

NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

IOTA CHAPTER

NEWSLETTER

Volume

1

Issue 7

Jan. 2021



Soror Spotlight



Lula Pope-Howard

Soror Lula Pope Howard become a member of NSPDK Iota Chapter in 1973? Interestingly enough, Elizabeth Stroud encouraged her to join. "In fact, Liz told Ms. Mack that if I wasn't invited, then she wouldn't join." (Side note – Elizabeth (Liz) Stroud was Soror Parmenter's mother.) But since joining she has really enjoyed being a part of the sorority. She really likes the idea of working with the young people.

Soror Lula's most memorable Iota experience was being the president.

"Back then, we did it for four years. Pat Smith was her vice president. During those times we had a lot more sorors and we had a lot of money – extra money. The sisters would give extra money for food and for trips." According to Soror Howard, it seemed to her that teachers were more interested.

What Soror Lula finds most rewarding about being a member of Iota Chapter are all the officer positions she held – and, according to her, she held every single one. She was the vice chair of the Cotillion for a few years, she worked with the Xinos for about two years. She was the president, treasurer and corresponding secretary. "I was the Epistoleus the first year I became a member. It could be because the members always respected me. I treated everyone the way I wanted to be treated" Soror Lula said that she attended all the conclaves and the conferences back in the day

and the only one she missed was the one in San Francisco. She did all this while Soror Pat Smith was alive. Sine Was the vice chair of the cotillion for years, she worked with the Xinos for about two years, Vice president, treasurer, Epistoleus – the first year I became a member. The members have always respected her. She has held every office in the chapter. She only missed one conclave in San Francisco. She's gone to about three since the late 90's.

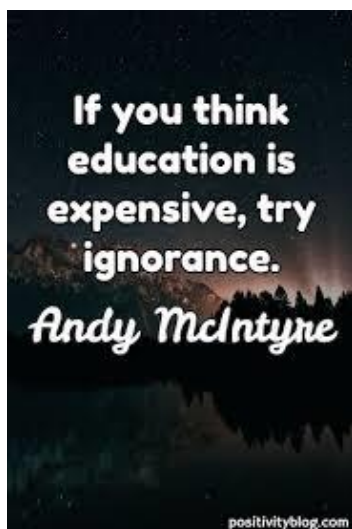
Soror Pope-Howard grew up in Tarboro, NC. She taught there for eight years and then got married and moved to NJ, where she taught in Pleasantville for 25 years. She has also worked at the Atlantic City School District Parents Center for 20 years as Parents Center Educator. She also mentored new teachers for two years after retirement.

She now lives in Smithville. She has one daughter, Vanessa White, who lives in DC, with her two

children, Krista and Micha. Mervyn Gerald (Gerry) is her son, who lives in Winston Salem, NJ and is an elementary teacher. He has three kids, Ali, Nkozi and Zola. Soror Lula also has one three-year-old great grandchild, Khi.

Covid prodded Soror Lula into resigning from the Parent Center after 20 years of teaching Asians citizenship and history. Her educational philosophy is to help people become better citizens. She enjoyed working with people because she loves people. She loves seeing what the little people accomplish in such a short period of time. "I enjoy teaching"

Her hobbies are reading and doing puzzles. She also loves to travel. One thing people probably don't know about Soror Lula is that she grew up on a farm and rode horses.



Soror Spotlight

Gladys Fowlkes



Soror Gladys grew up in Charleston, South Carolina as one of seven siblings, in a "Sharing/Caring" household. Her household went like this, home – school – church. She learned at the age of two that God is Love! That message still resonates with her today. She went to school in South Carolina and came to Atlantic City in the summer months to work and returning back to SC after the summer season ended. It was there in Atlantic City that Gladys met her future husband, David. He was from Virginia, and he also came to Atlantic City in the summers, to work.

Soror Fowlkes became a member of NSPDK Iota Chapter in 1985 when Dr. Juanita High was the Dean of Pledges. After she moved to Atlantic City, Soror Fowlkes became active in the church and it was there that she met Soror Woodson who LOVED the sorority. When Mrs. Fowlkes began her teaching career at New

Jersey Avenue School, she also met sorors, Jackson, DeBaptist, and Lockett who shared love through experiences and encouraged her to join.

Her most memorable Iota experience remains the "Sharing/Caring" concept, which includes clipping/sharing items, serving the less fortunate and any acts of kindness.

