



DAUGHTERS OF ISIS • OASIS OF ATLANTA • DESERT OF GEORGIA • SIXTEENTH EDITION – VOL 7:1, 2011

THE BRIDGE is a form of communication to enlighten and encourage our members.

2011 THEME: "Let us not be weary in well doing for in due season we shall reap if we faint not." (Galatians 6:9)

A Message from the Illustrious Commandress



Greetings members of Nabbar Court #123, D.O.I. Thank you for electing me as your Illustrious Commandress for the year of 2011.

The year is well under way and Nabbar Court No. 123, has started it off in "Grand Style". We welcome eight (8) new daughters to our ranks (Dts Claudia Raymond, Sacarshela Williams, Beverly Stephens, Renee McIver, Odette Simmons, Takiyah Welch, Sadie Murphy and Nicolette Gordon). Gala Day was held in Macon, GA and Nabbar was represented with over thirty-four (34) daughters. It was truly a great showing for our court. Several awards for recognition were brought back

to Atlanta: 1st and 2nd place for Community Service, 1st place for Scrapbook Cover, 3rd place for Scrapbook Contents, 3rd place for Youth Talent and Scholarship and our new State D.O.I. Queen is, Past Commandress Jackie McCoy.

All of this recognition comes from members doing outstanding work in various areas. I applaud you for your commitment to the Order. Our theme is "Making a Difference for Mankind through Charitable Service", and Nabbar Court is doing just that. Let us continue to forge ahead in helping those less fortunate and being examples of finer womanhood for our young ladies. The year has only just begun and we must keep our eyes on our goals, for we still have work to do. Never doubt that a small group of thoughtful, committed people can change the world. This is a time of re-dedication for each member to the work of our Court and to go forth with new vigor in 2011. Thank you Nabbar, let's make this year a great one.

"Let us not be weary in well doing for in due season we shall reap if we faint not." (Galatians 6:9)

Dt. Vernice Scott
Illustrious Commandress

Thanksgiving Service & Feast of Isis

Sunday, May 15, 2011 ♦ 4:00pm

**Prince Hall Grand Lodge
7340 Old National Hwy
Riverdale, GA**



From the Desk of the Deputy



Again, I am expressing my thanks and gratitude for The great attendance by Nabbar Court at our recent Gala Day activities. I am equally thankful and grateful For all the participants in all activities. Above all, I will never forget you kept the secret of my New Fez from me. Thank you is not enough.

I congratulate the Desert Queen, Dt. Jacqueline McCoy, For her efforts to be crowned "Queen of the Desert."

I am very thankful to Nabbar Court and to those Daughters who assisted and supported her in Fund-raising activities.

I also congratulate you for winning and/or Placing in the following areas:

Queen – winner

Scrapbook – 1st in Cover & 3rd Contents

Community Service – winner

Egyptian Fashion Show – winner

Talent & Scholarship – 3rd Place

*Entrust your efforts to the Lord,
And your plans will succeed. - Proverbs: 16:3*

Dt. Dorothy J. Jackson, HPIC
Imperial Deputy for the Desert



Teachable Moments Don't be Afraid to be Afraid

He says not "at the end of the way you find ME."
He says, "I AM the way: I AM the road under your feet,
and the road that begins just as low as you happen to be."
Don't be afraid and be patient enough to live
one day at a time as Jesus taught us,
Don't be afraid to let yesterday go and leave tomorrow
until it arrives.

Dt. Brenda B. James
Imperial Deputy of the Oasis

A Tribute to Past Commandress Ruth Smith Stevenson...our Trailblazer



A "trailblazer" is a pathfinder - someone who forges the way for others. Someone who has heeded an "inner voice" and has chosen to create a new path, putting strengths and talents into play to bring about changes that benefit a wider community.

