By Marie P. COOKE
Reflections Editor

Over 200 persons gathered at the Sheraton Inn on Sunday for the 19th Annual Leadership Conference and Luncheon sponsored by Woman Power Inc.3

The day-long meeting opened with prayers and breakfast and after the luncheon chairpersons extended greetings. They were Dorothy G. Reddick, Clarice LaV. Brooks and Erla McKinnon. Dr. Delores Hunt gave highlights of Woman Power through the years.

Employment outlook, training and programs, was the topic of the panel led by Mrs. Brooks, a police community relations specialist.

Panelists were Mrs. Bernice White, Social Security employment specialist; Delegate John Douglass and Miss Jetheda J. Curtis of the Baltimore Urban League staff.

Mrs. McKinnon, who is a public school counselor, led the workshop on voter education, the issues before the electorate. City Councilman Dr. Emerson R. Julian, Ann Gresser and Ruth Kravitz of the League of Women Voters were the panelists.

Both groups reported lively discussion on their topics.

All in attendance received a 60-page handbook which contained vital information about election questions, consumer tips and a history of the organization and its achievements.

Dr. Elizabeth F. Johnson, a member of the U.S. Commission on Public Protection For Consumers, was the luncheon speaker.

The Baltimore-born consumer expert kept the audience in rapt attention as she expanded the conference theme. 'Revitalizing Human Values to Meet Environmental Needs,' to include a hard-hitting agenda for black people for the Third Century.

In calling for a return to the old values emphasized by our forebearers, Dr. Johnson mixed her lecture with humorous stories about her own youth.

Typical was one about how her mother gave her 13 cents to buy a pound of lard. It cost only 11 cents but she did not return the change.

Her description of the spanking she received and the lesson she learned was hilarious.

Dr. Johnson perceived the black agenda should address itself to parental discipline of young people in the home, that they should be taught to honor their parents so that when they get out in the world they would be able to respect teachers, property and neighbors.

"If our children today are in bad shape, you are too . . . they're our children," she said.

Also on Dr Johnson's agenda was: "The Need for Black People to Help each Other."

"Hold on each other" she urged. The audience did just that. There was firm clasping of hands and 'amens' as she continued, "Hold on and help each other, and stop trying to pull everybody down like crabs in a barrel. If somebody does a good job, say so and don't add the "but," don't criticize.

"We need to accent the positive, eliminate the negative. We got where we are today because through the years we helped each other."

Racial pride and racial protection, she added, are also "basic in the development of our great people. Those who feel racial identity is meaningless are wrong. We must have greater concern for each other and include all who hurt and who are in need."

Calling for more black pride she urged a return to the practice of other generations — "our forebearers had a somebody look about them."

She suggested there should be a reconstruction of strong black families and a new appreciation for the homes we live in.

And, she called for a revival of dedicated black teachers.

Children need the "unique education black scholars can give them." She called for more like the old black educators who were sensitive to students' problems, patient and concerned, where, she said, "teachers and parents worked together . . . black educators imparting knowledge with soul."

To the applauding audience, she declared, "black alone is not beautiful in 1976 and it won't be in 2076. The most beautiful pearl is black, but it has culture inside."

Dr. Johnson was introduced by Councilperson Victorine Q. Adams, (D.4th), a co-founder of Woman Power organized in 1958, and a longtime family friend.

Dr. G. James Fleming, the educator and Political scientist who has been a regular supporter of Woman Power, gave the summary of the morning workshops.

Dr. Fleming was not the only male participant. A number of them were scattered throughout the luncheon audience, including Congressman Paul Sarbanes, who was present with his wife, Christine.

Another was Edward A. Lynch, director of architecture and planning for Charles Center, Inner Harbor Management Inc. A young, handsome, articulate speaker with a subdued bush, Mr. Lynch had the audience's full attention as he described plans for the acquarium, the $7½ million project planned for downtown if voters approve the loan issue in November.

The audience was also treated to a film strip on the planned facility.

Another male participant who drew raves every time he entered the ballroom was Tony Dease. He was among models in the Pauline Brooks, Fashion Show given at the conclusion of the luncheon.

Other models were Paula Brooks, Verna Brogden, Merry Macer, Rosalyn Smith, Ella Talley, Tonyo Wiggens, Joy Carter, Jeri Caraway, Carolyn Wainwright was the commentator. Kenneth Jaston and Charles Jones provided taped music.

