

# Sacramento Metropolitan Chapter

### Special points of interest:

- Getting Involved with the Community Programs
- Upcoming Events for BIG
- About Blacks In Government

## MESSAGE FROM THE PRESIDENT

Welcome to our first edition of the Sacramento Metro Chapter's quarterly newsletter!

Over the past months and years our organization has been involved in many activities throughout the Sacramento area. We continuously work to raise funds to put on events that will help shape and mold our community and the future generations to come.

As we continue to expand, we will need the assistance of all members. Therefore, we will be sending out a survey to all members to determine the skills we have available within our organization. We will be calling on each of you to help in some way to make the Sacramento Metro Chapter a successful organization.

In the next few months, we will be hosting several different events and activities that will help support our youth programs. We are always looking for volunteers and new ideas to keep our organization moving forward. If you have any suggestions to make our organization bigger and better, please let me know.

Thank you for all of your help and continuous support. I and the organization truly appreciate it.

Yours Truly,

*Toni Martin*

Toni Martin, President

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## A POEM FOR COACH

There aren't many people around  
 That shows concern like you,  
 To help others when they are down and out  
 And compassionate too

I would just like to say "Thank You"  
 For taking out that time,  
 And reminding me that the God we serve  
 Is still a friend of mine!

~ Ms. CJ

## ANNUAL SCHOLARSHIP BALL

In November 2007, the Sacramento Metro Chapter held their first annual Scholarship Ball in Sacramento. With over 50+ people attending, the Chapter turned a great profit. The money raised will be used by the organization to help local high school students that are interested in pursuing higher education.

The Master of Ceremonies was Lee Perkins from V101. Mr. Perkins introduced all of the evenings events as well as bringing lively entertainment to the night.

Keynote speech was provided by Darla Givens from Channel 10. Ms. Givens'

speech was inspirational and motivated many to do more for our community.

A fashion show was also held during the night. Designs by Aralyn Stallings were presented in various colors and arrangements. These designs were sensible, yet daring, which sparked the attention of the audience.

Following the highlighted events, music was provided by DJ Dave. Dancing consumed the remainder of the night. Festivities did not end until midnight.

The 2nd Annual Scholarship Ball will be held on November, 1, 2008 at the Lions Gate Garden Pavilion in McClellan Park (former McClellan AFB). Tickets will be \$60 each (\$110 for a couple) or \$75 each at the door. Stay tuned for more details as they arise.



## COMMUNITY OUTREACH PROGRAMS

The Sacramento Metro Chapter is making a difference! The following is a list of some of the community programs that we are involved with:

- **The Birthing Project:** Helping young pregnant mothers develop responsible parenting skills.
- **Mentoring/Tutoring Programs:** Working with children and young adults through schools and community centers.
- **Summer Job Aide Program:** Job and career counseling, completing employment applications and interviewing technique workshops.
- **Employment Outreach Coordinator:** Receive and distribute employment information to the community.
- **VITA (in cooperation with the IRS):** Program to help low income members of our community to file their taxes. 60 returns and 5 extensions were prepared this year. Please contact Kirsten if you are interested in assisting her in 2009.
- **Scholarship Program:** Assisting college students in filling out proper paperwork and financial support.

If you are interested in helping with any of the Chapter's programs, please contact Toni Martin.



**“Become involved in the Community. Participate in a Community Outreach Program.”**

## HAPPINESS

A cheery outlook has positive health impacts: Research links optimism with reduced stress, blood pressure and cardiovascular problems. In a long-term study of heart disease patients, the death rate was twice as high among those feeling pessimistic about their recovery compared to optimists. Another report links positive emotions with increased resistance to cold and flu.

The secret to happiness rests, in part, within you. To boost happiness, reflect on the food in your life and keep mistakes and challenges in perspective. Choose friends whose values and standard

of living match yours. Then stop comparing yourself to people with more money and possessions; research shows that they actually are not happier and that striving to be like them will increase your dissatisfaction. Instead, focus on appreciating what you have and what you realistically can achieve. Over time, you will realize your own power to affect positive change in your life.

- Express Gratitude. Each week, write down five things for which you are grateful. Read your list daily.
- Strike a Balance. Main-

tain balance between work and home life.

- Be Social. Surround yourself with family and friends. Join a new club or sign up for a sports league.
- Help Others. Volunteer or donate to a cause that inspires you. Perform random acts of kindness.
- Find Purpose. Spending your time on compelling and enjoyable work—paid or not—gives you a stronger sense of satisfaction.

~Hill Health (Fall 2008)

## UPCOMING EVENTS—MARK YOUR CALENDARS!

The Sacramento Metro Chapter will be hosting/participating in the following events. For additional information, please contact a Chapter officer:

- Regional Meeting—October 17-18, 2008 in Burlingame, CA
- Reno Bus Trip—October 24-26, 2008
- 2nd Annual Scholarship Ball—November 1, 2008 in Sacramento

- Thanksgiving Day Basket Drive—November 1-20, 2008
- Gifts from the Heart—December 1-19, 2008
- Training Conference and Youth Symposium—April 29, 2008



**Submit articles for the newsletter to:**  
[selica\\_potter@frontiernet.net](mailto:selica_potter@frontiernet.net)

## ABOUT BLACKS IN GOVERNMENT

Organized in 1975, Blacks In Government® (BIG) was incorporated as a non-profit organization under the jurisdiction of the District of Columbia in 1976. BIG continues to be a national response to the need for African-Americans in public service to organize around issues of mutual concern and use their collective strength to confront workplace and community issues.

The goal of BIG is to promote:

- EQUITY in all aspects of American life;
- EXCELLENCE in public service; and
- OPPORTUNITY for all Americans.

The Sacramento Metro Chapter established in 1984. Currently, we have over 100 members and are

still growing. Members are from all parts of Federal, State, city, county and the private sector.

If you would like to become a member, please visit our Web site or contact an officer.



**Blacks In Government  
Sacramento Metropolitan Chapter**

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[www.bignet.org/regional/  
sacramento/index.htm](http://www.bignet.org/regional/sacramento/index.htm)

## **SPECIAL THANKS!**

To Kirsten Richardson for spearheading this year's VITA. With her coordination and participation, this site was voted most improved this year!

To Selica Potter for creating a professional, easy to navigate Sacramento Metro Chapter Web site!

To Joy Gibson-Taylor for putting together this remarkable newsletter!

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