

The Orchid



President 's Message



“Happy Belated Resurrection Day”

This month The Orchid highlights Area IV Leadership Conference. What an exciting time to see two of our teens running for an office in Area IV, and to see one of our teens showcase his skill in an impromptu rap with the microphone.

At the conference, the delegates voted to assess the chapters \$41 per member to cover the \$20,000 deficit. If you have not submitted your \$41, please do so immediately.

Syn-Lod will be in Los Angeles on July 5-9. Email is out to the members for the hotel. We have not received registration as of yet. You should be on the look out for the latest information on registration.

Lady Jacqueline White delivered an outstanding presentation on “Entrepreneurship” to the teens and ladies at the last meeting. For Status of Women, Lady Cynthia was selected as a trailblazer by Eta Omicron Omega Chapter in honor of Women History Month.

I wish each of you peace, prosperity, love, and a heart full of happiness as we move forward.

Yours in service,

**Lady Cynthia Carlton Thompson, President
Guilford County Chapter of Top Ladies of Distinction, Inc.**



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Guilford County Members



First Row: Lady Cynthia Carlton Thompson, Lady Vickie Henry Hughes, Lady Sharon Mitchell, Lady Gloria Jackson, Lady Jacqueline White, and Lady Faye McRavion

Second Row: Lady Melanie Thompson Hampton, Lady Ujeoma Uzokwe, Lady Jacqueline Pettiford, Lady A. Rawiya Nash, Lady Theldora Williams, and Lady Malinda Carmon,

Third Row: Lady Tammy Williams, Lady Gwendolyn V. Parker, Lady Pearlle Bryant, Lady Shawanda Warren Coates, Lady Laknea Drumgoole, and Lady Tonya Alexander

Fourth Row: Lady Francesca Caaraway, Lady Sandra Neeley, Lady Jorretta Simmons, Lady LaTrice Stokes, Lady Tonya Stokes, and Lady Veronica Thompson

**The Late Lady Rebecca Graves
Organizer**



**Birthdays
No April Birthdays**

A Tribute to Resurrection Sunday

**HAPPY
RESURRECTION
SUNDAY**

**HE
IS
RISEN!**

Jesus said unto her, I am the resurrection,
and the life: he that believeth
in me, though he were dead, yet shall
he live.

(John 11:25 - KJV)

Top Ladies Of Distinction Inc.



Area IV Leadership Conference





Area IV Leadership Conference



Area IV Leadership Conference

Past, Present, and Future Area IV Directors



Lady Gloria and Lady Cynthia with the National First Vice President, Lady Eddie Lee Marsh



Area IV Leadership Conference

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**Lady Gloria and Lady Cynthia with National President
Lady Sharon Beard**



Area IV Leadership Conference

Look who is with us for our group picture Lady Lisa Hickey, Past Top Teen Advisor and the Future Area IV Director, Dorothy Buckhanan Wilson



Area IV Leadership Conference



Area IV Leadership Conference

Lady Cynthia presents the chapter's gift to Lady Adrienna for her outstanding service to Area IV



