



Greetings from Our Founder

I can't believe it's already July! We have had an exciting year. Among many other notable accomplishments, The My Sister's Keeper Foundation For Women has been named one of the top-rated women's empowerment organizations in the nation, through a campaign led by Great Non-profits, Inc. (See link on page 2) I would also like to take this opportunity to thank all of our volunteers, program participants, professional service providers, vendors, board members and donors for sharing your comments and helping to bring greater awareness and exposure to work that we are doing. Please take a moment to visit our website to read our reviews and share in our celebration of this honor.

Throughout this issue of the MSK Newsletter, you will find reports from our program directors and participants in the 2009-2010 Leadership & Life Coaching Program, the Single Mother's Assistance Program (SMAP) and the Margaret G. Baker Second Chance Award Program. We trust that you will appreciate the highlights and pictures from the various MSK programs and events dispersed throughout this edition. We also look forward to updating you at the end of this year and ask that you continue to expect great things from the women of the MSK community.

It is with the prayers, donations and continued support of family, friends, and people like you that we are *"Moving Women from Average to Excellence"*.



Dr. Toni G. Alvarado
CEO/Lead Coach
MSK Foundation for Women

MSK Congratulates 2010 MGB Second Chance Award Recipients!

The Margaret Griffin Baker Second Chance Award provides financial scholarships to enhance the educational opportunities of the women in the MSK community desiring to further their secondary, graduate and post-graduate education, or seeking to advance their career options, change careers or re-tool and re-enter the work force. This year MSK would like to recognize Mrs. Errin Baugh and Ms. Tracy L Carson for their continued pursuit of excellence in their educational and professional journey.



Errin C. Baugh
2010 MGB Second Chance
Award Recipient
Leadership DeKalb
Award Amount: \$1000



MSK Board Members and MGB Second Chance Award
Honoree - From Left to Right

Sonya Hunte, Jamyee Pleasant Slater, Margaret G. Baker,
Dr. Toni G. Alvarado, Auma Reggy, ESQ



Tracy L. Carson
2010 MGB Second Chance
Award Recipient
Georgia Perimeter College
Award Amount: \$1500

Partnering With MSK

Please consider partnering with MSK by making a donation toward the **MGB Second Chance Award** or the **Single Mother's Assistance Program**. With your generous gift we will be able to assist women in their educational goals and pursuits and offer assistance to single mothers with summer educational enrichment tuition and fees toward extracurricular activities and school supplies for the upcoming school year. Please make your tax-deductible donation payable to: My Sister's Keeper Foundation for Women *** 2890 GA Highway 212 Suite A 124 Conyers, Georgia 30094*** Or online at www.mskfoundation.org

Great Nonprofits 2010 Women's Empowerment Campaign

You have an exciting opportunity to help us make even more of a difference in our community. Great Nonprofits is conducting a campaign to identify the top-rated women's nonprofits in the country. Won't you help us participate in the campaign by posting a review of your experience with us? All reviews will be visible to potential donors and volunteers. It's easy and only takes 3 minutes! Go to: www.greatnonprofits.org/reviews/my-sisters-keeper-foundation-for-women-inc.

Be sure to choose "Women's Empowerment Campaign" from the drop down menu of campaigns in the review template. Share your experience with MSK and help us and help us shine in the 2010 Women's Empowerment Campaign. With your help, we can gain greater visibility in our community!

Leadership and Life Coaching Program 2010-2011

MSK is accepting applications for the 2010-2011 Leadership & Life Coaching Program beginning May 1-July 10, 2010. Applications are available on our website at <http://mskfoundation.org/coachingprogram1.pdf>. Make your application today and prepare to join us for our Leadership & Life Coaching Program Interest Meeting on **Saturday, July 10, 2010!** For more information email us at coaching@mskfoundation.org.

Combined Federal Campaign of Metropolitan Atlanta

MSK is a listed charitable organization in the Combined Federal Campaign (CFC) of Metropolitan Atlanta, which provides support to non-profit organizations that provide health and human services. CFC is the world's largest and most successful annual workplace charity campaign. Pledges are made by Federal civilian, postal and military donors during the campaign season (September 1st to December 15th). If your company is a participant in CFC, this is an opportunity to donate to MSK. Please refer to **CFC #18619**. We are appreciative of your continued encouragement, donations, and support.

"Moving Women from Average to Excellence"

MSK Woman - Christy Lee

Christy Lee is the Chief Financial Officer for SunTrust Investment Services, Inc. the retail brokerage arm of SunTrust Banks, Inc. She is responsible for regulatory reporting and general accounting for the regional broker-dealer. Prior to joining SunTrust Investment Services, Inc. she worked as a Securities Compliance Examiner with both the U.S. Securities and Exchange Commission and the Financial Industry Regulatory Authority (formally known as NASD). Christy has spent ten years supporting the securities industry and is fascinated daily by the ever changing market.

