

“THE ASTORIAN”

A Bi-Monthly Newsletter about Members and Activities Volume 01_January/February 2024

Astoria Beneficial Club
INC.



ORGANIZED AUGUST 8, 1901
POST OFFICE BOX 25742
RICHMOND, VIRGINIA 23260

“Celebrating a Rich Past: Making a Difference in The Future”

President' s Message



Fennon Henderson

My esteemed Astoria Brothers,

I have to say thank you for your confidence in me by electing me President of this great organization. An organization that I hold in high regard for the work and support extended to the Community through so many years.

As a Beneficial Club, our history is full of men who had a vision of what could be, and the determination to get it done. This is the legacy and foundation we now stand on. Memories of past accomplishments and the people who made those sacrifices are always before us.

We as a club must continue this effort. I am inspired by the leadership passed on to me as I am now in the ring and realize the challenges we face. Although the challenges look great, they are not insurmountable. The Astoria Beneficial Club will once more be a voice in the community, an example of honor and pride as an organization. We stand on broad shoulders that support and guide us.

We will pull together to reach our goals; we will support our Club and its various committees. Listening to each other and building relationships for the betterment of us all is where we are going.

I am excited about our future and look forward to working with everyone, I pray we as Astorians all feel the same way and will one day look back with personal pride on the accomplishments we added to the list for The Astoria Beneficial Club, Inc.

Fennon Henderson
President Astoria Beneficial Club

Announcements and Reminders

Astoria Storage Bin Directions

Location- Brook Road Mini Storage-9001 Brook Rd, Glen Allen, VA 23060 (804)261-6610

Hours of Operation.

- Mon: 8:30am-5:30pm
- Tue: 8:30am-5:30pm
- Wed: 8:30am-5:30pm
- Thu: 8:30am-5:30pm
- Fri: 8:30am-5:30pm
- Sat: 9am-4pm
- Sun: 12pm-5pm **Storing directions**

1. Place items to be stored in a sturdy box that is sealed and labeled
2. To enforce the seal and prevent any leaks, consider sealing the storage bin with tape. Packaging tape will

generally do the job and will hold up even when exposed to small amounts of water. Make sure you get all of

the air bubbles out when taping the storage box for an optimal seal

3. Go to the storage location front desk and ask for the Astoria Storage Bin key
4. Once you have the key go to the bin location and place your item in the bin and lock the door
5. Return the key to the front desk and your done

Tips for labeling storage boxes

1. Make sure the **labels** don't fall off easily. ...
2. Make sure the **labels** are large and easy to read, so that the writing is clearly visible even from afar.
3. Do not use pencils for writing **storage box labels** or dry erase markers for **labeling**. plastic **storage containers**, as they rub off very easily.

Dues for Year 2024 remain at \$125.00.

Please mail all payments to:

ASTORIA BENEFICIAL CLUB P.O. BOX 25742 RICHMOND VA 23260

NOTE: ALL DUES MUST BE RECEIVED BY THE MARCH 2024 Regular Club Meeting. (PLEASE DO NOT REMIT PARTIAL DUES PAYMENTS, FULL PAYMENTS ONLY) Reference: Club By-Laws, Article IV, Section 7

Thank you for your cooperation and support of the Club Respectfully,

Herbert Southall- Financial Secretary

herbertsouthall@verizon.net

Join the Astoria Wives Club, Inc. and the Astoria Beneficial Club, Inc. May 1-2, 2024, to attend the biblical play “Daniel“

Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith?

From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible’s most hope-filled stories as it comes to life in this brand-new original stage production from Sight & Sound Theatres.



ITINERARY

Day One – Wednesday May 1, 2024

Day Two – Thursday, May 2, 2024

This trip includes:
54 passenger DVD coach 1 night lodging
Ticket to **"Daniel"**.

Light refreshments on bus
2 meals - 1 dinner, breakfast at hotel Standard taxes & tips, including driver

\$340 per person

7:30 AM
9:00 AM
2:30 PM – 4:30 PM 5:00 PM – 6:30 PM 7:00 PM

Bus (Platinum Tours) will leave Walmart (Brook & Parham) to travel to Lancaster, PA Breakfast stop

Shopping in Lancaster at Bird in Hand Farmers Market Miller's Smorgasbord Restaurant

Arrive for hotel check at Heritage Hotel, Lancaster, PA 17601

7:00-9:30 AM 9:30 AM 10:15AM 11:00 AM 4:00 PM

7:00 PM

Complimentary Full Breakfast at the hotel
Check out hotel with bags on bus
Arrive at Sight and Sound Theater
Showing of **"Daniel"** at the Sight and Sound Theater
Shopping and dinner at Arundel Mills Shopping Mall/Casino, Hanover, MD Depart for Richmond, VA

Based on double occupancy (payment plan below) Single room supplement additional \$60 Make checks payable to: Astoria Wives Club, Inc. or Astoria Beneficial Club, Inc.