Officers of Woman Power are: Vera LeCato, executive director; Erla McKinnon, executive secretary; Riby Anderson, vice president; Thelma Ray, treasurer; Jean Larkin, assistant;

Also, Betty Warren, recording secretary; Beatrice Carroll, assistant; Virginia Lynch, financial secretary; Gladys Barbour, chaplain; Ethel P. Rich, historian; Victorine Q. Adams, research director.

Special prayers were offered for Miss Barbour, who is confined to Provident Hospital.

**Carroll celebration**

Some of the friends and colleagues of C. Leroy Carroll, retired principal of Calverton Junior High School are planning a Retirement Celebration for him on Nov. 12.

The affair is slated for the LaFontaine Rouge where a buffet dinner, tributes to the honoree and a social hour will be enjoyed.

Any friends and associates of Mr. Carroll who have not been contacted but desire to join in the celebration may get details about the affair by calling 396-0581.

Any written requests for information may be directed to: Mrs. Elizabeth V. Schmoke, Calverton Junior High School No. 75, 1100 Whitmore Ave., Baltimore, Md. 21216.

# Catonsville Notes

. . . by Liz Williams

Men's Day will be held at Grace AME Church on Sunday, October 17. The theme: "In Unity There Is Strength." The guest speaker at the 11 a.m. service will be the Rev. Monroe Simmons. The Mason's special guests and friends will be at the 4 p.m. service. Their goal is $8,000. We know that the goal will be reached. John King, chairperson; John Boston, co-chairperson and Reginald Boston, pastor.

The Emma Williams Temple Nurses Unit will have a service at 4 p.m. on Sunday, October 24 at Grace Church.

The Good Samaritan Thrift Shop is now open. Shopping days are every Wednesday and Saturday from 10 a.m. to 2 p.m. It is located off Ingleside Avenue in the Green House behind St. Timothy's Church.

The Banneker Recreation membership drive is on. Support your community recreation center by joining. The center offers basketball, arts and crafts, movies, cheerleading, karate and activities for senior citizens. Call Greg Ogle, 728-2138, 2-4 p.m. and 6-8 p.m. daily.

The Jackson and Johnson Membership Auxiliary No. 263 of the American Legion will hold a variety dinner, Saturday, October 23 at the Elks Home from 11 a.m. until 7 p.m. The dinner is to benefit the "Child Welfare Program." Leola Watkins is chairperson, and Mary Marner is president.

* * *

A dream has at last come true for the Arena Players, their many friends and supporters. They are going into the new Arena Playhouse, 801 McCulloh St. Their play, "The Little Ham," will be presented. Camille M. Sherrard, president of the Board of Directors, will begin the festivities with a luncheon-card party, October 20 at noon. The "First Nighters" are presenting the players to their guests at a black tie champagne affair. The Saturday night presentation is being sponsored by the Women's Committee. Cordelia Johnson, president. Tickets for the play by Langston Hughes will be available at the door.

"Sympathy" cards to the family of the late Louise Fountain Perrin (Horace) whose funeral services were held during the past week. Dr. Perrin was a counselor at Coppin State College and the wife of Dr. Horace Perrin, the retired chemistry professor of Morgan State University. Her daughters are Cardrienne Griffin (James) and Dr. Julia Davidson of Washington, D.C. The Coppin Choir sang at the services under the direction of Henry Freeman.

Cards also to the family of the late Blanche Lindsay Banks, niece of Frisby Lindsay and cousin of Bea Wright (David).

* * *

"Sympathy" cards to the family of the late Bernard Bell (Thelma). He is the brother of Margaret Gray and Leon Bell, brother-in-law of LILLIAN Bell and Charles Thomas and father of Bernard Jr. and Gary Bell. Word came to me as I was writing this column and I do not know the details.

"Get Well" cards to Mabel (Pinchie) Denkins who is in Johns Hopkins Hospital and to Pauline Brooks Amis who is in Provident. Continue to send cards to the sick and shut-in of the community, especially those folks who are in hospitals and nursing homes.

Congratulations to the Rev. Ivory Fancher (Althea). He will be honored by relatives and friends on Saturday, October 16 at the Holiday Inn Downtown on his 24th anniversary as a minister. The occasion will also mark the Rev. Mr. and Mrs. Fancher's 30th wedding anniversary. The Rev. Mr. Fancher is the founder and pastor of Kings Deliverance Center on N. Fulton Avenue. Many of you remember the couple's in-laws, Mr. and Mrs. John Brown having a home for older parents and relatives while their "children" were working.

I, was one of those "children," when, the Browns took such good care of my mother before she had to go into a Nursing Home. The Browns also took care of my sister-in-law (Bessie W. Smith for a short while) where they received the best of care.