In 2005, Christy married Quincy Lee, after a chance meeting at a wedding. Five years later they have one son, Quinten Ross Lee.



Reflections from Leadership and Life Coaching Program: When I began my journey with MSK 9 months ago, I really did not know what to expect. My initial goal was to find out what I wanted to do with my life. I was planning to develop career next steps with a defined execution plan. I quickly realized this program was going to do more than scratch the surface. When we began group sessions, exercises, and reading assignments, I knew that this was going to require a level of vulnerability and realness that I was not prepared for. So began my transformation from goal setting to purpose finding.

During the course of the program my mindset began to move from what I want to do to "Who does God want me to be" – what a profound change. This same transition happened in all of the remarkable ladies in this group.

Continued on page 4



MSK Transformation Award
presented to

Cassandra Griffin

in recognition of your *transparency, self discovery and willingness to expand your horizons through* the MSK Leadership and Life Coaching Program

My Sister's Keeper Foundation for Women
Sunday May 23, 2010



MSK Excellence Award
presented to

Auma N. Reggy

in recognition of your outstanding Leadership and Achievement in the Marketplace and your extraordinary commitment to the Education and Spiritual Development of disenfranchised and displaced women and children in the global sector

My Sister's Keeper Foundation for Women
Sunday May 23, 2010



MSK Going The Distance Award
presented to

Angie Jenkins

in recognition of your commitment, progression, and dedication to the Leadership and Life Coaching Program.

You are commended for the distance you traveled in completing this part of your journey.

My Sister's Keeper Foundation for Women
Sunday May 23, 2010



MSK Community Empowerment Award
presented to

Lucy Hall

for 11 Years of Commitment & Service in Improving the Quality of Life For Women and Children in your establishment and leadership of the Mary Hall Freedom House, Inc.

My Sister's Keeper Foundation for Women
Sunday May 23, 2010



Leadership and Life Coaching Program

MSK is excited to begin our 4th Leadership and Life Coaching Program Focus Group

*Thanks to the dedication of our supporters, we've
been named
Top-Rated Women's Empowerment Nonprofit!*

This impacting nine month coaching program will help you:

- Maximize Your Potential
- Understand Your Unique Gifts and Life Purpos
- Build Your Personal and Professional Capacity
- Be Inspired To Dream
- Set and Attain Goals
- Develop Authentic Relationships



We invite you to join us at our 2010 -2011 Leadership & Life Coaching Program Interest Meeting to be held on

July 10, 2010 from 9:00 A.M. - 12:00 P.M. at the Holiday Inn - Northlake. 2158 Ranchwood Drive, Atlanta, GA 30345.

RSVP by visiting: info@mskfoundation.org

Applications are available on-line at <http://mskfoundation.org/coachingprogram1.pdf>

MSK Woman - Christy Lee continued

By the time we made it to the retreat, I learned what true SISTERHOOD meant. See, each of us are very different individuals. We had a range of ladies in the group from the young to the more mature; from homemakers, educators, not for profit and corporate workers; from the country all the way to the "hood." But what we all came to realize is that God had placed a plan and purpose in our hearts. We learned that finding that purpose was our official transition to service. We all laughed, cried, danced and came to realize all of the greatness God put inside each of us.

I still am absolutely amazed at seeing each woman going from a vague understanding of their purpose (at best); to this bold understanding of who they were meant to be. Each lady is walking taller and standing boldly. From the quietest to the more vocal, the depth with which we walk in our purpose is seen all over each of us.

This program has shown all of us that our purpose guides our future decision making; it is the new barometer with which we will guide our lives. I have no doubt that we will do amazing things that are beyond anything we could fathom because ladies, we have all learned that "Who we have become is God's gift to us, but we do with it is our Gift to God."

Through MSK I truly realized that "My purpose is to be a transformational leader and coach that provides a positive perspective on life circumstances while guiding individuals ("women") towards their dreams" and there is no dollar value I can put on that type of transformation.

2010 Leadership & Life Coaching Program Graduates



(Left to Right) Carmen Stroud, Anjie Jenkins, Carmen Callaway, Marietta Solomon, Donita Munn, Christy Lee, Cassandra Griffin, Jessica Gordon, Sharon Williams, Patricia Neal (not in picture: Stephanie Erskine)

MSK Partners With Local Atlanta Area Summer Educational Enrichment Camps

by Allison Hornbuckle

[index1.htm](#)

MSK, Single Mother's Assistance Program has pledged to sponsor 6 children for 2010 summer educational enrichment camps. The camps are as follows: Kaleidoscope Camp, Camp of Champions, Big Thinkers Camp, and Atlanta Workshop Players.