Ruth Smith Stevenson was born to the late Jerry Smith and Mary Williams Smith in Covington, Virginia on March 7, 1935. She is the youngest of three children. Ruth has 2 siblings, Geraldine L. Smith and Dr. Thomas M. Smith (deceased). She was

raised in the Baptist Church of Covington, Virginia. Ruth received her education at Watson Elementary and High School in Covington, Virginia. She went on to pursue a B.S. degree at Hampton Institute (now Hampton University) and received a Masters Degree and T-6 degree from Georgia State University. Ruth was married to the late Rufus Stevenson for over 25 years before his death. Rufus was in all of the Masonic Bodies and a member of Nabbar Temple No. 128. From their union three sons were born, Michael Stevenson (deceased), Jerry L. Stevenson, who is in the Masonic Family and a previous member of Nabbar Temple No. 128, and her youngest son Robert "Bobby" Stevenson. Jerry and Bobby currently reside in the Atlanta Metro area. Ruth has been blessed with six grandchildren, five granddaughters and one grandson; she also has one great-grandson. Ruth worked as an educator for over 33 years in the Atlanta Public School System until she retired in 1998.

Ruth joined the Daughters of Isis in 1971 under the administration of Illustrious Commandress Florence M. Hogan. Ruth became interested in the Daughters of Isis because her husband, being a member of Nabbar Temple No. 128, would travel and she would go with him to different events and see the Daughters of Isis. They piqued her interest and her inquisitive nature made her want to know more about them. She was approached by several members asking her to join. One year, when on a trip to Savannah, GA attending Gala Day with her husband, she was approached about being created on the spot. Ruth gave a girlish, high-pitched laugh as only she can and said "my husband told me NO, you need to wait till we get back to Atlanta and do it the right way, through Nabbar Court!"



From 1971 to 1987, Dt. Stevenson sat in almost all of the elected positions in the Court from Outside Spy all the way up to include Secretary for two years before being elected as the 14th Illustrious Commandress of Nabbar Court No. 123 in December 1987. Dt. Stevenson served 2 great years as Illustrious Commandress. Some of the accomplishments of Nabbar Court under her reign are as follows:

- Hosted Imperial Session, Gala

Day, and the Desert Festival of Georgia

- Introduced the Annual Turkey Give-away, that we still have today
- Has a very successful joint Commandress and Potentate Ball with Nabbar Temple No. 128 that raised a lot of money
- Created six daughters
- Updated the Courts history
- Donated money to various charities
- Held Nabbars first Tea
- Held a Joint Picnic with Nabbar Temple No. 128
- Gave Book Scholarships
- Attended joint church visitations with the Nobles

Dt. Stevenson led her year with faith, hope, sincerity, loyalty and togetherness to move Nabbar to higher heights.

In November 1991 PC Stevenson was appointed Imperial Deputy of the Oasis of Atlanta by Past Imperial Commandress Margaret P. Warren and served proudly for 6 years. On September 15, 1999 PC Stevenson was appointed Deputy Imperial Directress of Promotions/Constituent Courts/Scrapbooks and Posters by Past Imperial Commandress Gloria Ramsey. She is still serving in this position. PC Stevenson has previously served on the Desert Creation Committee and currently serves as the Desert Directress of the Jettie N. Lights Queens Contest, appointed by Deputy for the Desert HPIC Dorothy J. Jackson. PC Stevenson said that her major goal as Desert Directress of the Jettie N. Lights Queens Contest is to raise as much money as possible for scholarships. Under her leadership the most money raised by an individual Court was Amman Court who raised close to \$20,000. She went on to say that in 3rd place for raising the most money under her leadership was Nabbar Court No. 123 when Dt. Verlyn Smith was Nabbars Queen. PC Stevenson also currently serves on the Desert Historical Committee.



Words of wisdom from PC Stevenson to new daughters: "Don't come in and want to jump in line like so many new daughters do. Listen to what's going on in the Court. Be prepared to work on committees and willing to work with unity, love and above all...with Gods help to lead us move forward as a Court." PC Stevenson passes on from year to year the light of her wisdom, knowledge and strength. She carries within her heart a light that burns with a steady flame to promote wisdom, good fellowship and love. PC Stevenson firmly believes that working together in unity brings a harmonious relationship among members of the Court.

PC Stevenson's personal goal for Nabbar Court: To assist the Illustrious Commandress in carrying out her theme "Making a Difference for Mankind through Charitable Service" and to advance Nabbar Court No. 123 forward with unity, harmony and



Trailblazer Continues on page 6



This 2011 Desert Conference was a real treat for the Nobles and Daughters of Georgia, because we were honored to have both Imperial Potentate Donald Parks and Imperial Commandress Charlesena Smith in attendance.

