t that bad. It is only a few seconds of pressure on each breast, and that’s it. The discomfort is worth it when it helps detect cancer in its earliest stages when it is most easily treated. Doctors are so confident that they can treat stage I breast cancer that they give patients a near 100% five-year survival rate.

For more info visit: <http://www.nationalbreastcancer.org/breast-cancer-awareness-month>

## POSITIVE ATTITUDE MONTH

Positive Attitude Month is an annual designation observed in October. A positive attitude is the best trait you can carry with you, because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as “glass half empty,” now is the time to change that! Looking at things with a “glass half full” perspective is a small thought process that makes a big difference. Research suggests there are lasting benefits to keeping a positive attitude.

1. Longer life span because of overall lower stress levels
2. Lower chance of depression
3. More resistance to sicknesses like the common cold

4. Increased physical and mental well being
5. Less risk of death from cardiovascular disease
6. More developed coping skills during challenges.

Finally, your positive energy will result in more overall motivation, more friends, and many more happy memories. Of course, life can be extremely challenging. In our work and personal lives, speed bumps will always present themselves... there's really nothing we can do about it. So, why not try to make the best of every situation we are thrown into?

## HOW TO OBSERVE

Think positively. Expect great things. Use #PositiveAttitude to post on social media. Challenge yourself to be so strong that nothing can disturb your peace of mind. If you struggle to keep a good attitude, here are a few steps you can take to move past that.

1. **Write it down.** List the negative things in your life... the things that really upset you and cause you to lose your cool. Seeing them on paper can help you recognize and address them when they happens in real life. Cross them off when you are able to overcome them.
2. **Let go of expectations.** Sometimes, negativity begins with unrealistic expectations of yourself or others. Understand that nobody is perfect... and the imperfections add character! They make life real and interesting. If you can learn to work with that, you, and those around you will be much happier.
3. **Forgive yourself and others.** Do not dwell on past mistakes. You are only hurting yourself if you do so.
4. **Respond, don't react.** Change can be difficult to manage, but if you take a breath and give yourself some time to think, you'll find the clarity you need to respond in a positive manner.
5. **Surround yourself with positive people.** Yeah yeah, we know, you hear it all the time... But if you can do that, you'll start to see how happy & successful people think, and you'll likely start to think the same way.

## NATIONAL BULLYING PREVENTION MONTH

It's always important to talk about the dangers of bullying and the trauma it can bring to it's victims, but this month, use your voice to speak up extra loud. Research shows that bullying often leaves lasting negative effects on those who deal with it.

These effects include **chronic depression, increased risk of suicidal thoughts, anxiety disorders, post-traumatic stress disorder, poor general health, self-harm, substance abuse, and difficulty establishing trusting, reciprocal friendships and relationships.**

By speaking out, spreading kindness, and finding your other roles in bullying prevention, you're making school settings, workplaces, and other environments safer and happier places. We must send a message that bullying will not be tolerated in our communities, and now is the perfect time to start.

\*\*all information presented was obtained from the National Day Calendar website

<https://nationaldaycalendar.com>

**Inglewood (CA) Pacific Chapter, Links Incorporated**  
**International Trends and Services Report**  
**October 21, 2019**

**Attendees:** Thelma Day, Charlotte Ned, Susan Comrie, Cameron Brown Jones, Rhena Smith

**Hurricane Dorian Bahamas Relief Update:**

- ✓ Donated items collected at the chapter meeting will be mailed no later than October 5, 2019.
- ✓ Funds collected by White Rose Foundation will be used to cover the cost of shipping. Total funds collected \$300
- ✓ The National President launched Phase 2 of the Hurricane Dorian Bahamas Relief on October 1. Members are asked to make financial donations to the National Links Foundation.
- ✓ A reminder notice will be sent to IPC Chapter members encouraging them to support Phase 2 of the Hurricane Dorian Bahamas Relief. For tracking purposes, members will be asked to notify the ITS Chair and Co-chair.
- ✓ An accounting of supplies shipped, funds collected by White Rose Foundation, supplies ordered via Amazon and funds sent to the National Links Foundation will be reported at the October chapter meeting.
  - To date, we collected items from the donated list (baby wipes, deodorant, diapers, feminine products, hand sanitizer, soap, toothpaste and wash clothes to support 100 families.
  - A huge thank you to all that supported this effort.