The Rev. Mr. Fancher has served on many boards in Baltimore City, including being on the board at Coppin State College and the Urban League.

Have a good weekend and be sure to have a good week.

# Career guidance workshops

The North Area YWCA and New Directions for Women are co-sponsoring a career guidance workshop entitled "New Directions for Women" beginning October 18.

This course is designed to help women discover their potentials and develop skills to achieve individual goals. Through the use of discussions, readings, community speakers and group exercise women will learn self-assessment occupational investigation techniques and fundamentals of writing a good resume. Study guides will be provided.

The workshops will be conducted by trained instructors from New Directions for Women, whose educational backgrounds include a variety of fields such as English, social work, education and counseling.

To accommodate the needs of those interested, the North Area YWCA has scheduled both morning and evening programs. They will run sor 4 consecutive through November 8. Monday, 9:30 to noon, evening 7 to 9:30. The 2 workshops will be held at the First Christian Church at Roland and Lake Aves. The fee is $30.00.

Those interested in attending workshops are welcome to call the North Area YWCA for registration information at 222-4230.

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# Columbia Capers

By Pinnie L. Ross

Dr. and Mrs. Emerson C. Walden (Celonia) of Columbia, Md. were honorees at a reception given by Dr. and Mrs. Frenise A. Logan (Mary) in Nairobi, Kenya during their recent East African Safari. Dr. Logan is the Cultural Affairs Attache and longtime foreign service officer. The gala international affair was held in the beautiful spacious gardens of the Lorgan's Muthaiga Road estate.

The Logan's are former residents of Columbia and were instrumental in getting the Waldens and their adopted Kenyan daughter, Nancy Jeruto Bomett together. Nancy is now a sophomore majoring in pre-med at Morgan State University.

The Bometts hosted the Waldens overnight at their 1,600 acre farm at Rongai where the Counselor for the District, Chief of Police and others gathered to meet Nancy's "American" parents.

During the reception, Nancy's father, Eric K. Bomett, former member of Parliament made Dr. Walden an Elder of Rongai and presented him with a monkey fur cape and mahogany rangut, symbols of his new office. His sister Lily Bett presented Mrs. Walden with a lion's tooth set in gold on a chain in appreciation for the love and guidance given their family member.

Guests at the reception included Dr. and Mrs. L. C. Likimani, Director of Medical Services Ministry of Health; Dr. and Mrs. K. Thairu, Dean, Medical School, University of Nairobi; Dr. and Mrs. Okete Shiroya, Chairman, Department of History, Kenyatta University College: Mr. and Mrs. J. Okello-Odongo, Director, African Development Bank, Abidjan, Ivory Coast; Mr. and Mrs., Elimu Njau, Director, Paa Ya Paa Art Gallery, Nairobi;

The Hon. and Mrs. Jeremiah Mwango, member of Parliament; Dr. and Mrs. Chris Obura, Mr. and Mrs. Basheer Mauladad, Mr. and Mrs. Simon Getonga, Deputy Town Clerk, Nairobi; Dr. and Mrs. Obinnaya Alozi, Dr. and Mrs. Peter Kamau; Mr. and Mrs. J. Gill, Mr. and Mrs. Isaac Lugonzo, General Manager East African Power and Lighting; Mr. and Mrs. Eric Bomett, their sons; Bromwell, Julius, and Arthur, and Mr. Bomett's sisters, Lily Bett and Lisa Mwakezi; and the Hon. and Mrs. S. T. Kairo, Assistant Minister of Labor.

Americans in Nairobi who greeted the Waldens were Mr. and Mrs. Harold Jones, USAID; Mrs. Mary Kimathi, Legal librarian, University of Nairobi; Mr. and Mrs. Irwin Seven, Director, USIS: Mr. and Mrs. Earnest Wilson, Regional Comptroller, USAID; Mrs. Marian Natiroboff, Mr. and Mrs. Adolph Bennett, Retso, AID; Mr. and Mrs. Parkash, and Mr. and Mrs. Abraham Coleman, Civil Engineer.

Jambo! Habari! Karibu! and Mzuri! (Swahili for hello, how are you, welcome and fine) greeted Dr. and Mrs. Emerson C. Walden everywhere they went on their East African safari. Their exciting holiday began in Rome and took them to Africa for a lifetime of beautiful memories.

The helpful, friendly Romans, Kenyans, and Tanzanians proudly showed the natural attractions, man-made amenities, cultural heritage and modern society of their homelands. There were ancient monuments and past traditions in great contrast with luxury and comfort in modern towns and cities.