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November 1

\$90 Deposit

Non-refundable

December 1 \$50 due

January 1 \$50 due

February 1 \$50 due

March 1 \$50 due

April 1 \$50 due Final Payment

Good evening gentlemen, please notice the address for mailing Daniel Trip payments to Norman McCowin. The Address is [2909 Ridgegate Place Glen Allen Va. 23059](#). I pray all is well with you and yours. Looking forward to a great trip. Take care

Norman McCowin

Astoria Calendar 2024

January.

Executive Meeting Dues are Due Newsletter Sent

February.

March.

Forum

Dues Past Due

Historian Annual Report Board Meeting Newsletters Sent

April.

Non-financial members are declared suspended File taxes

May

Social Function Tax Deadline Newsletters Sent

June

Bill "Bojangles" Robinson Program Board Meeting Fellowship Meeting

Election of Nominating

Committee Annual Picnic Newsletters Sent

July

No Regular Club Meeting

August.

No Regular Club Meeting

September.

Education Committee Report Nominating Committee Report to Club Board Meeting
Newsletters Sent

October.

Annual Bylaws Report

November

Memorial Service

Ann. & Award Program Board Meeting Newsletters Sent

December

Club Approve Budget Installation Officers Audit Report

Fellowship Meeting

Written Annual Comm. Report

Astoria Beneficial Club, Inc.

Officers 2024

President - Fennon Henderson



First Vice President- Vacant.

Second-Vice President- Archer Dabney



Recording Secretary – Harry D. Reid, Sr.



Corresponding Secretary – Archer Dabney



Marvin R. Tart, Sr. Treasurer



Dr. Gerard McShepard - Assistant Treasurer



Herbert Southall, Jr. Financial Secretary



Kirk Jones Assistant Financial Secretary



Ronald Ford Chaplain



Charles "Jake" Woody Assistant Chaplain



Sergeant at Arms



Legal Advisor. Alan Foster, Sr.



Hamlet Hood, Jr. Historian

HAPPY BIRTHDAY

January



Keith Hicks

February

Robert E. Taylor, Jr.,

THE C. F. FOSTER SCHOLARSHIP FOUNDATION, INC.

Scholarship Committee



Alan J. Foster, Sr., President Fennon Henderson, Secretary
Dr. Gerard McShepard, Asst. Secretary

The Anniversary & Awards Committee.



122nd Anniversary Awards Banquet was held.
Sunday, November 19, 2023, 4:00 PM
Eastern Henrico Recreation Center
1440 North Laburnum Avenue
Keynote speaker; State Senator Lamont Bagby
Award recipients Citizenship: Mrs. Sandra J. Allison & Mrs. Sala Powell Dabney;
Corporate: CWA Local 2201.
50 Year Club member Mr. William Ford.
Presidential Award: Mr. Norman McCowin

Astorian of the Year: Mr. Kirk C. Jones

Kirk Jones-Chairman

Memorial/Sick Committee.

Kirk Jones-Chairman

The Astoria Sick Committee reports the following: Rev. Roy Carter is home and continues to be on the mend; Mr. Eugene Harden is also at home and is doing well; Mr. Harry Reid underwent surgery on July 28th and has since returned to work (He can be contacted at: harrydreid@hotmail.com);

Mr. Marvin Tart has completed his in-house therapy at Sheltering Arms-Short Pump and is receiving additional care at home; and, Mr. James C. Taylor was hospitalized in July at the Richmond Veterans Administration Hospital and has returned to the Sitter and Barfoot Veterans Care Center, on Broad Rock Blvd.

Nominating Committee



Herbert Southall-Chairman

Nominating Report – Herbert Southall report

THE COMMITTEE PROPOSES THE FOLLOWING NOMINATIONS FOR YEAR 2024

PRESIDENT..... FENNON HENDERSON

FIRST VICE PRESIDENT.....VACANT

SECOND VICE PRESIDENT..... Archer Dabney

RECORDING Secretary..... Harry D. Reid, Sr.

