

Greetings Carat Sisters

With this issue we are able to experience another first for CARATS, Inc. We are able to have a *celebration*—a nomenclature observance! Our newsletter has an identity, “*Embrace*.” The title is so very appropriate because it represents the “Soul” of us. For over 44 years, we have **embraced** the ideals and principles of our beloved CARATS, Inc.

One significant value of “*Embrace*” is that it allows more of our bright, brilliant, and beautiful (inward and outward) members to be involved. They have knowledge of and ideas about many subject areas and they are willing to share with us. How fortunate for us! We also have another first to applaud. This is the first time a Carateer has written an article. So, I suppose we need to start including the Carateers on our mailing list. Surely, they all have an email. Additionally, most of the contributors are senior members. You go girls! Kudos to the contributors and the Communication team for their commitment and dedication to this endeavor under the superb leadership of Carat Jea Delsarte of the Atlanta Chapter.

This Fall issue recognizes the 400 years of enslavement 1619 – 2019. I am delighted that this significant historical time is included. Twice, I have visited Elmina, Ghana, where the “slave castle” is located. This would have been an excellent time for a return visit. I am so happy that our former national recording secretary, Carat Juanita Armbrister visited Elmina this August. In my own way, I have been engaged in activities to recognize this milestone. Members of the Chattanooga Chapter, my second granddaughter, Madison, and I attended the opening of the Nearest Green Distillery in Shelbyville, Tennessee. The original recipe of Jack Daniels whiskey was made by a slave, Nathan “Nearest” Green. Additionally, I am taking a class on White Privilege; I visited the area where the first slaves were brought ashore in the tidewaters of Virginia; and I have been reading. These books I recommend: **White Fragility** by Robin Diangelo (*Foreword by Michael Eric Dyson*), **I’m Still Here: Black Dignity in a World Made for Whiteness** by Austin Channing Brown, **40 Days of Prayer for the Liberation of American Descendants of Slavery**, The Angela Project and **The Water Dancer** by Ta-Nehisi Coates.

As we reflect on our history, we must always be grateful to Amanda Webb for her courage, wisdom and fortitude for not allowing the ills of her generation to impede her from having a good time! Her same plight is ours today—it has not changed! We **MUST** continue to preserve, to sustain, and to **Embrace** our beloved CARATS, Inc. It is so good for US!

Carat Norma Nesbitt Givens
National President