

The Carillon

Mission Statement: NANM promotes, preserves, and supports all genres of music created or performed by African Americans.

**A Publication of the Georgia Laster Branch of NANM, Inc.,
(A non-profit organization)**

Editor, Patti E. Anderson

October, 2011 Issue

The NANM Logo. The female face represents the singer; The hand represents the writer, composer; Keyboard collar represents the instruments; The male face represents the impresario.



**GLB/NANM, Inc.
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BOARD MEMBERS!

SAVE THE DATE!

Board meeting Tuesday, Oct. 4, 2011, 6:00pm – 2036 W. 76th St., Los Angeles, CA. Hosted by Geneva Day

From the Editor: If you have information you wish to include in an issue of *THE CARILLON*, please submit, via email, no later than the 15th of each month to Patti E. Anderson (swtpea92@att.net).

Happy Halloween



**The next Branch meeting will be held on
Sunday, October 9, 2011, 3:00 pm at Holman
United Methodist Church-3320 W. Adams
Blvd., Los Angeles, CA Rm. 204**

*We will be working on finalizing things for the
Memorial Concert in honor of Dr. Don Lee White.*

**P.S. If you have not yet paid your dues please do so
ASAP. Send your check to Henrietta Fortson – 3309
W. 82nd St., Inglewood, CA 90305. Regular Dues =
\$75. Life Members = \$35**

HEALTH CORNER



More This

Fish Oil – Omega-3 fatty acids may relax you. Medical students who took 2.5 grams of fish oil supplements daily for three months felt 20% less anxious than those who took a placebo. **Massage** – Indulge. In a new study, massage eased lower back pain better than pain relievers. **Nuts** – People with diabetes who ate two ounces of mixed nuts (raw or dry roasted) every day, instead of carb-heavy snacks like muffins, significantly improved their blood-sugar levels in recent studies. Bonus: Levels of bad cholesterol went down too.

Brown Rice – You might slash your risk of colon polyps by 40% by eating brown rice once a week, say scientists. For the nearly 3,000 study volunteers, eating beans or other legumes three times a week reduced risk by a third.

Reader's Digest – Oct. 2011

Birthdays of the Month

- Alva Harper
10/17
- Meryl Hinkle
10/7
- Father Allan Roberts
10/5
- Lilla Wesley
10/9
- Sandra Wheeler
10/19

If your name does not appear on this list it is because we do not have your information on file. Please contact Patti E. Anderson at (323) 296-1771.



NOTES OF CONCERN:

Please keep the following persons in prayer: Corrine Ball.

If you know of anyone who is ailing or has lost a loved one please let this editor know. This is one way we can keep apprised of what is going on with our membership.



Quote of the Month

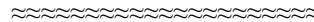
O, it sets my heart a clickin' like the tickin' of a clock, When the frost is on the punkin and the fodder's in the shock.

---James Whitcomb Riley

Laughter, the Best Medicine

My friend has a bad habit of overdrawing her bank account. One day before we went shopping, I complained about my lack of funds and lamented, "Guess I'll use plastic." Unconcerned, she whipped out her checkbook: "I'm using rubber."

--- Amanda Howard, Carlisle, PA.



Calendar of Events: Please save the dates:

Sunday, Oct. 23, 2011, 4:00 pm – The Albert McNeil Jubilee Singers presents a program of Spiritual works by Afro-American Composers/Arrangers at Emmanuel Reformed Church, Paramount, CA.

Saturday, Nov. 5, 2011, 5:00 pm – Edna Hammett Porter Branch presents the George T. White III Scholarship Musical – Greater Ebenezer Baptist Church – 5300 Denker Ave., L.A., CA.

Saturday, Nov. 12, 2011, 6:00 pm – GLB member Peter J. Roberts is being honored by Musicians in Action (MIA) at Torrance Marriott – 3635 Fashion Way, Torrance, CA. \$60.00 per person For info. Call (310) 316-3636

Sunday, Nov. 13, 2011, 3:00 pm – Memorial Concert in honor of Dr. Don Lee White – Holman UMC.

Wednesday, Nov. 16, 2011, 7:00 pm – The Albert McNeil Jubilee Singers in concert at La Jolla Presbyterian Church (near San Diego). For additional info. Please contact Dr. McNeil almcneil@aol.com.