Soror Fowlkes eventually moved to Pleasantville, where she still resides. She has three sons. She keeps the "Sharing/Caring" concept close to her heart. Her hobbies include clipping/sharing different activities of others, helping the less fortunate, and also showering people with Acts of Kindness.

Soror Gladys believes that education is an ongoing process. Traveling to many conventions and meetings and greeting sisters created lasting memories for her. She calls them, "Lasting Treasures". Her visit to South Africa amplified her belief that education is an ongoing process. It was her visit to the Motherland country that Soror Gladys said opened her mind and her heart even wider. There she saw, with her own eyes, in living color, that in spite of living conditions people lived in, they still survived. **GOD IS LOVE.**

Some interesting things that people may not know about Soror Fowlkes is. "I have many "biological, but adopted" children and in my many years of teaching they became, "My Children". Another interesting tidbit is that she never learned how to drive a stick shift, as much as she tried,

*As I prepare this the Prayer for today,
"Faithful God, give us the strength to lift our hands to YOU when we are weak from the struggle.
"GOD IS LOVE -HE IS IN CONTROL."*



**Soror Spotlight
O. Ruth Thomas**



O. Ruth Thomas because a member of NSPDK Iota Chapter in 1974. She came in with Eleanor Hall. What prompted her to join was her interest in working in programs for children. Iota Chapter was a way to accomplish that. Her sister, Katherine Knight was also a

member. So that added to the equation of her interest in joining Iota Chapter. What Soror Ruth finds most rewarding about being a member of Iota Chapter, is, "Everything we do, we do with pride. Also, every project we start, we conclude."

She grew up on the Eastern Shore of Maryland in St. Michael's, in Tolbot County, MD. Soror Thomas now lives in Atlantic City. She has two daughters, Linda Dupree and son-in-law Joseph Dupree. Her other daughter's name is Jeanette McCall. She has two grandchildren, Daniele McCall, and Yolanda Rogers, Soror Ruth also has two great grandchildren who she is immensely proud of, Kayla and Ryan Rogers. "They're very smart. They go to

private school and make the honor roll every semester."

Covid was a factor in Soror Ruth just finishing her time working in the Parent Center in Atlantic City, NJ. She worked there for 26 years. Soror Ruth keeps her hand in the educational

field as a member of the Atlantic City Education Foundation. In addition, she still finds time to teach Sunday School at Asbury United Methodist Church. Her educational philosophy is amazingly simple and one that is perhaps the crux of

learning—"Follow Directions".

Her hobbies are cooking and meeting people. Soror Ruth says that she can go into the market, "And people talk to me because they all know me. I like to help people if they need it. I like meeting people." One thing people might not know about Soror Ruth is that she loves the super market.

**Life Changing
JANUARY 20, 2021**

Soror Spotlight



Lois Lantz

Soror Lantz became a member over 40 years ago. What made her want to become a member was the opportunity to meet other educators and to learn different teaching techniques. She also wanted to become a member to engage more with and meet more of the community. Her most memorable and rewarding Iota experience was working with the escorts

in the Debutante Cotillion. She really enjoyed that because they were so cooperative and charming. “ I still hear from a lot of them. Many of them are successful. That was probably the most rewarding things that happened to me in PDK. To see them grow and become dads, lawyers and barbers.”

Soror Lois grew up in Smithville, VA. She met her husband., who lived in Atlantic City. They married and settled in Atlantic City. They have been married for 50 years. Soror Lantz and her husband have one son, Jason. Jason’s wife is Rita, ,and they have one beautiful grandson, Grayson.

Though retired, Soror Lantz is very actively involved in education? She works with groups that give scholarships. For example, she is on the board of the Atlantic City Education Foundation. She is also on the board of Martin Wilson Jr, Art and Music Foundation. This group also give scholarships. Interestingly, Soror Lois has several educational philosophies. Her first and favorite one is, “Failure is not an Option”. Her second one is “Be strong and be Confident,” Finally, she has a personal philosophy, one she never gives the students and this is, “If thrown to the wolves – Return leading the pack. “

One of her hobbies is gardening She loves it. She has a vegetable garden every summer. She also likes to read. Soror Lois loves art and likes hanging out with her, “Buds”. What people probably don’t know about Soror Lois is that she likes, finds, and restores old furniture. She has a lot of it in her house. “I love antiques”.

