

# THE JAY STREET JOURNAL

"All the news that's fit to encourage, motivate, inform, oh yeah and print!"



## Recipe for a Successful Jack & Jill Day

### Don't miss in this issue:

- *30 Acts of Service*
- *Mothers' Workday*
- *Youth Spotlight*
- *Upcoming Events*

Every year is no different. The Prince William County Chapter of Jack & Jill of America, Inc. celebrates the beginning of the program year with a wonderful family gathering. This year we decided to commemorate our 30<sup>th</sup> anniversary by hosting a picnic with a nod to yesteryear. With eighties music serenading our laughter, we were able to cook up a fantastic day that included popular picnic games from the eighties, such as dodgeball, three-legged races and a hula-hoop competition.

Some simple ingredients for our great Jack & Jill Day included:

- ⇒ A beautiful, sun-filled day
- ⇒ Picturesque, shaded and grassy picnic area
- ⇒ Plentiful & tasty food offerings
- ⇒ Good company – new and old friends alike

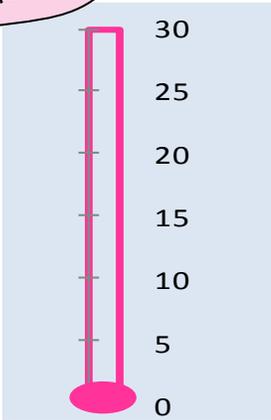
The nation's capital served as our play spot for the day. We gathered at Rock Creek Park in Washington, DC. And although nearly every family got a little lost finding our spot, it was well worth the find. We had plenty of room to play games, fellowship and eat. Bar-B-Que chicken, chopped pork, potato salad and baked beans, supplied by Famous Dave's Bar-B-Que, was enjoyed by all.

We took a break to honor Carole Robertson. Our Lords and Ladies, the PWC teen group, did an amazing job reciting some of the many things we know and loved about Carole. It made all of us realize how much Carole and our kids are like.

We wrapped up the day by cutting a beautiful cake and enjoying the final minutes of lovely day.



ON OUR WAY!!



# KID'S KUDOS KORNER



Welcome to Kudos' Korner. Where we give accolades to the achievements and accomplishments of our children.

More PWC youth doing positive things. See **Youth Spotlight** on Page 6 & 7. Read and share with families and friends.

Teens Michael Lawrence and Nia Williams are making noise in academics and music.



More Kid's Kudos to come.....



## The Countdown Begins.....

Foundation Chair Yvonne Ferguson

The Prince William County (PWC) Virginia Chapter is embarking on a unique and groundbreaking journey, one of true service and commitment. Chartered on September 8, 1984, PWC has become an integral part of the community over the past 30 years.

Our *30 Acts of Service* aims to continue our commitment of working with essential service programs that enrich the lives of our members and our community. In recognition and celebration of our 30<sup>th</sup> year, PWC Virginia Chapter and Associates, collectively with our fathers and children, have committed themselves to participate in over 30 community service activities during the 2014-2015 Jack & Jill of America, Inc. program year. Understanding that community service is the hallmark of servant leadership, our *30 Acts of Service* will not only benefit our community, but also our children by instilling a key Jack and Jill of America, Inc. value, youth leadership development.



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## Notes from Our President

Chapter President *Felecia Brown*

### The Simple Act of Kindness

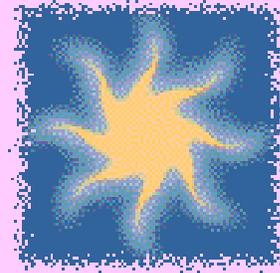
Drop a pebble in the water,  
And its ripples reach out far  
And the sunbeams dancing on them  
May reflect them to a star

Give a smile to someone passing,  
Thereby making his morning glad;  
It may greet you in the evening  
When your own heart may be sad.

Do a deed of simple kindness;  
Though it end you may not see,  
It may reach, like widening ripples,  
Down a long eternity.

~Joseph Norris

Mothers as we embark upon celebrating our 30th year anniversary, let's take a moment to reflect on our theme "30 Acts of Service." I believe this year's anniversary will be recorded into our history as we "Rise and Shine" here in Prince William County, Virginia.