Activities began on Thurs., Apr 14th with a creation performed by Masab Court #174, with 15 new daughters being created, with two being Dt. Sadie Murphy and Nicolette Gordon of Nabbar Court.



During the executive meeting after the creation, Imperial Commandress Smith spoke to us on doing things as they are directed to us in the Constitution and General Laws, to elect daughters who are working and supporting the court and not because of friendship.

Friday, April 15th we all gathered together for the Public Meeting, Memorial Service and Joint Meeting. During the Public program, the Daughters presented shoeboxes to the Dove Center/Macon Rescue Mission and the



State Clown Unit presented Chaplinwood Nursing Home with various items. Deputy Jackson presented the Imperial Commandress with a plague making her a Honorary Member of the Desert of Georgia. Deputy James Johnson reported that we gave \$6,000 to Sickle Cell and \$7,000 to National Diabetes Association. Dt. Clara Parker (31) and committee did a great job on the memorial services, 17 Nobles and Daughters have crossed the desert sands into the heavenly oasis. An inspiring message was given by Minister Ikie Hart of New Pleasant Grove Missionary Baptist Church in Macon.

During the Daughters' closed meeting on Friday after lunch, we received all Appointed Imperial Court Officers and gave them Imperial Honors. Deputy Jackson presented awards to various Daughters. Desert Queen's contest reported a total of \$6,385.91 and only three Courts represented with a Queen, (Masab #174, Omar #91 and Nabbar #123). PC Jacqueline McCoy representing Nabbar was crowned the 2011 Desert Queen. Other awards given to Nabbar were – Scrapbook – 1st place for cover; 3rd place for content; 1st place for number of people served and 2nd place for number of hours.



On Friday evening, the 2011 Georgia Desert Conference Talent & Scholarship Pageant featuring the Egyptian Parade of Fashions was enjoyed by all attending. It was spirit-filled and beautiful.

Three Courts had contestants to compete in the Talent & Scholarship pageant. Alesia Hampton represented Nabbar Court #123. Each contestant displayed great talent in their own right. Alesia Hampton sang "Still I Rise," by Yolanda Adams. All of the young ladies were wonderful in their presentations of poise, talent and intellect, which made it very difficult for the judges to choose a winner. We were entertained by inspirational dances from sister groups - Ashley and Amelia Adams and Schevetress and Keneshia Morgan. Nabbar Court's Alesia Hampton won 3rd Place in the competition and received appreciation and gratitude from our Illustrious Commandress Dt. Vernice Scott.



The Egyptian Parade of Fashions proved to be very competitive and exciting. Four courts were represented - Nabbar Court #123, Omar Court #91, Al Faruk Court #173. Dt. Eleanor Gantt represented Nabbar bringing her portrayal of Nut, and sister of Isis. -made her garment. Dt. dress covered with Cairo, Egypt by Egyptenceville, GA. She also to depict the hand goddess, Nephthys, as and carried a woven basket with items representing the goddess. Dt. proud as the winner in the Egyptian Parade of Fashions.



Saturday, April 16th – The morning was free to sleep in, because we did not have a parade. The cookout began around noon and was enjoyed by all. The Deputies Ball was enjoyed by those in attendance and the Daughters of Georgia presented Deputy Dorothy Jackson with a love token to assist her in purchasing a new fez.

On Sunday, we had a close out meeting and said farewell to friends throughout the Desert until we meet again.

There were a total of 155 Nobles, 156 Daughters and 74 Youth present for this 2011 Conference.

During the wrap up meeting, we learned that the 2011 Conference will be in Augusta, GA and not Valdosta. We voted to have Desert planning meeting the 3rd weekend in October and to go back to either the 5th weekend in April or 1st weekend in May.