**2019 – 2020 ITS Budget:** \$3,000 ITS Programming; \$10,000 Haiti

**Compassion for the Caribbean Humanitarian Initiative: Haiti**

Periodic Updates on Haiti sponsored sites and support personnel.

- **Sites:**
  - AHF - Haiti
  - Saint Georges Community School
  - Ecole Dubois Culinary Art and Fashion Design School
  - Service International Orphanage
  - Martissant Park – Fokal Project
- **Support Personnel:**
  - Karine Duvenger, Haiti Country Program Manager
  - Claude Alexander – Ecole Dubois Liaison
  - Jowel Laguerre – Saint Georges School Liaison
  - Jean Lubin – Service International Orphanage liaison
  - Lorraine Mangones and Prime Minister Michelle Luis Pierre - Martissant Park Liaisons

### **World AIDS Day 2019 –**

- ✓ AHF Global Event – Dallas, TX – November 30, 2019
- ✓ There will be IPC representation at this event.

### **International Women’s Day:**

- ✓ Planning in progress.
- ✓ Details given on the November meeting.
- ✓ Save the date: Sunday, March 8, 2020.
- ✓ ITS will honor women in the ARTS who have support global humanitarian service.

### **Compassion for the Caribbean Humanitarian Initiative: Jamaica:**

- ✓ Pre-trip planning TBA
- ✓ Mission Trip Launch December 2019
- ✓ Haiti Mission Delegation is committed to continue their service in Jamaica.
- ✓ Delegation not to exceed 30 people. All IPC members are welcome.
- ✓ Mission work sites are Kingston and Montego Bay in collaboration with AHF
  - Youth development activities for residents of teen hubs
  - Mobile health clinics
  - Cultural Activities (Dance/Arts)
  - Faith-based workshops
- ✓ Other projects to consider:
  - The school that Vera Ricketts and ITS has supported in the past.
  - Schools supported under Link Glenda’s presidency
    - Watford Hill Primary
    - St. Mary’s Prep
    - Mt Zion Primary School

### **Service Delivery Model –**

- ✓ Draft of the model is complete
- ✓ Link Windie will revise and will send to facet members for review and feedback
- ✓ Completion timeline -November 7

### **Umbrella Programming:**

- ✓ To be discussed in detail on November conference call.

### **ITS Facet Members**

TJ Day, Chair  
Charlotte Ned, Co-Chair  
Anita Castille  
Susan Comrie  
Cameron Brown Jones  
Rhena Smith

Winifred Yancy

INGLEWOOD (CA) PACIFIC CHAPTER  
LINKS INCORPORATED  
INTERNATIONAL TRENDS AND SERVICE SUPPORTS  
HURRICANE DORIAN BAHAMAS RELIEF  
IMPACT: DONATED ITEMS TO 100 FAMILIES







### **Messages from our Haiti Partners**

From: Michèle Duvivier Pierre Louis <mpierrelouis@fokal.org>

Sent: Oct 21, 2019 9:11 AM

To: 'TJ Day' <tday2@earthlink.net>, 'Lorraine Mangones' <lmangones@fokal.org>, 'Leonie Hermantin' <lhermantin@gmail.com>

Subject: RE: Checking In.....

Dear Dr. Day,

Thank you for your words of solidarity. The situation is still extremely difficult but we are doing our best to stay well. FOKAL is closed to the public since the beginning of September, but we are taking the time to work internally.

Leonie delivered the lights. Thanks again for a very useful gift to our communities.

All the best,

Michèle

Michèle Duvivier Pierre-Louis (25<sup>th</sup> Prime Minister of Haiti)

Présidente

fokal

Fondation Connaissance et Liberté - FOKAL

143, Avenue Christophe - BP 2720 HT 6112 Port-au-Prince, Haïti

Téléphone : (509) 2813 1694 - [www.fokal.org](http://www.fokal.org)

4:44

LTE

334

2 Messages



To: Day, Kelvin >

## Please keep Haiti in your prayer

Karine Duvenger, the Haiti Country Program Manager, reporting the following: The Senate Session has been moved to the HNP Police Academy- route des freres/rue 15 Octobre. This move has angered the protesters who are heading there from every direction, attacking cars, pulling drivers out of their vehicle and assaulting them. Use extreme caution. Route des freres and from Delmas 47 up to PV, roads are totally blocked. If you work or live in these areas, it is advised that you shelter in place.

