



THE SENSATIONAL SINGING STARS

Les Bonnes Filles Club Celebrates Anniversary

The Les Bonnes Filles Club (French for "The Good Girls") celebrated their 33rd anniversary at the home of Mr. and Mrs. W.H. Chapman, 2405 New Walkertown Road, Winston-Salem, N.C. on Sunday, August 25, 1974.

On program for the evening were Mrs. Effie Gilliam, who gave prayer, Mrs. Rosie L. Feemster gave words of welcome and Mrs. Reba Archie sang a solo which was followed by the offering.

The highlight of the evening was set off by a skit entitled; "Just Us Girls", presenting the history of the club, which was founded in 1941.

Participants in the skit were Mrs. Roxanna Pitts, who played the role of Mrs. Bobby Sox; Mrs. Maggie McCorkle played Mrs. Annie Harwood and Mrs. Minnie Webb played the part of Mrs. Hank Johnson.

The skit consisted of three unique scenes representing the development of the club from 1941 to 1974. A memorial was given by Mrs. Beola R. Duckett and remarks by the club president, Mrs. Cora Grier followed.

The Les Bonnes Filles Club has tried hard to live up to their name in the community and has given donations to charitable organizations, the sick and the less fortunate. In addition to their many other great services, the club furnished a complete room at Reynolds Memorial Hospital at a cost of \$895.00.

The members of the Les Bonnes Filles can truthfully say that they are very proud of the progress the club has made, and have pledged to continue to strive to show themselves proven unto God and their fellow man.

Editor's Quote Book

If a man never contradicts himself, it is because he never says anything.
— Miguel De Unamuno

"Belly Dancing" Course Featured

A "Dancercise" course for women, featuring belly dancing, will begin Wednesday, September 4 at the Spruce Street Y.M.C.A.

The lessons will be one-hour sessions each Wednesday for eight weeks, starting at 7:30 p.m.

Instruction will include isolation exercises - which are - patterns that require moving one part of the body while holding the rest of the body still. For example - moving the rib cage from side to side while keeping hips still, or moving the upper torso to the left and the lower torso to the right at the same time and reversing movement in time with the music.

Mastering isolation dancing is not hard and it teaches the muscles to move in solo fashion, which is the key to graceful belly dancing.

Other dance steps will be utilized in the dancercise course to by-pass the tedium of 'just plain exercise' to keep in shape.

The course is for beginners of all ages. The intensity of the exertion is controlled by the individual, and everyone may progress at her own pace.

The program is under the direction of Dorothy Covington,

Y.M.C.A. adult dance director. Patterns learned may be used in other dance areas (social and/or performing). Any comfortable wearing apparel is suitable and missed lessons may be made up.

"Our Shop" To Sponsor Panel

Our Shop, Inc. on 3045 N. Patterson will sponsor a panel on "Small Minority Business: Success or Failure, Which Way?"

This panel is observance of the First Anniversary of Our Shop, Inc. Our Shop, Inc., a small minority business grew out of an effort of poor people helping themselves. Some of the panelists are: Mr. James Hansley, director, Forsyth County Economic Development Corporation; Dr. J. Raymond Oliver, a Winston-Salem dentist; Mr. Tracy Singletary, president of Neighborhood No. 7, Miss Pamela Fruster, Bosileus Gamma Lambda Chapter Alpha Kappa Alpha Sorority. Phi Omega and Gamma Lambda Chapter of Alpha Kappa Alpha Sorority are co-sponsoring the panel.

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