Submitted by HPC S. Diane White and HPC Sharon Lane



It was a night of elegance, poise, talent and spirituality as Nabbar Court #123 presented its 2011 Talent & Scholarship Pageant – “**Empowered for Excellence,**” on March 12, 2011 at East Point Mallalieu UMC, East Point, GA, with Mistress of Ceremonies FOX 5 News reporter/anchorwoman/newscaster Aungeline Proctor. There were three contestants in competition:



Alesia Hampton



Christi Moore



Briana Sharpe-Thomas

The categories were Excellence through Poise, Excellence in Gifts & Talents and Intellectual Excellence. Each contestant gave well-received introductions of themselves and displayed poise, talents and educational presentations. Spiritually uplifted entertainment was provided by the Inspirational Cherub Choir of Central UM Church, under the direction of PC Susan Gibson singing “Every Time I Feel the Spirit,” along with liturgical dances by God’s Dancing Angels of Central UM Church, under the direction of Ms. Joi Thrash and Praise Angels, under the direction of Illustrious Commandress Dt. Vernice Scott. The judges were Tania E. Chatman, Willie L. Todd and Sharon J. Willis, who had a very hard task as all the contestants were excellent.

The reigning Queen, Miss Latoya Quattropani, sang her winning song from last year’s competition and took her final stroll. Nabbar Court #123 congratulates all the contestants. Miss Alesia Hampton was crowned as the 2011 winner of the Talent & Scholarship Pageant, receiving a \$1,500 scholarship award; Christi Moore (1st Runner-Up) \$900 and Brian Sharpe-Thomas (2nd Runner-Up) \$700.

The Talent & Scholarship Pageant Committee gave gifts of appreciation to each contestant. Alesia Hampton went on to represent Nabbar Court #123 in the Desert of Georgia Talent & Scholarship Pageant at the 2011 Desert Conference/ Gala Day, April 14-17, 2011, Macon, GA. She won 3rd Place singing “Still I Rise” by Yolanda Adams. Congratulations, Alesia!!



Inspirational Cherub Choir



2011 Queen Alesia Hampton and 2010 Queen Latoya Quattropani



Central United Methodist Church's Praise Angels



God's Dancing Angels

Submitted by HPC Sharon A. Lane

Kudos to Outstanding Daughters on their Good News and Accomplishments!



Dt. Felicia Atkinson was elected to serve as the Director of Student Development for the executive board of the Black Alumni Society of North Carolina State University. Her major responsibility will be to organize the Career Fair for Minorities at NC State by contacting diversity recruiters at major companies. Miss Atkinson also currently serves as Professional Development Director on the executive board for the Atlanta Chapter of the National Association of Black Accountants. Last month, she was elected to serve as VP of Operations for the upcoming fiscal year for the chapter.



PC Attawa Childres retired from the University of Georgia after 30 years of devoted service. After retiring from UGA in the office of the Vice President for Research/Sponsored Programs; she will continue to work with “Friends for Life Mentor Program” doing what she loves to do best, touching the lives of children whose parents are incarcerated. Dt. Childres was recently honored with the 2011 Venie Simmons Community Service Award presented by the Zeta Phi Beta Sorority, Inc.



Dt. Sherry Foster's nephew, Desmond Foster who recently received a Bachelor's Degree in biology from Alabama State University was accepted into dental school at Florida State University. Desmond will begin his studies in the fall.



Dt. Linda James' daughter Bria Noelle James will graduate from Martin Luther King, Jr., High School on May 21st. In the Fall, Bria plans to attend Benedict College in Columbia, SC. Bria was an active member of Nabbar Court's Isiserettes from 2003-2009



Dt. Timolin Jefferson was awarded at the National Breast Cancer Coalition, Fifteenth Annual New York Gala, November 9, 2010: "Women Who Get It Right" Advocacy Award and was featured in the NY Times.



HPC Sharon Lane-Briana Sharpe-Thomas a former Nabbar Court Isiserette, will graduate from Booker T Washington High School with a GPA of 3.42 on May 28th. Brianna will attend South Carolina State University in the Fall majoring in Education.



Dt. Vernelle Jones McDaniel- On May 13th-15th Dt. McDaniel will be honored during her 50th class reunion, Clark Atlanta University. Golden diplomas will be given to the Golden Sons and Daughters during this Golden Anniversary for the Class of 1961.



Dt. Donna Murphy announces her engagement to Noble Patrick Cook of Nabbar Temple.No.128. The wedding is planned for October 15, 2011.