## PWC Mothers at Work during Annual Mother's Workday

Prince William County Chapter mothers gathered at the picturesque Poplar Springs Inn and Spa in Casanova, VA for our annual Mother's Workday. We finalized plans for the program year including how we will celebrate our thirtieth anniversary. We also reviewed the revised chapter budget and the membership intake guidelines. One of the highlights of the day was hearing words of wisdom from our beautiful associates. What a wonderful gesture on their part, to take the time to dine with us and then offer words of encouragement and inspiration. We are so lucky to have this group of women in our midst and their willingness to stay involved and in touch.

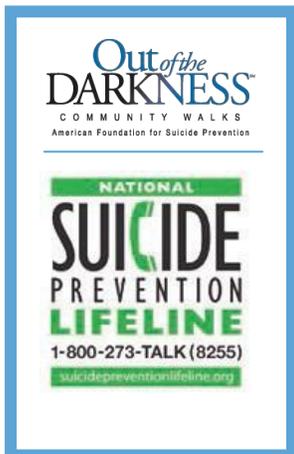


Our foundation committee, led by Chair Yvonne Ferguson and Mother Enica Russell, presented the basis for our campaign called "30 Acts of Service" in honor of our 30th anniversary. We have successfully completed Act 1 of 30. Read all about it on [Page 4](#).

VP VaCora Rainey presented the membership committee's recommendations for this year's intake guidelines for new members. Our current membership roster consists of twenty-eight mothers. We are looking for mothers with children (boys and/or girls) in Groups I, II or III. Prospective

mothers must attend at least one of two social functions available. The first will be an afternoon tea on Sunday, October 19th at 2PM at the Crest Hill Antiques in The Plains, VA. Potential members will have the opportunity to meet current members and learn more about our chapter. We will also extend an invitation to prospectives and their spouses to join chapter couples at a wine event in November.

Children's Program Director reviewed and emphasized the importance of stellar programming. It's so important to **S**upport age group and chapter activities; **T**ry something different when planning new events; create **E**xcitement; make **L**ast minute adjustments, if necessary; include **L**unch or dinner; be sure to **A**nnounce activity early; and follow the **R**ules of good programming.



ADDRESSING THE NEEDS OF INDIVIDUALS IN OUR COMMUNITY AND PLANTING THE SEEDS FOR FUTURE COMMUNITY SERVANTS.

*Unanswered questions — Do you still get to go to Heaven if you commit suicide? Logan Russell, Group 4*

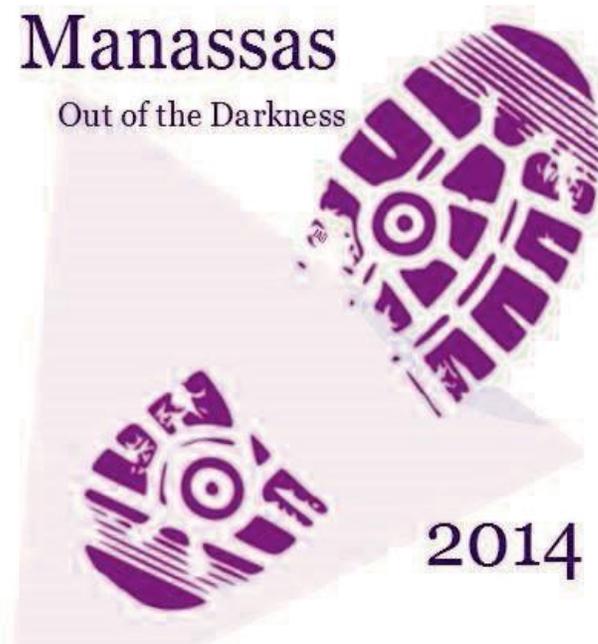
# Raising awareness about suicide

On September 28, 2014, in recognition of **National Suicide Prevention Month**, the Prince William County Virginia Chapter of Jack and Jill of America, Incorporated sought to raise awareness about suicide — particularly in the African-American communities. Moms in the chapter were distraught after learning that a Midwestern Region Jack and Jill teen had committed suicide. As a result, we wanted to both honor the family and seek to understand what could be done to protect our children. Prior to the walk, we learned that nearly 16 percent of students in grades 9 to 12 report

having seriously considered suicide, and 7.8 percent reported having attempted suicide once or more in the past 12 months.<sup>1</sup> During the walk, we met with local families that were personally affected by suicides, one as recent as one week ago. One volunteer commented that it was only after her son successfully committed suicide that she learned from his friends that it was not his first attempt. We wondered why didn't she know that? It's because no one wants to talk about it, especially kids who don't want to snitch

## Manassas

Out of the Darkness



on their friends. Oddly enough, each of the PWC Jack and Jill families present all knew someone who had taken their own life, yet we never revealed that commonality prior to the walk. We all shared in each others grief and wore Mardi Gras beads representing the loss of our loved ones.

