

"THE ASTORIAN"

A Bi-Monthly Newsletter about Members and Activities Volume 03_May-June 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 Astoria brothers came together to serve as a benefit to our community. We know the word benefit has a special meaning. We are to be a support in times of turmoil and leaders with insight and wisdom that can be useful to help solve problems.

Our community is in a delicate situation, while we lose our young ,day by day. So many bright and lovely young people are striving to have influence. How can we influence those who are not making a positive difference? As Astorians it comes down to involvement with our young people. We can complain about how they dress or address each other, but they need to see another picture. Is our skin thick enough to interact with them and show them a better way to project and receive respect?

Let us face it, some of us no longer have the stamina we once had, but the desire to be involved is still there. It might be organizing plans or phone calls that suit us better, but there is a need for all of us.

We will approach a great test shortly. As we reach out to the young people, we must encourage everyone to vote in the coming elections. The right to vote should not be taken for granted. If it were not so important there would not be such a fight to stop people from voting. Make no mistake, every vote counts, and a vote not used is a vote for the opposition. This is a time that we cannot be a day late and a dollar short.

We want to be effective in our efforts to influence those people we can. We want to support those people that may need a ride to the polls, always willing to answer questions about the elections, and encouraging others to exercise their right to vote by helping with voter registration.

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

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

July

No Regular Club Meeting

Committee Annual Picnic

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- Keith Hicks



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. Noman McCowin



Legal Advisor. Alan Foster, Sr.



Hamlet Hood, Jr. Historian

HAPPY BIRTHDAY

May



Smalls, Arthur



Harvey Carey

June



Hamlin, Jr., Edward G.



Southall, Jr., Herbert H.



Vann, Fred H.

July



Foster, Sr., Alan J.

August



Ford, William A.



Harden, Eugene C.



Winston Taylor

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.



Kirk Jones-Chairman

Memorial/Sick Committee.

Kirk Jones-Chairman

Entertainment, Ways & Means Committee



Norman McCowin, Chairman



Bylaws Committee

Dr. Gerard McShepard



Civic Committee

Marvin R. Tart, Sr.



Membership Committee

Archer Dabney, 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

If Black lives matter, does that include their babies?

The solution to this culture of death in the Black community specifically, and America in general, is very simple. We need to reconstitute the family unit; meaning mother, father and children. These perverted variations of the traditional family unit will not restore our traditional values back to our community or our society. Study after study has shown that if you graduate from high school, get married, and then have children, you are almost guaranteed not to live in poverty. The traditional family unit is the solution to all the ills facing the Black community and America. But yet, the media appointed Black leaders and their radical liberal groups spend all of their time promoting homosexuality, amnesty for illegals, and Planned Parenthood. When have you ever heard the Congressional Black Caucus, the NAACP, or the National Urban League talking about the traditional family unit is key to righting the ship in the Black community? When have you ever heard the National Action Network, the NAACP, or the National Urban League talk about the family unit; or telling girls to keep their damn legs closed if they cannot financially afford to care for a child? How did the Black community allow the homosexuals to hijack our fight for Civil Rights? Their issue has absolutely nothing to do with Civil Rights. How did we allow media-appointed Blacks to put illegals ahead of their own community? Can you imagine willingly training someone who is going to take your job and agreeing with them that they *have a right to take your job*. To paraphrase Jay-Z, "Blacks folks got 99 problems, but homosexuality, amnesty, and Planned Parenthood should not be one." We survived slavery, overcame segregation, and fought discrimination and are still standing. But, in order to restore the Black community, we must turn away from the media-appointed Black leaders. They have sold us out at every chance. Just imagine if we put the same amount of energy fighting for our own people and causes like we do for other groups. Just imagine if we took the energy we put into getting young girls to stop having babies before marriage; getting Black entertainers and athletes to hire Black C.P.A.s, publicists, lawyers, managers, etc.; getting Black churches to stop caving in to the radical homosexual agenda; and creating more Black entrepreneurs. We don't need a law to make any of the above reality; but what we do need is leaders who cannot be bought off by those who have no concern for the Black community.

JUST FOR LAUGH

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.