Teens Highlighted

**We had six teens and two advisors as chaperons.
One teen serving on the Area IV Executive Board**



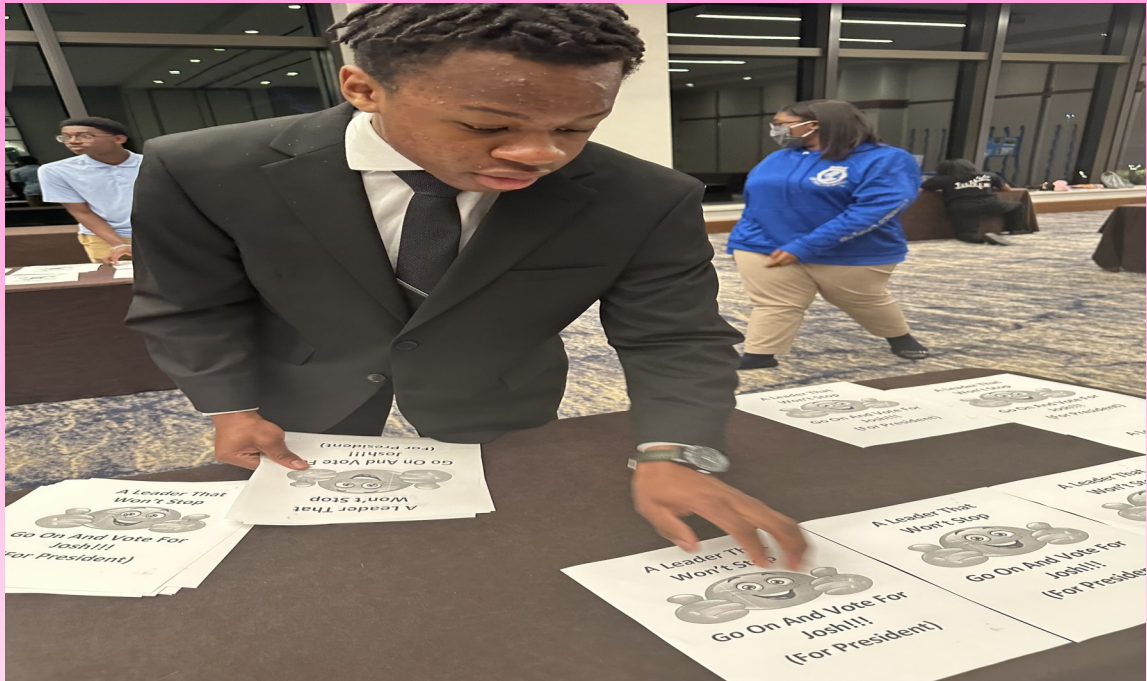
Teens Highlighted

Teen Emmanuel in his leisure Leadership Position

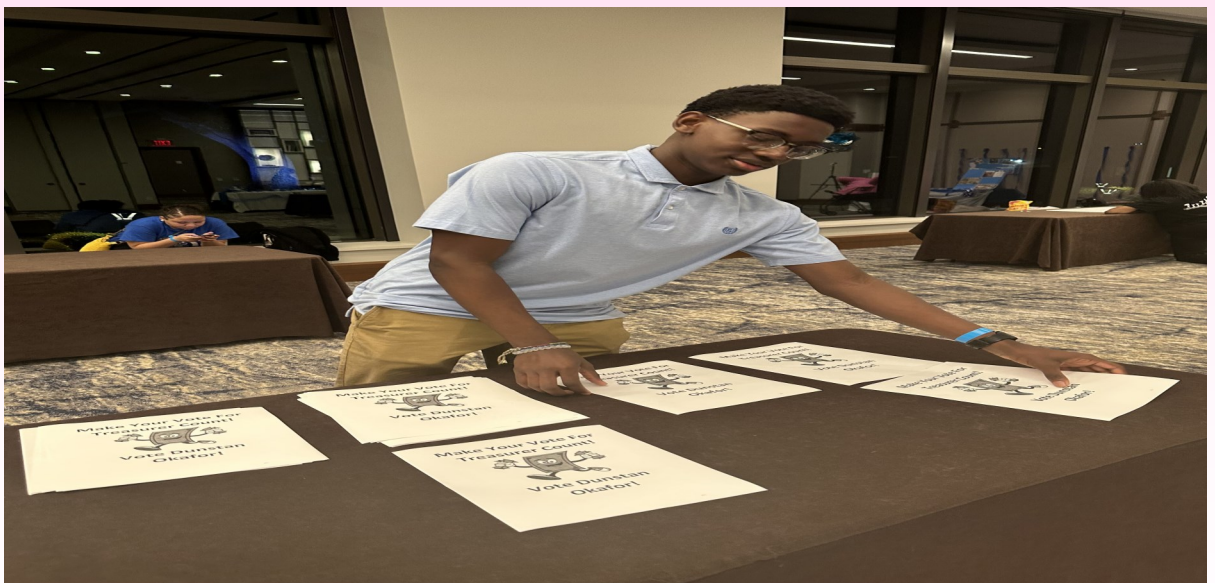


Teens Highlighted

Teen Joshua Mbemena campaigning for President



Teen Dunstan Okafor campaigning for Treasurer



Teens Highlighted

Teen Joshua Mbemena surprised us with a microphone Rap



Teens Highlighted

Miss Guilford County— Teen Shyla Hill
Mr. Guilford County—Teen Dunstan Okafor



Teens Highlighted

Teen Shyla and Teen Melania



Teens Highlighted

The Crew and Lord Barney



Entrepreneur Workshop

Lady Jacqueline White presented Entrepreneur Workshop to Ladies and Teens

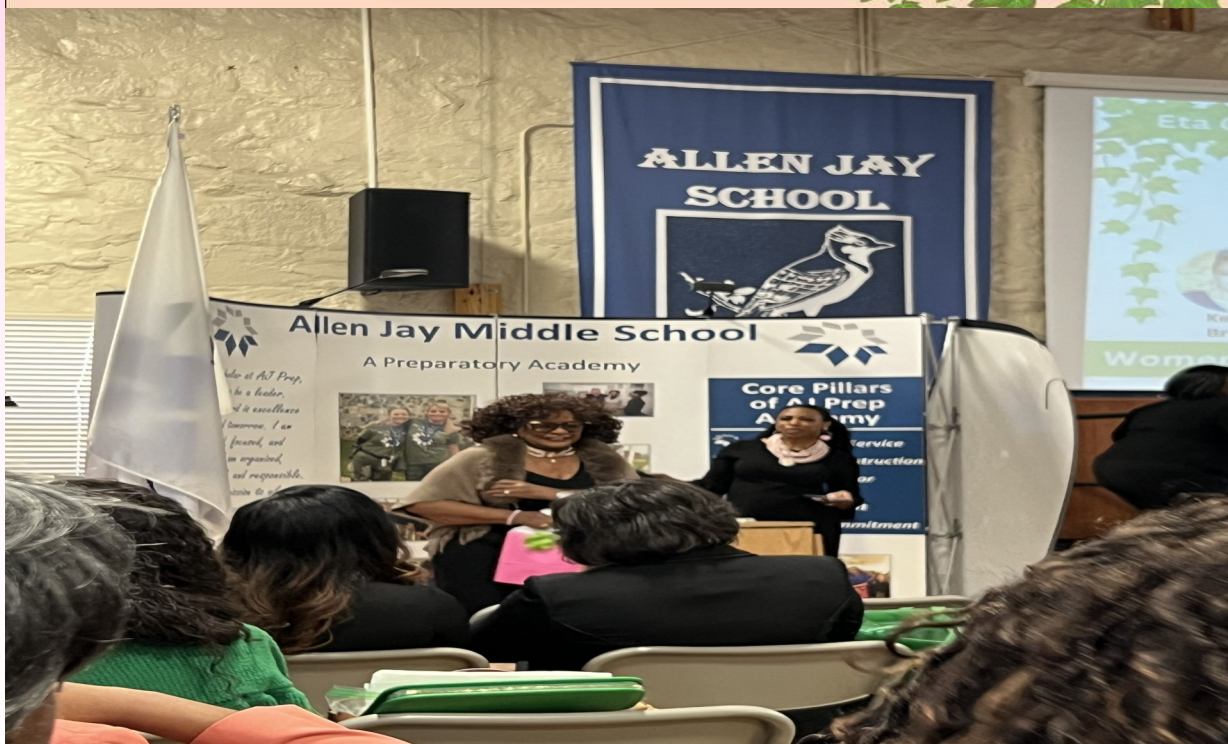


Entrepreneur Workshop



Status of Women

Lady Cynthia was one of the six chosen for Women History Month trailblazer of Eta Omicron Omega Chapter of Alpha Kappa Sorority, Inc.





Meditation



Spend ten minutes a day doing absolutely nothing. For most of us, a typical workday is sort of like a horse race—the moment we're out of bed, the race has begun. We rush around doing things, being productive, solving problems, and checking items off our ever-so-important "to-do" list. We're so busy that when the slightest glitch occurs or when something goes wrong, we fall apart and feel frustrated.

Spending a few minutes doing nothing, sitting still, embracing the silence helps prevent you from falling apart. It gives you a chance to regain your perspective and to access a quiet part of your brain where your wisdom and common sense exist. Ideas and solutions will pop into your head that never would have done so in a frenetic state of mind. When you're finished doing nothing and sitting still, it will often seem like life is coming at you a little slower, which makes everything seem a whole lot easier and less stressful.

There are times when we are trying too hard and moving too fast. This is the ideal time to put on the brakes and quiet down. One of the most powerful and sure ways to achieve even more success in your life is to do absolutely nothing for a few minutes a day. Try it this week; you won't believe what you discover.