Dt. Pam M. Northern has accepted a job with the federal government working as a Regional Accounts Manager for the National Archives and Records Administration. She is responsible for marketing and selling services of the Federal Records Censor to federal agencies within an 8 state region.



Dt. Tasha Parham's son Corey J. Parham, a sophomore at McEachern High School received the 3.5+ Grade Point Average Award and became a member of The National Society of High School Scholars' where membership is based on outstanding scholastic achievement, academic excellence and is by invitation only.

Submitted by Dt. Linda James

Community Service

Community Service Team 1 and 2 have teamed up and have participated in a myriad of community service projects in the last several months. On November 19th Nabbar Court No. 123 and Nabbar Temple No. 128 volunteered at Gateway Homeless Shelter and fed over 400 homeless women, children and men. There were 32 daughters in attendance. HPC Rita Esters and Dt. Mia Jackson spearheaded this wonderful event. The residents of Gateway Homeless Shelter were very appreciative of the wonderful meal that we provided.



On December 23rd HPC Rita Esters and Dt. Gloria Parks visited Hughes Spaulding Hospital to spread holiday cheer. They delivered unwrapped toys that were donated by Daughters from Nabbar Court No. 123.

Service starts at home so in February of this year the Community Service Teams went out to visit PC Judith Gates at her home. PC Gates has been ill for quite some time so HPC Rita Esters and Dt. Mia Jackson took her 2 gift baskets along with a \$100.00 donation from Nabbar Court No. 123. PC Gates was elated by the visit and the gifts she received.



Pictured left: PC Gates and Dt. Jackson and also Dt. Esters and PC Gates

On March 19th Nabbar Court volunteered at the Tuberculosis Walk at Grant Park. The following Daughters were in attendance: HPC Rita Esters and Dts. Vanette Jordan, Eleanor Gantt, and Bridget Cox. They were responsible for directing participants for the event.



On April 16th HPC Rita Esters volunteered at the Health Fair at Shoal Creek Park and gave out health information.

As you can see the Community Service Teams have been hard at work volunteering their time and talent in the community. The Community Service Teams would like to extend an invitation to all Daughters to come out and participate in their upcoming community service projects listed below. If you are interested in participating please contact Co-Chairs HPC Rita Esters or Dt. Mia Jackson.

Upcoming Events

May 7th
Aide to Africa Walk & Health Fair

May 21st
Home Visitation to Dt. Mary McLurkin

Submitted by Dt. Pam M. Northern

Committee Highlight Nabbar 123 Bicycle Unit

Was formed in 2009 with charter members Dt. Denise Mundy, Dt. Veronica Cook and Dt. Bridget Cox who made their debut in Tampa, Florida at the 117th Imperial Session held in August 2010. The bike unit was small in number and big on team spirit, motivation and determination. The unit literally rode their bikes in the Tampa Convention Center with a sense of self-confidence, strength and pride that exemplifies the character of a Daughter of Nabbar Court 123. Even though the unit didn't have enough members to compete against other court units at Imperial Session they confidently made their entrance at the Parade of Stars rocking a "show stopper" classic biker style. The ladies sported black bike skorts, royal blue shirts, grey helmets and grey sneakers. The unit also was featured as participants in the Imperial Session Parade. The unit represented us with style and zeal and was the highlight of the session. These "Biker Daughters" are the true pioneers of the unit and have paved the way for their unit to flourish.



Nabbar 123 Bike Unit popularity contributed greatly to increase in membership and their team's success. The bike unit has a grand total of 12 lovely Daughters. The team members are Dt. Denise Mundy (Captain), Dt. Veronica Cook (Co-Captain), Dt. Bridget Cox, Dt. Pam Northern, Dt. Sacarsheila Williams, Dt. Susie Parker, Dt. Nicole Martin, Dt. Charlene Maupins, Dt. Rosalind Whitlock, Dt. Crystal Lockhart, Dt. Tamara St. Germaine, and Dt. Cynthia Welch. The bike units spends their time conditioning monthly by riding on bike trails in Cobb, Gwinnett, DeKalb and Fulton Counties and belong to local gyms.