Astorian Health Minute

June is Alzheimer's and Brain Awareness Month

Astorian Editorial Submission from Dr. Gerard McShepard, M.S., M.P.H.,
Ph.D. and Mrs. Wanda S. Hunt
Astorian Health Minute



Dr. Gerard McShepard



Mrs. Wanda S. Hunt

Alzheimer's and Brain Awareness Month is an annual observance in the United States during the month of June to raise awareness about Alzheimer's disease and other types of dementia. It also encourages people to donate time or money for research and support on this disease that has effected so many. In the United States, it is organized by the Alzheimer's Association and numerous volunteers and supportive networks.

It is important for Astorians to honor those directly impacted by Alzheimer's and challenge the stigma associated with these conditions and inspire action. Even within our membership we have had someone impacted (i.e. member, spouse, friend or close family member). Mrs. Wanda Hunt has been working with the Alzheimer's Association for many years and her deep connection started several years ago when her husband, Past Astoria President James W. Hunt, Jr., was diagnosed with Alzheimer's disease. She served as his caregiver until he passed on February 6, 2021. The Alzheimer's Association asks people around the world to wear Purple and use their brains to fight Alzheimer's disease.

Alzheimer's disease (AD) is a neurodegenerative disease that usually starts slowly and progressively worsens over time. It is the cause of 60 - 70% of cases of dementia. The most common early symptom is difficulty in remembering recent events. As the disease advances, symptoms can include problems with language, disorientation (including easily getting lost), mood swings, loss of motivation, self-neglect, and behavioral issues. As of 2024, there is an estimated 6.9 million Americans aged 65 and older who have Alzheimer's dementia. This is an increase of about 200,000 cases of the mind-robbing disease from 2023 and represents a significant public health crisis according to many experts. It is estimated that approximately 200,000 Americans under the age of 65 have

younger-onset Alzheimer's. It most often begins with people over 65 years of age, although up to 10% of cases are early-onset impacting those in their 30s to mid-60s. It affects about 6% of people 65 years and older, and women more often than men. Alzheimer's disease was the fifth-leading cause of death among individuals aged 65 and older in 2021 (the most recent year for mortality data). The disease is named after German psychiatrist and pathologist Dr. Alois Alzheimer, who first described it in 1906.

AD research has focused on interventions to prevent the onset and progression since there are no disease-modifying treatments available to cure Alzheimer's disease. There is no evidence that supports any particular measure in preventing Alzheimer's, and studies of measures to prevent the onset or progression have produced inconsistent results. Epidemiological studies have proposed relationships between an individual's likelihood of developing AD and modifiable factors, such as medications, lifestyle, and diet. There are some challenges in determining whether interventions for Alzheimer's disease act as a primary prevention method, preventing the disease itself, or a secondary prevention method, identifying the early stages of the disease.



Alzheimer's disease is a growing public health crisis in Virginia according to the Alzheimer's Association. The impact of Alzheimer's is projected to rise, and the most recent data show the following:

- 150,000 people aged 65 and older are living with Alzheimer's in Virginia.
- 9.5% of people aged 45 and older have subjective cognitive decline.
- 354,000 family caregivers bear the burden of the disease in Virginia.
- 529 million hours of unpaid care is provided by Alzheimer's caregivers.
- \$10.3 billion is the value of the unpaid care.
- \$1 billion is the cost of Alzheimer's to the state Medicaid program.

These numbers demonstrate that a public health approach is necessary to lessen the burden and enhance the quality of life for those living with cognitive impairment and their families.

The next "Walk to End Alzheimer's" in Richmond, VA will be Saturday, November 9, 2024. Registration Opens at 8:30am and the location is City Stadium (3201 Maplewood Avenue – Richmond, VA 23221). The route length has two options: 2.5 miles and 1 mile. For information online and to donate in support of Past Astorian President James W. Hunt, Jr., go to the link: <http://act.alz.org/goto/FORJAMES> or send Mrs. Wanda S.

Hunt a check written to the Alzheimer's Association and the mailing address is 8101 N. Wilkinson Court, Richmond, VA 23227.

Let us all make a difference to fight Alzheimer's!!!

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

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