



# Sista Soldier



**NATIONAL ASSOCIATION OF BLACK MILITARY WOMEN NYC 5/2024**

## HOT TOPICS

### BLACK HISTORY FACTS:

Shirley Chisolm, by LTC (Ret) Ruth Ravenell

Born in Brooklyn New York November 30, 1924. She died January 1<sup>st</sup> 2005 at the age of 80

Shirley Anita St. Heil was her birth given name was a woman who was known for her moral character and her relentless ability to stand up for her community and what she believed.

She learned from an early age the importance of education and the value of hard work both of which she applied to her careers and accomplishments.

During the depression phase she and her siblings were sent to Barbados by her parents. She received a British education before returning to the USA. Upon returning to the USA, she completed a public-school education. Shirley exceeded exceptional in her grades, obtaining a full four-year scholarship. She attended Brooklyn College and received a Bachelor degree in Sociology in 1946. She furthered her education receiving a Master's degree from Columbia University in 1951. Shirley Chisolm was active in community activities, influential in democratic party activities, and influential member of the NAACP.

Because of her strong commitment to various activities in 1964 she was elected to New York State Legislature where she served four years.

## VET NEWS

### HAPPY BDAY

Taurus (Bull): Gemini (Twin)

**PRAYER CALL- MONTHLY MAY 3 @ 7PM ,  
EXECUTIVE BOARD MTG –MAY 13 @ 7PM**

**NYC CHAPTER MTGS –MAY 17 5:30 PM  
(INPERSON)**

**Henry J Carter Specialty  
at 1752 Park Ave,  
New York, NY 10035**

**Mayor Adams's Fleet Week Kickoff  
Breakfast on MAY 23, 2024  
RSVP May 15, 2024**

**Presenting Wreath on Memorial Day**

On June 5<sup>th</sup> DVS invited the NYC Chapter of the NABMW to attend Pink and White Women Veteran Empowerment Luncheon at 11:00 a.m.

### MENTAL HEALTH FIRST AID : A FREE CERTIFICATION COURSE

**DATE: JUNE 15, 2024**

**TIME: 9:30AM TO 4:30 pm**

**POC MAJ (Ret) STANLEE RICHARDS**

### NYC Chapter Fundraising ROARING 20'S PARTY RAG TIME

**DATES: June 29, 2024**

**Time : 4pm to 8PM**

**Location: VFW 483, 240-08 135  
Rosedale, Queens, NY 11422**

**POC: LTC(Ret) Paulette Williams & Maj (Ret)  
Gloria Qualles**

### Recommend book:

Behind the Scenes: or, Thirty Years a Slave, and Four Years in the White house by Elizabeth Keckley

In 1968, Shirley Chisolm became the first African American elected to Congress of New York 12<sup>th</sup> district (1968-1983). In 1972, Chisolm was the first African American woman to run for President of the United States. She ran against George McGovern. She received 152 member votes which was an outstanding number. Shirley Chisolm wrote two books, 1970- Unbought and Unbossed an autobiography and 1973- The Good Fight also an autobiography. Shirley Chisolm retired from Congress in 1983; she received the Presidential Medal of Freedom in 2015 from President Barack Obama.

**Shirley Chisolm's famous quote: "If they don't give you a seat at the table bring in a folding chair."**

### **National Association of Black Military Women**

2023 Biennial Convention Invisible Warriors Living The Dream

**When: September 18-22, 2024**

**Where: Chicago, IL**

Please go to the website to register  
NABMW.org

## **INNER PEACE** Service

### **Faith**

I stand strong in my faith.

If I doubt I have what it takes to live the life of my dreams, I look inside myself to see where I can shift my outlook. I affirm I can accomplish whatever I set my mind to do. I am strong, able, and ready to rise higher and higher.

I hold on to the teachings of Jesus whenever I experience doubt or feel I am not enough. His teachings remind me I am made in the image and likeness of God, just as he was. I am capable not only of doing the amazing things Jesus did, but even more—if I allow myself to believe I can. My faith in myself is the key to abundant living.

My faith leads me to believe in myself and in my ability to create the life of my dreams. I carry Jesus' words and teachings in my heart. Whatever I put mind and heart to I can achieve, today and every day.

***Jesus said to him, "If you are able!—All things can be done for the one who believes."—Mark 9:23***