

# BERGEN COUNTY MOCHAS

*Monthly Newsletter*

*Volume 1 Issue III*

## WOMEN'S HISTORY MONTH

*"Here is to STRONG Women. May we know them. May we be them. May we raise them."*



### Judge Ketanji Brown Jackson

Every March, Women's History Month provides an opportunity to honor the generations of trailblazing women and girls who have built our Nation, shaped our progress, and strengthened our character as a people.

Throughout our history, despite hardship, exclusion, and discrimination, women have strived and sacrificed for equity and equality in communities across the country. Generations of Native American women were stewards of the land and continue to lead the fight for climate justice.

Black women fought to end slavery, advocate for civil rights, and pass the Voting Rights Act. Suffragists helped pass the 19th Amendment to the Constitution so that no American could be denied a vote on the basis of sex.

Standing on the shoulders of the heroines who came before them, today's women and girls continue to carry forward the mission of ensuring our daughters have the same opportunities as our sons. Women of the labor movement are achieving monumental reforms to help all workers secure the better pay, benefits, and safety they deserve. LGBTQI+ women and girls are leading the fight for justice, opportunity, and equality — especially for the transgender community. Women and girls continue to lead groundbreaking civil rights movements for social justice and freedom, so that everyone can realize the full promise of America.

This Women's History Month, as we reflect on the achievements of women and girls across the centuries and pay tribute to the pioneers who paved the way, let us recommit to the fight and help realize the deeply American vision of a more equal society where every person has a shot at pursuing the American dream. In doing so, we will advance economic growth, our health and safety, and the security of our Nation and the world.

**-JOSEPH R. BIDEN JR.** \*Read more at [www.whitehouse.gov](http://www.whitehouse.gov)



## OPEN COMMITTEE AND COMMITTEE CHAIR POSITIONS

We are looking for your support! The committees for our special interest groups within Mocha Moms help drive engagement and programming throughout the year. There are several open committee chair positions and all groups are accepting committee members. Let us know where your interests, skill sets and passions lie and we will let you know how you can get involved!

We are encouraging and empowering each Mocha to get involved in at least one committee. Please contact Kimberly Moore for more information at [knc24@yahoo.com](mailto:knc24@yahoo.com)

ITTY BITTIES (Ages 0-2) - Vacant Chair

MOCHA MINIS (Ages 2-8) - Chaired by Raquel Hudson

TWEENS AND TEENS (Ages 9-18) - Chaired by Cristina Bass

MOM OF BOYS - Vacant Chair

MOTHERS OF ADULT CHILDREN (M.A.C.) - Vacant Chair

MOCHAPRENEURS - Vacant Chair

HOSPITALITY (New member support) - Vacant Chair

HEALTH - Chaired by Gerri Joseph-Wills and Philicia DaCosta

COMMUNITY SERVICE - Vacant Chair

SINGLE LADIES - Chaired by Seleene Lewis

COUPLES - Vacant Chair

BOOK CLUB - Chaired by Gloria Shye

FUNDRAISING - Chaired By Femi Austin Fredricks

Every special interest group has a separate WhatsApp chat where you are able to engage with other mochas on relevant topics, share resources, advice and laughs. If you are interested in joining the WhatsApp chat for any of these groups, please contact [bcmochas@gmail.com](mailto:bcmochas@gmail.com) and we will ensure you are added.

## UPCOMING MOCHA EVENTS

March 5th @11 AM- Support Meeting ft. Affirmations with Mocha Phillicia DaCosta

March 9th @8PM- Financial Literacy Series: Part 2: Investing

March 16th @12PM- Daytime Sister Social

March 17th @4-9PM The Habit Burger Fundraiser

March 18th @7PM- Single Ladies Axe Throwing Outing

March 19th @12PM- Minis Virtual Cook and Create

March 25th @ 7PM Teen (13-18yr) Game Night

March 26th @ Exhale

## FUTURE EVENTS

- Interactive Postpartum Series
- Breathe Work Session
- Financial Literacy Series: Part 3 and 4 - Estate Planning and Retirement Savings
- Family Bowling
- Itty Bitty Meetup
- Tween (9-13yr) Game and Movie Night
- Candle Making Mocha Night Out



## FUNDRAISING

The Habit Burger Grill is giving the Chapter 20% of all the sales on March 17th between 4pm-9pm, WHEN THE FLYER IS SHOWN. Please see your email, WhatsApp and socials for the flyer.

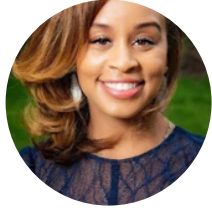
We are asking for your support and participation as these fundraising opportunities are presented to the chapter.

If you want to know how to ask your company to donate to BC Mocha Moms, please reach out to us at [bcmochas@gmail.com](mailto:bcmochas@gmail.com).





# MOCHAS ON THE MOVE



**O'Kneeka Roberts**- Is being honored by The Girl Scouts of Northern New Jersey with the Elinor J. Ferdan Young Woman of Promise Award awarded to exceptional young women with very promising careers ahead of them.