Rome was resplendent with its mountains, hills, olive groves and of course The Vatican, Coliseum, The Forum, great fountains, statues, and shopping. The mixture of a great history evolving before your very eyes only wetted your appetite for an area of the world with even greater variety — East Africa.

There they found tropical wildlife in abundance, snow - covered mountains, mountain forests with green glades and cool brooks, plundering waterfalls, clear, blue lakes full of flamingoes, rich highlands, the great Rift Valley, vast volcanic craters called "Africa's Garden of Eden," shimmering plains dotted with thorn trees and teeming with game.

East Africa is among the leaders in Africa's Game Conservation Program they found as they leisurely travelled by mini-bus and land rover through the changing landscapes each day. They experienced not only the physical beauty but also marveled at the incredible variety of wildlife. There were gazelles of all descriptions, zebra, lion, rhino, hippo, hyena, water buffalo, cheetah, baboon, monkeys, and giraffes. The Waldens were charged by an immense bull elephant protecting a herd of eleven including several tiny calves, saw lions mating, a cheetah momma watching over six cubs feasting on a Thompson's gazelle, and rhinos charging then tipping lightly over the Serengeti plains. Throughout all of this limitless number of beautiful birds from the ostrich to the humming bird flitted like metallic gems amid flowering bushes and trees found only on this continent.

Luxurious game lodges housed the Harvard University Kenyan - American Conference on Safari at Mt. Kenya, Lake Manyara, Ngorongoro Crater, Serengeti National Park, Masai Mara Game Reserve, Lake Naivasha, Lake Nakuru and in Nairobi at The New Stanley and Hilton Hotels. They saw Nancy Kissinger lunching with friends at the Keekorok Lodge and enjoyed the country club atmosphere of Bill Holden's Mt. Kenya Safari Club with its golf course, swimming pool, private cottages and huge club house. Accommodations of this description are found all over the areas they visited.

One never forgets the first glimpse of the Maasai Moran (warrior) leisurely herding his cattle, sheep or goats over the Serengeti plains or the Kikuyu, Wakamba, and Kalenjin tending their farms and plantations amidst a great variety of thatched or dung - covered huts or modern style homes with aluminum roofs. The weather was ideal because the high altitude produces a climate rarely exceeding 80 degrees or going below 45 degrees.

In fact at Mt. Kenya and Ngorongoro Crater flannel sleepwear, coats and warm socks were in order. Even in Nairobi one dresses for dinner always wearing a stole or sweater. For the dusty safari any slacks, skirts, comfortable shoes, and a scarf or safari hat are a must.

International cuisine is available in the city and the lodges serve what they called lots of good "English - style" food. Memorable were their meals of impala, crayfish, wildebeest, octupus, french - fried mushrooms and fruit salad made of custard, apples, papaya, passion fruit, pineapple, and all kinds of melons of which they'd never heard. On Safari the Waldens had picnic box lunches which they shared with the hydrax, wart hogs, mongooses and red headed lizards with blue bodies.

**Thought for Today**

One can never pay in gratitude; one can only pay "in kind" somewhere else in life.

— Anne Marrow Linbergh.

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# Here are ways to prepare some 'special' apple dishes

Although apples are available the year 'round, they are in their prime in autumn. Therefore, September, October and November are especially good months to feature apples in your menus. Besides being plentiful and economical, most apple varieties are now at their peak of quality.

Since apples keep better than most other fruits (store them in a cool, dry place), buying them by the bushel makes sense. During apple season, you can purchase apples by the peck or bushel in the produce department of most grocery stores, or at farm stands. Or do the apple picking yourself in one of the orchards that dot the countryside. But before you buy in quantity, decide how the fruit will be used — for eating or cooking or both.

Over 200 species of apples are grown in the United States, so there is plenty to choose from. Red Delicious (a sweet apple great for munching), McIntosh, Jonathan and Winesap are four popular varieties. The latter three being all-purpose apples, good for eating and cooking.

Besides being almost everyone's favorite fruit, apples enhance other food flavors. Apple pie and cheddar cheese, cinnamon baked apples and marshmallows, apple cobbler A' la Mode and cider with donuts are a few noteworthy combinations. Caramels rank as another well-liked apple complement.

For a special caramel and apple treat, try Caramel Apple Crisp. This recipe developed by the home economists in the Kraft Kitchens is so delicious, no one will guess how easy it is to make. Serve with milk or cream while it's still warm.