CORRESPONDING Secretary Archer Dabney

TREASURER..... MARVIN TART, Sr.

ASST. TREASURER..... JONATHAN JOHNSON

FINANCIAL SECRETARY..... HERBERT SOUTHALL

ASST FINANCIAL SECRETARY..... KIRK JONES

CHAPLAIN..... RONALD FORD
ASST. CHAPLAIN..... CHARLES "JAKE" WOODIE
Sargent AT ARMS..... NORMAN MCCOWIN
LEGAL ADVISOR..... ALAN J. FOSTER, Sr.
HISTORIAN..... HAMLET HOOD, Jr.

ALL NOMINEES FOR OFFICE SHOULD PLAN TO ATTEND THE DECEMBER 2023 MEETING IN PERSON TO BE NOMINATED AND SWORN IN.

RESPECTFULLY SUBMITTED

HERBERT SOUTHALL - CHAIRMAN 2023 NOMINATING COMMITTEE

Entertainment, Ways & Means Committee



Norman McCowin, Chairman.

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Norman McCowin



Bylaws Committee

Dr. Gerard McShepard



Civic Committee

Marvin R. Tart, Sr.



Membership Committee

Marvin Tart, Chairman

Astorian (newsletter) Editor

Harry D. Reid, Sr.

Send all article and comments to; harrydreid@hotmail.com



CELEBRATING A RICH PAST: MAKING A DIFFERENCE IN THE FUTURE

Organized August 8, 2001

The remarkable tradition of the Astoria Beneficial Club, Inc. began on August 8, 1901 by 22 men who believed in firm religious values, high moral standards, intellectual growth, civic and social responsibility. Astoria also became a club of vision and recognized that the barriers to full citizenship eventually could be eliminated with patience, planning and timely action.

Astoria has earned a significant place in Richmond's history because of the vision of its founders. They believed that the barriers to full citizenship could be eliminated with patience, planning and timely action. Their vision became the guiding light for a rich history of pioneer efforts to gain voting rights, equal opportunity employment and to end segregation of public eating facilities. The Astoria creed has inspired outstanding men from every walk of life to "higher moral, intellectual, civic and social standing" for almost a century.



Editorial harrydreid@hotmail.com

Black men have an unbelievable weight on their shoulders. The stress comes in every direction daily. The impact of walking down the street in your own neighborhood can be a traumatic experience. You don't know who to trust. You would love to trust your brother who shares the same pigment, but he's bound by that same fear that has you tiptoeing on eggshells just to walk to work or school. It's hard to trust the police because you don't know if they'll protect or serve. And sometimes the trauma happens in your own home. The dynamics of Black household relations can often put a strain on the mind of a young Black man who will grow up with this thing we call post traumatic disorder (PTSD).

This disorder is developed after being exposed to something that is highly stressful, scary, or dangerous. This exposure doesn't have to happen directly to the person with PTSD. For instance, seeing your friend be killed, watching a car accident and even being in the home of domestic abuse can all trigger PTSD in a person. Marked by frequent flashbacks, hallucinations, mood changes and avoidance behavior, PTSD is a disease that gets overlooked in our community.

Loud noises that sound like gunfire and other explosive blasts can trigger post-traumatic stress disorder. The U.S. Department of Veteran Affairs estimates 11% to 20% of military members who have served in Iraq or Afghanistan suffer from the condition each year.

Black men are taught to be macho and keep it all inside. The “**Be a Man**” motto has a lot of our men suffering in silence with PTSD. The symptoms can vary from person to person. “It can be intrusive symptoms such as thoughts and emotions that intrude into his life and causes him to re-experience trauma such as flashbacks, nightmares, and sudden feelings of terror. Another way of knowing is his attempt to avoid re-experiencing trauma, and constantly feeling threatened.

PTSD can be a host of things, but for many Black men these things will be looked at as “the normal way of life for brothers.” Our Black men have a distrust of the medical institution in America. Things like the Tuskegee Experiment and other medical atrocities committed in the name of medical advancement and savagery keep many Black men at home self-diagnosing or coping in ways that are detrimental.

JUST FOR LAUGH



Why Is Black History Month in February, The Shortest Month?