Karine stated they will be shutting down operations at 1:00 PM (Local Time) and sending the employees home. This will impact 50 employees for AHF in Haiti.

**Supporting Information. Please upload any documents you think will be of help. (Examples: digital photos, statements from employees, police reports or case information, etc.)**  
**Attachment 1**

Anita Castille  
Vice President Human Resources  
6255 W. Sunset Blvd 21Fl



**SERVICES TO YOUTH  
MEETING – OCTOBER 8<sup>TH</sup>  
CONFERENCE CALL**

**ENGINEER FACTORY UPDATE**

Audrey Thompson's husband passed, I have reached out and waiting to connect

**ST. MARY'S ACADEMY**

I have been in communication with Tyesha Hemmon's about 2019-2020 schedule. We are waiting to hear from her about using SMS facilities to hold an **educational summit** and invite interested families to hear about educational options for their student further education.

Below is the Leadership Series Calendar:

Month	Day	Time	Subject Matter
November	12 <sup>th</sup> Tuesday	12:00 – 12:40pm	Law
December	11 <sup>th</sup> Wednesday	12:00 – 12:40pm	TBD
January	8 <sup>th</sup> Wed	12:00-12:40pm	TBD
February	12 <sup>th</sup> Wed	12:00-12:40pm	TBD
March	11 <sup>th</sup> Wed	12:20-12:55pm	TBD
April	8 <sup>th</sup> Wed	12:00-12:40pm	TBD
May	20 <sup>th</sup> Wed	12:00 – 12:40pm	TBD

**SCHOLARSHIP OUTREACH**

We will begin updating the application to disburse in November

**PERPETUAL SCHOLARSHIP  
FUNDRAISING**

As a facet we have discussed this, and understand that we will need to come up with a fundraiser separate from our bi-annual fundraiser to provide funds for a Perpetual Scholarship

Next STY meeting November 11<sup>th</sup> - Tuesday



# *Committee Reports*

## COMMITTEE REPORT FORM

### Directions:

- **Please complete a form for each conference call held on behalf of your Facet or committee.**
- **Email form to the President, Recording and Corresponding Secretary by the Thursday before the Monday Executive Board.**

**FACET/COMMITTEE: Archives Committee**

**CHAIRPERSON/CO-CHAIRPERSON: Lula Morehouse**

**MEETING DATE: October 11, 2019- called to order by the chairperson. The call was via tele conference.**

**START TIME: 5:30 pm      END TIME: 6:30 pm (1 service hour)**

### **DISCUSSION POINTS:**

□ The committee met via conference call to discuss the upcoming High Heels in High Place Fundraiser Event to take place on November 9 @ the Marriott Torrance-Redondo Beach. Links Darlene Battle and Link Rebecca Sherrill will lead this assignment. Link Lula discussed that we will have poster boards to highlight the history of the chapter. The poster boards will be displayed in the foyer of the ballroom. Link Lula informed the committee that we will use the poster in the storage along with 5-6 posters boards to be created for the event. The theme for the foyer display will be “**A Moment In Time In IPC**”. The committee is also creating a power point presentation to be shown during the HHIPH 40<sup>th</sup> year celebration. If you have any historical pictures of IPC, please submit them to Links Darlene and Rebecca.

### **PLANNED EVENTS**

□ Work closely with the Fund Development Committee has we prepare to highlight the chapter history for the past 40 years during the upcoming High Heels in High Places.

- Continue to provide a historical moment (IPC-A Moment in Time) for the chapter newsletter.
- Continue to document and record the historical events by working closely with the Technology Committee.
- The committee will continue contacting the past presidents and other alumnus members to complete their questionnaire and interviews for our tabletop book. If

you have any questions, please contact Link Darlene Battle @ [Darlene.battle@sbcglobal.net](mailto:Darlene.battle@sbcglobal.net) for information.