Dt. Anissa Bains, Dt. Tamara St. Germaine, Dt. Rosalind Whitlock, Dt. Pam Northern, Dt. Denise Mundy, Dt. Veronica Cook, Dt. Susie Parker, Dt. Bridget Cox and Dt. Nicole Martin. Not Pictured: Dt. Charlene Maupins, Dt. Crystal Lockhart, Dt. Sacarsheila Williams and Dt. Cynthia Welch

Preparation is essential to the unit as they get ready to suit up for their upcoming events. The bike unit currently has 10 bike members attending Imperial Session this August to participate in competition and are vigorously preparing for the upcoming Team Nabbar Tour De Cure Community Serve Project to be held on May 15, 2011. The Tour De Cure raises funds to support the American Diabetes Association's important research, information and advocacy efforts and its mission. The Units efforts will help set the pace in the fight against diabetes and the unit is asking for your help to get it done. So let's get in gear, support your bike unit and **Stop Diabetes!**

Submitted by Dt. Timolin Jefferson

Committee Highlight
Preserving Nabbar's History One Day At A Time
Scrapbook Committee



Scrapbooking is a method for preserving our Court personal events and history in the form of a scrapbook. Typical memorabilia include photographs, printed media, and artwork. Scrapbook albums are often decorated and frequently contain extensive journaling to record special moments and events. Who would better capture our courts "history" and "events" other than our own Nabbar Court Scrapbook Committee?

The Nabbar Court Scrapbook Committee is composed of 6 Daughters which are Dt. Katrina Williams (Chair), Dt. Verlyn Smith (Co-Chair), Dt. Theresa Hill, Dt. Jacqueline Mc Coy, Dt. Ruth Stevenson and Dt. Una Faye Stanley. This committee was more than excited to win 1st. Place for the scrapbook "cover" and 3rd Place for scrapbook "content" during Georgia Desert Conference, Gala Day in Macon this April 14- 17, 2011.



"PC Jackie McCoy encouraged me as chairperson and gave many ideas for the winning cover", says Dt. Katrina Williams. Dt. Katrina Williams also noted that Dt. Smith, Dt. Esters, Dt. Cox, Dt. Jackson, and Dt. Hill were very instrumental in supplying pictures, dates and details of Court events for the scrapbook.

The Scrapbook Committee is looking forward to competing in Imperial Session this August and placing in the Scrapbook competition. The Scrapbook Committee desperately need pictures of our children submitted to the committee to be considered for competition in August. The Committee is soliciting your support the remaining of the year and would like to receive pictures immediately after your events. This will enable the committee "Imperial Scrapbook submittal to be work in progress before the month of August. The committee would also like to thank the Illustrious Commandress for having confidence in their team.

Please send your event pictures to the Committee Chair, Dt. Katrina Williams at asktrina1@bellsouth.net as soon as they are available for the next scrapbook submittal.

Submitted by Dt. Timolin Jefferson

Trailblazer Continues from page 2



love. PC Stevenson closed our conversation by saying that she thinks that the Daughters of Isis is a great organization that has changed a lot over the years. She goes on to say that it is very different from when she came in. In the early 1970's "it was more about togetherness, one group wasn't trying to out-do the other. We need more togeth-

erness in our duties to see what the Daughters of Isis is all about."

PC Stevenson's Motto: "If I can help someone as I travel along the way, then my living will not be in vain."

PC Stevenson, A Life Member of Nabbar Court No. 123 and a member of the Past Illustrious Commandress Council, has had a magnificent journey with the Daughters of Isis. She has worked on many committees on the local and Desert levels and has attended almost all local, Desert and Imperial functions. She has received numerous awards from Nabbar Court as well as from the Desert and Imperial levels which she is very grateful for. PC Stevenson is a true trailblazer within the Daughters of Isis, more especially within Nabbar Court No. 123. She has a rich legacy that she has left for us to follow in her footsteps. She is a Trailblazer on which shoulders we stand as we continue to carry out the 2011 theme of "Making a Difference for Mankind through Charitable Service". To this Trailblazer, we say Blaze on PC Stevenson!! Blaze on!!