Black History Month, which started as a week-long celebration in 1915 when [Carter G. Woodson](#) founded the Association for the Study of Negro Life and History, was meant to reflect on and honor the progress of the community following emancipation and to discuss our future. This celebration was intended to establish pride and camaraderie among Black Americans. It was necessary during this era when Black people were reckoning with their identity after being stripped of their knowledge of self and lineage during chattel slavery.

Fast forward to our modern-day, capitalism-infused celebration. Today's cookie-cutter template allows corporations, politicians, and other influential figures to appear interested in preserving Black life without seemingly any intent of action behind it. To truly honor and contribute to the lives of myelinated people would require those in power to redistribute their energy, money, and resources to counteract a system designed to exploit people based on skin color.

It would require more than a month-long commitment. Look, we don't need the rest of ya'll to tell us how great we are — we know. We've invented mantras celebrating our greatness, from Black Power to Black Girl Magic. And when we forget, we have people within our communities, teachers, counselors, artists, and spiritual leaders who work tirelessly to remind us.

Here's what we do need: Give us credit where it's due — on [social media](#) and beyond — especially when it involves compensation.

So, what would a more honest celebration of Black innovation, culture, and life look like in 2023 — just weeks after the killing of Tyre Nichols, one of [America's recent](#) so-called "martyrs?" For Black people, it means a continued effort to disengage with things, people, projects, and sentiments that do not align with self-preservation. Instead, continue to explore and celebrate your nuanced identity and ancestry. Practice discernment: Not all kinfolks are kinfolk. Question and scrutinize the information you're being presented until you wholeheartedly understand the messengers' intentions. And above all, make time to create, bask in joy, and simply rest.

For the rest of y'all: It's time to put your bodies and resources to work. Redistribute your wealth, donate to Black femme-led initiatives, read the books by Black authors, and then actively apply the information, figure out a way to get banned critical race theory materials to students where it's banned. Stop being bystanders, find local justice organizations, and get involved in whatever capacity you can. Talk to your relatives about anti-Black systems and correct them when they're wrong. And to honor Black life, stop sharing videos of Black trauma and death.

Instead of using the year's shortest month just to recognize past and present Black heroes, let's *all* look at February as an annual nudge to start (or continue) doing meaningful work to create more equity. What that looks like for all of us will vary, of course. But posters and promo doesn't mean anything without actively dismantling the systemic structures that still trap Black Americans.

Allyship isn't fruitful without action. When we still live in a nation where it is normal to exploit, brutalize, and murder Black bodies, saying you honor our capacity to overcome adversity is like watching someone being held underwater and applauding their fight for air.

We must focus on Black well-being — not just history — 365 days a year. So, let's use February as a reminder:

“We are the ones we have been waiting for.”

COVID-19

- Dry cough
- Tiredness Less common symptoms:
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- a rash on skin, or discoloration of fingers or toes Serious symptoms:
- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Most common symptoms include: • Fever

There is a “mask” that Black men wear in the world to be safe in public spaces. It does not cry. It does not get mad. It does not feel pain. It does not get hurt. It does not have the right to exert authority or control. It is the Mask of Respectability. Walking into public spaces without it can get them killed. The anxiety in their hearts can get them killed. Their fight or flight response when threatened can get them killed. Exertion of their very right to life and autonomy can get them killed.

- What thoughts and emotions have the murders of Ahmaud Arbery, Breonna Taylor, and George Floyd brought up in you? What has this been like for you?
- How has your reaction or the reaction of those around you surprised you?
- To what extent have recent events impacted your everyday life and movement in the world? How has home life and work shifted?
- What are you doing for self-care? How are your sleep patterns, exercise, eating, relating, intimacy, connection, spiritual practices?

Astorian of the Year 2023



Kirk C. Jones

Astoria Song (To the tune of Born Free)

Once more

**We gather together Regardless of Whether
To salute The Astoria Forward, onward and
upward**

Forever that is our goal

Our weakness heeds

And strengthen our faith

**With hope and love, and faith Inspire our hearts
Forward, onward and upwards**

The Astoria

The first edition of **“THE ASTORIAN”** (newsletter) was launched January 2009 by Newsletter Editor Harry D. Reid, Sr. this is an online version of the original paper newsletter mailed to all active members of the Club. The online version is an in-depth perspective of the Club activities, Presidents Message, History, Upcoming event, Astorians in business, Health issues, Just-For- Laughs, Editorial, Business, Retirement, and the opportunity for members to present issues of concern.

Send all articles and comments to; Email harrydreid@hotmail.com