Caramel Apple Crisp will undoubtedly become a favorite in your recipe reperioire . . . as a special family treat and as a great ending to guest meals.

**Caramel Apple Crisp**

**28 caramels**
**2 tablespoons water**
**5 cups peeled apple slices**
**½ cup flour**
**One-third cup sugar**
**½ teaspoon cinnamon**
**½ cup chopped walnuts**
**One-third cup margarine**

Melt caramels with water in covered double boiler or saucepan over low heat. Stir occasionally until sauce is smooth. Layer apples and caramel sauce in 12 x 8-inch baking dish. Combine flour, sugar, cinnamon and nuts; cut in margarine until mixture resembles coarse crumbs. Sprinkle over apples. Bake at 350 degrees, 25 to 30 minutes or until golden brown.

Makes 8 servings.

**Apple Yuna Casserole**

**1½ cups cooked sliced apples**
**2 cans (7 ounces each) tuna**
**½ cup chopped onion**
**1 cup sliced celery**
**1 can (10½ ounces) celery soup**
**½ cup milk**
**¼ teaspoon marjoram**
**¼ teaspoon tabasco**
**½ cup buttered bread crumbs**

Cook apples in a very small amount of water until soft. Drain liquid from tuna into 2 quart heatproof casserole, add onion and celery. Cook until tender but not brown.

Remove from heat; stir in soup, milk, marjoram, drained apples, tuna and tabasco. Top with cheese. Sprinkle with bread crumbs. Bake at 425 degrees for 25 minutes.

Serves 4-6.

**Champion Apple Pie**

**Pastry for 9-inch double crust pie**
**1 cup sugar**
**½ cup orange juice**
**¼ cup water**
**2 tablespoons lemon juice**

Carmel apple Crisp

# Bean sellers lower prices

Housewives across this country, England, Western Europe and even Australia will find that one of their favorite budget stretchers . . . Michigan-grown canned beans . . . are priced right again this fall and winter. Mrs. America and her international counterparts turned thumbs down on the thirty-three plus cents price tag they saw on one pound cans of pork and beans last fall and winter. The higher than normal prices were caused by a weather plagued bean harvest in Michigan a year ago which cut production to nearly an all time record low. The shortfall in production drove bean prices up materially.

This season the prospect for beans is brighter! No one is predicting a bumper crop but supplies are expected to be adequate for both the domestic and international market; and "adequate" means lower prices at the retail level for packaged and canned beans.

The state's 6.000 bean growers are just putting the finishing touches on the harvest of a 515,000 acre crop this week. Michigan State University Extension personnel and industry observers complain that the weather pattern during most of the growing season was a bit short of the mark but the harvest season has not been hampered with anything like the weather which raised havoc with last year's crop. Approximately 90 per cent of the bean acreage in the State was planted to Navy beans this year. With any luck at all Michigan farmers will end up with bean crops that will average close to one half ton per acre. This is a production level below the State's capabilities but still enough to bring into play the full effect of the supply/demand curve in favor of the consumer.

You can look for domestic canners to be pushing canned bean sales this fall and winter. They like the Michigan producers, and shippers felt the pinch last season when higher input costs, coupled with a very small crop, pushed retail prices of canned and packaged beans up to the "no thanks" mark.

A fun to eat, nutritional and quick to prepare Michigan grown product that generates anywhere from 90 to 100 million dollars to our state and nation's economy is definitely on the way back this fall at prices calculated to turn the bean frowns that the Moms in this country wore most of last year into smiles once again!

You can put some smiles in your kitchen this week, or anytime soon, with this international recipe from Sweden:

**Swedish Bean Bake**

**2 one pound cans pork beans/or beans and tomato sauce**
**1 large apple, chopped**
**½ cup raisins**
**½ onion, chopped**
**4 strips of fried bacon, crumbled**
**¾ cup brown sugar**
**¼ cup sweet relish**
**1 tablespoon prepared mustard**
**¾ cup ketchup**

Mix all ingredients. Bake in covered casserole at 250 degrees for 1-½ hours.

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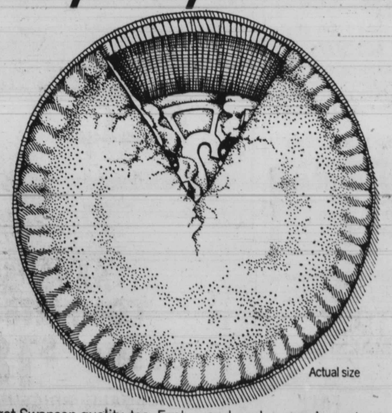
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