Kaleidoscope Camp's 2010 mission is for children to explore chemistry and mathematics. The children attending this camp will learn through marshmallow molecules, chemical reactions and weekly themed field trips. This camp runs for 9 weeks. To learn more about this camp, you may visit their website at: <http://www.kaleidoscopecamp.com/>

Camp of Champions Inc's mission is to enhance social, promote cultural and religious awareness and to heighten and foster independence and self-reliance through the sport of basketball. Youth attending CCI programs can be enriched socially, educationally, spiritually and also physically. They will have the opportunity to participate in Christian-based learning activities. This camp runs for a total of 11 weeks. To learn more about this camp and their after-school program, you may visit their website at: <http://campofchampionsinc.org/>

Atlanta Workshop Players is focused on enriching children's lives through the medium of the performing arts. **Children will be challenged by a curriculum that pumps up the fun quotient** with many types of dance, improvisational comedy, acrobatics, circus arts, video projects, special FX makeup, TV/film, stage combat and other wildly explosive shenanigans. This camp runs for one week at Oglethorpe University. To learn more about this camp, you may visit their website at: <http://www.atlantaworkshopplayers.com/>

Big Thinkers Camp introduces students to the awesome world of science in a fun and exciting way. Children will explore cool science phenomena through awesome demonstrations, innovative experiments, outdoor activities, and hands-on explorations. This camp is a one week intensive program. To learn more about this camp, you may visit their website at: <http://www.big-thinkers.com/>

The candidates for the Single Mother's Assistance Summer Program completed the application process which included an interview. Chosen candidates received vouchers on



Dante Finney, Coach Daryl Battles and Josiah Finney

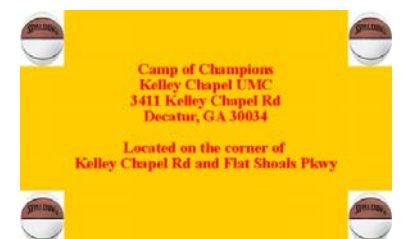
May 31, 2010 for their children's full participation in the various camps. Each child and mother signed an agreement form with MSK to present a two page essay at the end of summer, reporting on their involvement in the camp and identifying ways in which they grew both educationally and socially.

One of the recipients of the camp voucher, Ms. Finney "is so grateful for the opportunity," and feels that, "simply saying thank you does not properly express my gratitude. I can see a visible change in my boys this summer and they would not have had this experience were it not for MSK." Another recipient, Ms. Worthy, "is so excited that her daughter will have the opportunity to attend [The Atlanta Workshop Players Camp], this will be such an amazing experience for her!"

Coach Daryl Battles of Camp of Champions is both excited and proud to partner with MSK as many of his campers are from single parent homes. "Being a part of something that is so influential in the community, makes me proud that MSK has partnered with my camp and I am looking forward to working with MSK in the future."



With support from My Sister's Keeper, a deserving widowed single mother was able to receive the financial support needed to attain a safe, educational and nurturing environment for her teenage child.



The SMAP Report

By Sonya Hunte, MSW



The MSK Single Mother's Assistance Program

(SMAP) is specially crafted to empower single mothers through the facilitation of educational and professional seminars, tuition vouchers and support required for educational and extra-curricular activities of their children (after-school, summer camps, athletic and fine arts clubs and activities).

Thus far this year the SMAP team has hosted two empowering seminars. The Building Your Financial Legacy seminar was held on Saturday, February 27, 2010 with panelists Ms. Shermanetta Carter, CPA and CEO of Integrity Accounting Services and Mr. Frank Arnold of ICI Financial Services. Together they facilitated a workshop environment where women could be transparent and grow in their financial life with information and counsel that ranged from budgeting to retirement and estate planning.

The MSK Professional Development workshop was held on Saturday, April 17,

2010 at Emory University-Rollins School of Public Health. This panel style discussion was facilitated by a team of professionals from varied fields of expertise to include Ms. Stacey Chavis, Southern Regional Director of the White House Project; Mrs. Cecily Welch, Senior Tax Manager of the S.J. Gorowitz; and Mr. Eric Nichols, Senior Recruiter with Northrop Grumman. The discussion was focused on such topics as Workplace Culture, Educational/Certification Attainment, Professional Skill Sets and The Power of Networking.

SMAP is also the sponsor of The Raven and Yolanda Johnson Mother's day luncheon held at Children's Healthcare of Atlanta – Eggleston Hospital. The MSK family would like to thank Mr. Tim Hanserd, Banquet Manager of the Atlanta Maggiano's Buckhead Restaurant for helping us with a generous donation of food. With their help we were able to feed several mothers and families of children in the Pediatric and Neonatal Inten-

sive Care Units some of whom had not eaten or rested in days.