- The committee is also in the process of collecting and coding all chapter properties for the storage. If you have any items that are chapter properties, please contact Link Rebecca Sherrill @ [rebeccajsherrill@gmail.com](mailto:rebeccajsherrill@gmail.com)
- [All members are asked to complete the chapter profile if you have not.](#)

### **ACTION ITEMS/NEXT STEPS**

- Preparing for the 40th year Celebration- High Heels in High Places display and presentation.
- Complete the Tabletop Book by May 2020.
- Continue to submit monthly “A Moment in Time” for the newsletter. Committee is asking that members share historical information that could be used. Email any information to Link Lula@ lmore358@yahoo.com.

### **ATTENDEES**

<b>Link Lula Morehouse, Chair</b>	<b>Link Wanda Briscoe</b>	<b>Link Rebecca Sherrill (absent)</b>	<b>Link Gwen Allen (absent)</b>
<b>Link Angela Glover</b>	<b>Link Rhena Smith (absent)</b>	<b>Link Brandi Jones</b>	
<b>Link Coretta Harris (absent)</b>	<b>Link Darlene Battle</b>	<b>Link Micaela LeBlanc (absent)</b>	

**Protocol Committee Report**  
**October 21, 2019**

Protocol Committee will conduct the Alumna Ceremony on Saturday October 26 at the beginning of the meeting. The two Links who will become Alums are Brenda LaMotte and Patricia Price. We have requested their bios in order to do the program books. We also requested their Profiles from Link Lula and the Archives Committee.

We have purchased a gift from the Chapter for both Alumna members and will present them at the end of the ritual. However, the ceremony calls for roses and/or chapter gifts. It would be thoughtful if Chapter members presented a token of friendship to each Alumna, such as a handwritten card or small gift card to express their appreciation of the Alumna's service to the group. There is no special attire for this ritual.

For the upcoming Anniversary, we have been in touch with the WA Director and Protocol Chair. We will pick up the Area Director, make lunch available and have courtesies for her room.

Respectfully submitted  
Link Jackie  
Chair, Protocol and Rituals



## Social Committee October 2019

Submitted by Evelyn Turner

The committee met via conference call on October 17th at 7pm. Attendees present were Evelyn Turner and Susan Comrie. This was a short call as our September meeting brought forth several recommendations which provided an opportunity to plan events around the holidays. Everyone will be busy this month through our HHHP event.

We discussed a possible *friendship event* at **A Toast to Artistry** located in Inglewood around November-December timeframe. This venue offers other options than canvas to paint. Check them out on Facebook. More details to follow. . .

The committee previously discussed proposed Group activities for 2019, below are the updates:

### *Entertainment*

- **Play - August Wilson's "Jitney"** –Link Velma has purchased tickets for Friday, December 6<sup>th</sup> at 8pm. Tickets are available at the Ahmanson Theatre at regular price. Links can sign-up for free membership at goldstar.com for discount tickets from \$45 - \$55 each, currently online.
- **Musical Performance "Girl in Blue – Nina Simone" performed by Ledsi** limited tickets available in December 17-22 at The Wallis Theatre in Beverly Hills. Check out the pricing - \$30 Barstool or \$50 Table. It was suggested that Links Sisters can meet early for drinks or dinner at Café Roma in Beverly Hills. Dates available the last week of the play.
- **Afternoon or Night at the Movies** - Harriet (11/1), Bad Boys for Life (1/17/20) there are a lot of movies coming during the holidays. We can arrange for a group to meet at one of the Cinemark venues (Baldwin-Crenshaw, Playa Vista, or Westchester).

### *Cocktails and Conversations . . . for the holidays*

- **Links who Brunch, Lunch for the Holidays and Happy Hour Connections**  
Link Angela and Link Velma will lead the effort . . . more info to follow
  - Hornblower, The Culver, Jamaica Bay, Viceroy, Rock Sugar, Four Seasons, California Yacht Club, Flemings, Javier's and Ruth's Chris Steakhouse

### *Social Group List update*

- The List will be distributed at our Next Chapter Meeting. For those that did not sign-up, we will add your name to the list of you top three selections.

### *Friendship Month and /or Winter Break Activity Recommendations*

- Lawry's Restaurant offers a dinner package, Antonio Winery "Soul Food Sunday Brunch" – Nov 10th
- *Paint and Sip - A Toast 2 Artistry · Inglewood, California*

### **Courtesy Activity**

Cards –Link Vera Ricketts, Link Cameron Brown, and Link Jamie Wright Harrison (\$25 gift card)