<sup>1</sup>Centers for Disease Control and Prevention. Youth risk behavior surveillance — United States, 2011. *MMWR*. 2012;61(4) 1-162

## FATHERLY CONCERN

No one can ever say that the men of Prince William County Virginia do not play active roles in the lives of their families. Despite the walk occurring on a “Football Sunday”, the men readily stepped in and showed their support for our children. Husbands David Ferguson, Jason Russell, Sanford Williams and one Daddy’s Little Girl can be seen in this photo showing how seriously they take their role as protectors of their families. We thank them for taking the time to learn more about the signs of depression, and what organizations are there to help!





# Getting the most out of our 30 Acts of Service

*Suicide can be prevented. You can help by getting educated.*

During the walk, chapter moms had the privilege to meet with Manassas Mayor Harry J. Parrish II. We gave him an overview of the national organization and shared with him about what we were doing on a local level — particularly as it relates to our 30 Acts of Service Campaign. He wanted to learn more about our organization, and committed to partnering with our chapter on events throughout the program year.

We also had the opportunity to meet local news anchor with WRC-TV in

**One Act Down, More to Come!**

Article Written by:  
Enica D. Russell

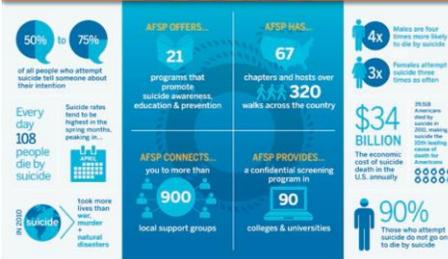
Washington, Pat Lawson Muse, and discuss the increased presence we

would like to have in Prince William County. We plan to follow up with her as well to discuss possible media coverage of our events.

# GET THE FACTS ABOUT SUICIDE:

Knowledge is Power

REDUCE THE ANNUAL SUICIDE RATE 20% BY 2025



AFSP: AMERICAN FOUNDATION FOR SUICIDE PREVENTION | IF YOU ARE IN CRISIS, CALL 1.800.273.TALK (8255) | GET INVOLVED: WALK - LEARN - ADVOCATE - DONATE

For many African-American families, the subjects of depression and suicide are often taboo. Learn more about why we need to have important conversations within our families and the African-American community-at-large.

[Click here.](#)



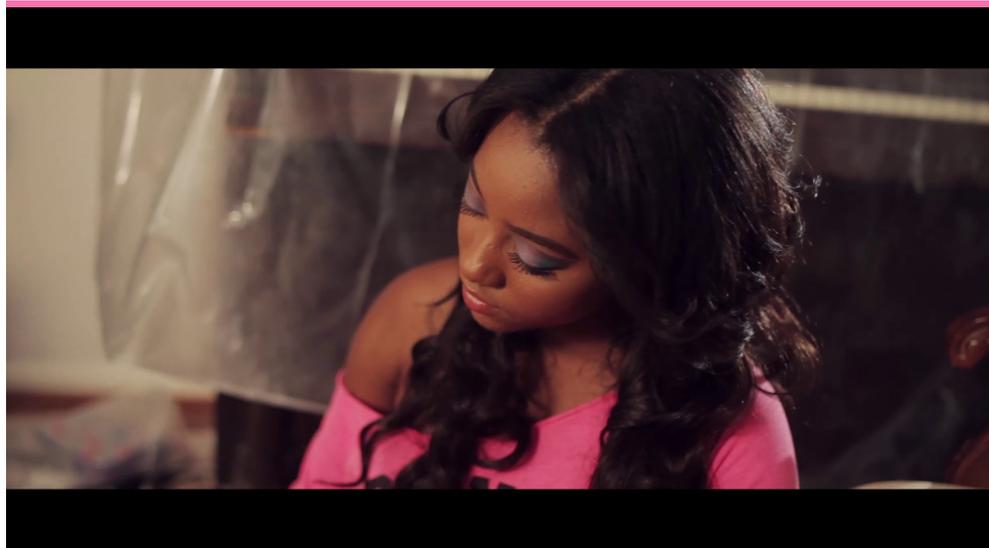


## YOUTH SPOTLIGHT

### Support Nia Williams' Debut Single on iTunes

Congratulations to Nia C.C. Williams, age 15, for the release of her new single on iTunes, *Forget*. The song, written and performed by Nia, tells the story of a young girl who is forced to leave behind her first love while she embarks on a new journey of self discovery. The video, featuring a few members of PWC, VA Jack & Jill, is scheduled to premiere on Wednesday, October 22.