## WHATS HAPPENING IN BERGEN COUNTY?

My Grown-up & Me Program at Flat Rock Brook Nature Center (Englewood): Tuesdays @ 9:30 AM

Open Bounce at BounceU in Paramus: Wednesdays and Thursdays @4 PM

Encanto Paint Party at Glitter and Glam in Paramus: Saturday, March 12th @ 10:00 AM

Drawstring Bag Make & Take Workshop at Wyckoff YMCA: Saturday, March 19th @ 10:00 AM

Nature Story Time at Tenafly Nature Center: Saturday, March 19th @ 10:00 AM

Makers Day Craft Events, March 26th: Demarest Library @10AM; Fair Lawn Library @ 10:30AM; Ridgely Park Library at 11AM, Tenafly Library @11AM

We want to celebrate you! If you have any good news to share or would like to celebrate another mocha, reach out to [bcmochas@gmail.com](mailto:bcmochas@gmail.com).

## WELCOME NEW MEMBERS

Amethyst Coleman

Dana Carter

Katrina Bell

Kecia March

Tanisha Dennis

Tiffany Tipton

## HAPPY BIRTHDAY MOCHAS!

Amethyst Coleman    Monet Kendall

Danielle Gee    Shaunte Sparks

Jenay Guilford    Adiyilah Washington

Rita Hodgson    Eleda House



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## BERGEN COUNTY TOWN SPOTLIGHT

Did you know that Bergen County has 70 individual towns and cities? Bergen County Mochas represent many of these towns. Lets get to know our neighbors and our fellow Mochas!

### Bergenfield



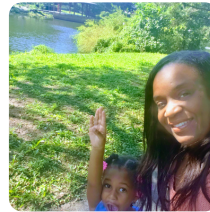
Arika Easley Houser

**Children-** 7yr old Son

**Favorite Restaurant-** I love the hand roll sushi at Nihon Kai Japanese Cuisine.

**Favorite Activities w/ Kids-** I have gotten my son involved this year in all of the sports with Bergenfield PAL. Halloween, they close down the street for a wonderful trunk or treat; During the holidays, there's also a parade that we can walk to which is a lot of fun.

**Loves Most-**We enjoy Cooper's Pond to walk around.



LaShonda Cyrus

**Children-** Daughter, 4 yrs old.

**Favorite Restaurant-** Taan Thai Restaurant, Jamaican Delight Restaurant

**Favorite Activities w/ Kids-** My daughter enjoys being a part of the Bergenfield (PAL) pre-k soccer team. We enjoy going to the Memorial Park splash pad, and taking long walks on a nice summer day at Coopers Pond.

**Loves Most-** What I love best about this town is that its very community orientated and diverse. We love it here!



Naomi

**Children-** Two daughters, 1.5 and 3 yrs. old.

**Favorite Restaurant-** Casual Havana ( New Milford) and PizzaNova (Tenafly)

**Favorite Activities w/ Kids-** Anything outdoors! The playground at Veterans Memorial Park and walks at coopers Pond.

**Loves Most-** The diversity!! It's unparalleled.



Jessica Brown

**Children-** Gabriella 5 yrs, Jordan (male) 3 yrs

**Favorite Restaurant-** Don't eat out much, but Aloha Crab when we do.

**Favorite Activities w/ Kids-** Park, Movies, Brushes and Berries- Painting

**Loves Most-** Diversity, parks, track at the highschool, close commute to the city.



# RESOURCES



- [Code of Conduct](#)
- [Chapter Bylaws](#)
- [Bergen County Mocha Website](#)
- [Bergen Mochas Instagram](#)
- [Bergen Mocha Facebook Page](#) - Friend this page to gain access to the private Facebook group
- Executive Board email - [bcmochas@gmail.com](mailto:bcmochas@gmail.com)
- Chapter wide email - [bergencountymochamoms@gmail.com](mailto:bergencountymochamoms@gmail.com)

## ANNOUNCEMENTS

**SUPPORT:** Mochas, if you are expecting or if you are going through a difficult time and need some help, please don't hesitate to let us know. We are here to support you! You can reach out to the E Board at [bcmochas@gmail.com](mailto:bcmochas@gmail.com) or contact our Support Chair Lanisha at 973-415-7017 and/or Gloria at 770-656-6030.

**New WhatsApp Chats:** We continue to strive for an inclusive, open and supportive environment. We have created a WhatsApp chat for Mochas who identify as part of the LGBTQ+ community and parents of children who identify as part of the LGBTQ+ community.

Also we are creating a chat for parents who have children with special needs. If you are interested in being apart of either chat group, please contact [bcmochas@gmail.com](mailto:bcmochas@gmail.com).

**Mocha Businesses:** If you would like to highlight your business in the newsletter, please reach out to [bcmochas@gmail.com](mailto:bcmochas@gmail.com).

## 2022 EXECUTIVE BOARD



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Gloria | Co President



Kimberly | Vice President



Femi | Treasurer



Lanisha | Secretary



Gerrie | Administrator