Submitted by Dt. Pam M. Northern



NABBAR COURT NO. 123
Daughters of Isis
Oasis of Atlanta - Desert of Georgia

African - Egyptian Extravaganza
"An Enchanting Evening of Essence"

In Honor of Illustrious Commandress
Daughter Vernice Scott

Saturday, June 18, 2011
7:00 P.M.

Sheraton Gateway Hotel
1900 Sullivan Road
Atlanta, GA 30337

African, Egyptian or Formal Attire

Donation: \$45.00

No. 1

Basics About Diabetes



What is diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

For more information, see the National Diabetes Information Clearinghouse publication, *Your Guide to Diabetes: Type 1 and Type 2* - <http://www.diabetes.niddk.nih.gov/dm/pubs/type1and2/index.htm>.

What are the symptoms of diabetes?

People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.

Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type-1 diabetes.

<http://www.cdc.gov/diabetes/consumer/learn.htm>

Submitted by Dt. Karyn Bailey (Health & Awareness Committee)

'11 CALENDAR

Through August 2011



- May 15Thanksgiving Service/Feast of Isis
- May 15Nabbar Bicycle Unit - TourdeCure Diabetes Walk
- May 21Dedication of Memphis Hdqtrs / Launching of Time Capsule
- May 21Visitation to PC McLurkin
- May 21Nabbar Temple's "Summer Jam"
- June 4Nabbar Temple's Family & Friends Event
- June 5Jubilee Day
- June 6-10Prince Hall Grand Session-Savannah
- June 18Nabbar Court's African/Egyptian Extravaganza
- June 25Creation of Al-Karim Isis Club
- June 25Visitation to A.G. Rhodes
- July 15Visitation to HPC Minnifield
- July 29-30.....Nabbar Temple's Potentate Ball
- Aug 8-10.....Donations to United Methodist Church Children's Home
- Aug 13-19.....Imperial Session - Cincinnati, OH

Submitted by HPC S. Diane White

Sick and Distress Report January - April, 2011

Never Despair, God's Always There

*In sickness or health,
In suffering and pain,
In storm-laden skies,
In Sunshine and rain,
God always is there
To lighten your way
And lead you through darkness
To a much brighter day*

*A collections of Blessings,
Helen Steiner Rice*



Daughter who Suffered Loss of a Family Member

Dt. Renee A. McIver	Dt. Barbara Caldwell
Dt. Veronica Cook	PC Michael Cornelius
PC Gwen Daniel	HPC Sarah Frazier
Dt. Bambie Hayes	Dt. Christine Hill
HPC Brenda James	Dt. Kiema Mosley
Dt. Lydia Officer	PC Mary Surry

Daughters with Illnesses / Hospitalized

Dt. Willeen Bowens	Dt. Karyn Bailey
PC Gwen Daniel	PC Judith Gates
Dt. Lucille Hudson	PC Thelma L. Ingram
Dt. Emma Johnson	PC Barbara Perkins
Dt. Myra Surratt-Walters	Dt. Yolanda Sykes

Daughters with Illnesses without Hospitalization

Dt. Felicia Atkinson	Dt. Bambie Hayes
HPC Priscilla Hurston	Dt. Barbara Jackson
HPIC Dorothy Jackson	Dt. Sara Malone
Dt. Denise Mundy	Dt. Gloria Parks
Dt. Verlyn Smith	Dt. Sacarshela Williams

Daughters with Illnesses in their Families

Dt. Tasha Parham	Dt. Felicia Atkinson
HPIC Dorothy Jackson	Dt. Sacarshela Williams
Dt. Deitra Duncan	HPC Sharon Lane
Dt. Vernelle McDaniel	



We ask that you keep our members lifted in prayer as they continue to progress through these stressful times. Submitted by Dt. Timolin Jefferson

A Note from the Newsletter Committee

The Bridge

PC Attawa J. Childres, Chairperson
HPC S. Diane White, Co-Chairperson



Dt. D. Duncan Dt. T. Jefferson Dt. L. James HPC S. Lane Dt. P. Northern
We are pleased to greet you in the name of our Lord and Savior Jesus Christ. We are excited about the opportunity to provide you with information and inspiration throughout the year. We hope you enjoy this issue of "The Bridge." Our goal is to inform, inspire, and uplift each of you. *Special thanks to Dr. K. Bailey, Health & Awareness*