



The Beacon

A Newsletter of the New York Coalition of One Hundred Black Women, Inc.
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O c t o b e r 2 0 2 1



Message from the President

The long awaited summer of 2021 has come and gone and we are now enjoying the cool, crisp days of autumn. We hope that you had the opportunity to relax this summer and pray that you and your loved ones have remained safe during the continuing Covid-19 pandemic. Due to the impact of the Delta variant and other issues, the Coalition will continue to meet virtually during the month of October. Hopefully conditions will improve in the coming months and we will keep you informed when we are able to return to in-person meetings. In the meantime, there is much work to be done.

October is an extremely important month for women of all ages. October is Breast Cancer Awareness Month and we are reminded to monitor our breast health carefully. Please make sure that you schedule your Mammograms (even during this pandemic) and that you keep your appointment. Breast Cancer can be treated effectively if detected early. There are several Coalition members who are breast cancer Warriors who have triumphed over the disease. Support is available if you need it. Don't be afraid to ask!

October is also Domestic Violence Awareness Month. If you know of someone who is experiencing domestic violence, let them know that help is available. In this Newsletter you will find information that lists some of the "RED FLAGS" that may be signs of domestic violence. If you know someone who is suffering in silence, please let them know that help is available. Remember, love shouldn't hurt!

Finally, for the remainder of 2021 and throughout 2022, the Coalition will focus on increasing our membership. We encourage each member to Invite a friend to our next membership meeting on **October 23rd**. It is possible, even in a virtual setting, for potential members to learn about our work and to get involved.

Barbara Kairson, Ph.D.

Your Vote Is Your Voice

In less than eight weeks, New Yorkers will go to the polls to decide who will lead our City. Candidates are running to fill many vacancies and it is important that we be as informed as possible before making a selection. In addition, there will be 5 ballot proposals on which to decide. In the coming weeks, the Coalition will share information with you about the upcoming election and we are also working to provide a virtual forum where selected candidates can present their platform to our membership. Stay tuned for more information and please make note of the following dates:

Key Dates

Voter Registration Deadline

Fri, October 8, 2021

Absentee ballot request deadline

Mon, October 18, 2021

Early Voting

Sat, October 23, 2021 - Sun, October 31, 2021

General Election Day

Tues, November 2, 2021

New Yorkers will vote on the following Ballot Proposals and you may visit:

www.elections.ny.gov/2021BallotProposals.html for detailed information on each proposal.

1. Amending the Apportionment and Redistricting Process
2. Constitutionalizing the Right to Clean Air, Clean Water, and a Healthful Environment
3. Eliminating 10-Day Advance Voter Registration Requirement
4. Authorizing No-Excuse Absentee Voting
5. Increasing Jurisdiction of the New York City Civil Court

You may visit:

www.elections.ny.gov/2021BallotProposals.html for detailed information on each proposal.



Are you in danger?

Here are a few warning signs and red flags of an abuser provided by The Domestic Violence Hotline.

You should be concerned if your significant other ...

1. Tells you that you can never do anything right.
2. Shows jealousy of your friends and time spent away.
3. Keeps you or discourages you from seeing friends or family members.
4. Embarrasses or shames you with put-downs.
5. Controls every penny spent in the household.
6. Takes your money or refuses to give you money for expenses.
7. Looks at you or acts in ways that scare you.
8. Controls who you see, where you go, or what you do.
9. Prevents you from making your own decisions.
10. Tells you that you are a bad parent or threatens to harm or take away your children.
11. Prevents you from working or attending school.
12. Destroys your property or threatens to hurt or kill your pets.
13. Intimidates you with guns, knives or other weapons.
14. Pressures you to have sex when you do not want to or do things sexually you are not comfortable with.
15. Pressures you to use drugs or alcohol.

If you have experienced any of these signs, then please visit The Domestic Violence Hotline at www.thehotline.org or call their 24/7 phone service at 1-800-799-7233 | 1-800-787-3224 (TTY).



We extend warm birthday wishes to Coalition Sisters celebrating birthdays in September and October.

September

Mary Ellen Arrington

Elizabeth Carde, R.N.

Dr. Arnette Crocker

Rayne Dorsey

Danielle Doucette

Carolyn Hubbard Kamunanwire

Dr. Barbara Kairson

October

Janet Collins

Wilma Jeff

Mercedes Nesfield



Following are some of the common signs and symptoms of breast cancer:

The following early signs and symptoms of breast cancer can happen with other conditions that are not cancer related.

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area of the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

The University of Kansas Cancer Center

If you or a loved one are experiencing any of the above systems, please make an appointment to see your doctor immediately...and remember, men can get breast cancer too!

October General Membership Meeting

Our next General Membership Meeting will be virtual and will take place on **Saturday, October 23, 2021 at 1:00 p.m.** Please make a note to attend the meeting and invite a friend, colleague or family member you think might be interested in joining the Coalition to attend the meeting as well.

Finally, to show our support for Breast Cancer Awareness Month and Domestic Violence Awareness Month, we are asking that members **wear pink or purple to the meeting.**

Thank you and we'll see you on **October 23rd.**