Be sure to support Nia by downloading *Forget* on iTunes! <https://itun.es/i6gZ3YP>



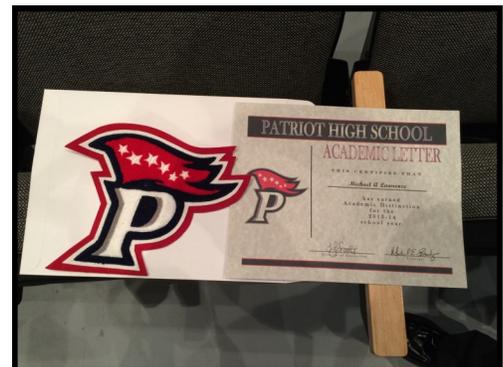
Cover of newly released single, *Forget*, by Nia C.C.  
 "Thanks for all the love and support of my Jack and Jill family."

### Michael Lawrence Achieves Academic Excellence

Congratulations to Teen Michael Lawrence for receiving an academic letter from Patriot High School, Nokesville VA. and earning academic distinction in the 2013—2014 school year. He achieved all 'A's in his freshmen year of high school last year. Michael, along with others, was recognized during a special presentation, Fall Academic Excellence Ceremony, at the school.

Michael has made a successful transition from middle (lower) school to high school, as well as going from private to public school. It looks like he hasn't missed a step.

Great job, Michael! Keep up the good work.





"Four days of fantastic films in a stunning setting!"

Middleburg, VA., established in 1787, is a stunning village surrounded by beautiful landscapes. It is known for its natural beauty, history and charm. Over 150 buildings are listed on the National Register of Historic Places.

The film festival offers numerous films over a four day period beginning on Thursday, October 30th. To take full advantage of the festival, movie-lovers should try to see as many films as possible. Several are touted to be Oscar-worthy. Last year's inaugural event, kicked off with "Nebraska" featuring actor Bruce Dern. Several films, including "Nebraska" went on to receive multiple Oscar nominations.

The Social Activities Committee invites to an evening of dinner and a movie on Saturday, November 1st. Dinner will proceed the 8:45PM showing of "Force Majeure". This Swedish foreign film, complete with subtitles, was a big winner at this year's Cannes Film Festival. RSVP to the evite previously forwarded and go online at [www.middleburgfilm.org](http://www.middleburgfilm.org) to purchase tickets (\$15.00/each). Details for dinner will be forthcoming.



# UPCOMING ACTIVITIES

Final Dates to be shared at Mothers' Meeting  
Dec 2014—Feb 2015

GROUP	DECEMBER	ACTIVITY
I Tiny Tots	13th	Marine Corp Museum (Quantico)
II Little Gems	13th	Visit Shelter/Gift Donation
III Terrific Tweens	TBD	TBD
IV Rising Stars	TBD	TBD
V Lords & Ladies	26th	COPA, New York City
Chapter	TBD	Kwanza Celebration

GROUP	JANUARY	ACTIVITY
I Tiny Tots	10th	Bank Visit
II Little Gems	10th	Bank Visit
III Terrific Tweens	19th	Snow Tubing
IV Rising Stars	17th	Martha's Table
V Lords & Ladies	19th	Snow Tubing
Chapter	TBD	Founder's/Associates Day

GROUP	FEBRUARY	ACTIVITY
I Tiny Tots	TBD	Diaper Bank
II Little Gems	TBD	Courthouse Visit
III Terrific Tweens	TBD	Dork Diaries
IV Rising Stars	TBD	Trampoline Park
V Lords & Ladies	TBD	Leadership Forum

# November 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Group I: Reading Event Group II: Ice Skating Group III: Food Pantry Group IV: Bullying						1
						
2	3	4	5	6	7	8
9	10	11	12	13 EB MEETING	14	15 <u>Teens:</u> Children's Hospital Module Madness Lock-In
16 <u>Teens:</u> Module Madness Lock-In	17	18	19	20 MOTHERS' MEETING	21	22
23	24	25	26	27  HAPPY THANKSGIVING	28	29
30						