This very special event is facilitated in honor of Raven Johnson who passed away from complications related to juvenile rheumatoid arthritis in September 2009. Her mother, Yolonda Johnson was also present to share in this special time as she herself connected with the mothers who were spending their day attending to a sick child. You can read and be inspired by Yolonda and Raven Johnson's story at www.ravensproject.com.

We look forward to partnering with organizations like CHOA, ICI Financial Services, Integrity Accounting Services, Maggiano's and other community leaders and professionals in our efforts to bridge the gap and empower single mothers and children in our community. Please visit us at www.mskfoundation.org for more information regarding upcoming SMAP events.



RAVEN'S
Project

Inspiring & Promoting Young Authors



Leadership & Life Messages For Women: Reflections on the MSK 2010 Graduation

by Auma N. Reggy, Esq.

A few years ago, Dr. Toni Alvarado shared her vision with me of starting a non-profit organization that would primarily be concerned with effecting change in the lives of women through leadership training and life coaching. Immediately, I connected with her vision! Having had the privilege to be actively involved in developing and training women leaders around the world, I knew I wanted to work with Dr. Toni to help women locally discover the leader within.

In only a short time, the vision has become a reality! MSK has graduated over thirty women from its Leadership and Life Coaching Program. I had the opportunity to participate in MSK's first Leadership and Life Coaching class, and have seen myself grow as a leader and expand in influence in my community and profession. On Sunday, May 23rd at Dekalb Technical College we held our third graduation ceremony. This was a very moving experience for me for many reasons; for one, I received this year's MSK Excellence Award "in recognition of outstanding Leadership and Achievement in the Marketplace and [an] extraordinary commitment to the Education and Spiritual Development of disenfranchised and displaced women and

children in the global sector." I was extremely honored and humbled by this recognition.

The afternoon was filled with numerous highlights; eleven women graduated from this year's program, two educational scholarships were awarded to past MSK participants in the Leadership and Life Coaching Program, and a community leadership award was given to Ms. Lucy Hall, founder of the Mary Hall Freedom House, an organization designed to empower women, and to provide them with the tools and resources necessary to break the cycle of addiction and to live drug free.

One of the highlights for me was the keynote address by Jacqueline Welch, Senior Vice President of Human Resources for Turner Broadcasting Systems, who gave a very powerful and holistic message that motivated and inspired us all, particularly women who struggle with the demands of work, life, family, health and wellness. She shared lessons from her own personal journey, using humor, and stories that the everyday woman could relate to. Here are some key leadership and life messages Ms. Welch left with us:

Negotiate everything!

Don't be bashful about asking for what you want and deserve.

Learn to say no with grace.

Don't feel guilty about speaking up when we feel overextended and overcommitted.

She shared several others tips for living a purposeful and fulfilled life, including knowing the value of our skills in the marketplace and taking care of our finances. What stuck with me more than anything was that work is simply a subset of our lives and should NEVER be equated with life. In other words, "work-life balance" is a misnomer; while work is important, it should not be placed on the exact same footing as life. In closing, she reminded us that we only get one life, so live it to the fullest!

As I reflect on how far we've come as an organization and where we are heading, I am excited about the many lives that have already been transformed; we have heard numerous accounts of graduates who have dared to dream again! I am confident that as the vision continues to grow we will impact the lives of hundreds of women as they move from average to excellence!



Auma Reggy, ESQ
Parnter, Arnall, Golden,
Gregory, LLP

"Named one of the Nation's Top Lawyers Under 40" by IMPACT and the National Bar Association

"As I reflect on how far we've come as an organization and where we are heading, I am excited about the many lives that have already been transformed"

2010 Calendar of Events

July 10, 2010

2010-2011 Leadership & Life Coaching Interest Meeting

Holiday Inn - Northlake
2158 Ranchwood Dr. NE
Atlanta, Ga 30345
9:00 a.m. until 12:00 p.m.

September 11, 2010

Education Partnerships

This workshop will be an informational dialogue between school officials and parents.
(Location TBD)
9:00 a.m. until 12:00 p.m.

September 20, 2010

2010-2011 Leadership & Life Coaching Program Begins

December 2010

SMAP, Holiday Social - Cappuccino and Conversation
(Location TBD)



2008 & 2009 MSK Leadership & Life Coaching Program Focus Group Alumni



MSK Leadership and Life Coaching Coaches



Jacqueline M. Welch, Senior Vice President of Human Resources
Turner Broadcasting System
Partnership Against Domestic Violence, Chair
Keynote Speaker
2010 Leadership & Life Coaching Program Graduation and Awards
Ceremony, May 23, 2010

For more information about how to partner with the MSK community, please visit our website at www.mskfoundation.org, or by e-mail at info@mskfoundation.org, or by phone at 770.785.7817.