Congratulations Soror



Soror Tamia was spotlighted by her school, Mastery Charter School in Camden, NJ. Click [here](#) to read the article, “This is Why I Teach”.

Vitoria Taylor

Vitoria Taylor is a well-rounded, 18-year-old scholar. She is a 2020 graduate of Atlantic County Institute of Technology (ACIT) in Mays Landing, New Jersey, graduating with a 3.5 GPA. At ACIT, Vitoria’s focus



was fashion design. She recalls with glee, participating in the school’s annual fashion shows and modeling the pieces of her own design. Vitoria still designs garments for herself and her family. In high school, Vitoria was a member of the National Honor Society, and the captain of the cheerleading team. She is the immediate past president of the Iota chapter Xinos, an affiliate youth group of National Sorority of Phi Delta



Kappa, Inc. Vitoria is also the 2019 recipient of the Many Faces of African American Women, Women in Cosmetology Award sponsored annually during Black History Month by Alpha Kappa Alpha Sorority, Inc. Theta Kappa Omega Chapter. Vitoria currently volunteers at the Community Food Bank of

South Jersey and interns with Twisted Textures hair salon in Galloway, NJ. She is a freshman at North Carolina Central University in Durham, North Carolina, majoring in Business Administration. She has entrepreneur aspirations upon graduation. .



CONGRATULATIONS
Madame Vice President
Kamala Harris

Go On Girl 2021

Book Club List



6 Drinks That Lower High Blood Pressure

<https://blackdoctor.org/low-er-high-blood-pressure-with-these-6->

[drinks/?_ke=eyJrbF9jb21wYW55X2lkjoglk5xTnFTViIsCjrbF9lbWFpbnCI6ICJzLmFsZXhhbmRlcjIwMDRAdmVyaXpvbi5uZXQifQ%3D%3D](https://www.facebook.com/DrLendireColeman)



Movement is Medicine!!!

Go to Girltrek.org for more information on over a million women walk for better health!



Honey Garlic Salmon Recipe



One of the best **salmon recipes** is Honey Garlic Salmon. It's garlicky, sweet and sticky with simple ingredients. Takes only 15 mins to make salmon dinner!

PREP TIME 10 minutes

COOK TIME 5 minutes

TOTAL TIME 15 minutes

INGREDIENTS

- 12 oz salmon, cut into 2-3 fillet strips
- salt
- black pepper
- 1 pinch cayenne pepper
- 2 tablespoons honey
- 1 tablespoon warm water
- 1 1/2 teaspoons apple cider vinegar or lemon juice
- 1 tablespoon olive oil
- 3 cloves garlic, minced

- 1/2 lemon, sliced into wedges
- 1 tablespoon chopped parsley

INSTRUCTIONS

1. Season the surface of the salmon with salt, black pepper and cayenne pepper. Set aside.
2. Mix the honey, water, apple cider vinegar or lemon juice and a pinch of salt together. Stir to combine well.
3. Heat up an oven-safe skillet (cast-iron skillet preferred) on high heat. Add the olive oil. Pan-fry the salmon, skin side down first, for about 1 minute. Turn the salmon over and cook for 1 minute. Turn it over again so the skin side is at the bottom.
4. Add the garlic into the pan, sauté until slightly browned. Add the honey mixture and lemon wedges into the skillet, reduce the sauce until it's sticky.
5. Finish it off by broiling the salmon in

the oven for 1 minute or until the surface becomes slightly charred (optional step).

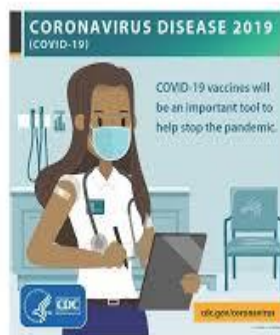
6. Top the salmon with parsley and serve immediately.

NOTES

Watch the cooking video on this page for step-by-step guide. Double the sauce by using 4 tablespoons honey, 2 tablespoons warm water and 3 teaspoons apple cider vinegar or lemon juice, if you like it saucy.

Complete Recipe can be found here:
asamalaysia.com/honey-garlic-salmon/#mv-creation-

COVID-19 VACCINATION INFO



Township of West Orange, New Jersey
 Version 1.0 – December 2020

Covid Vaccine News

[Atlantic County Regional Mega Site at the Atlantic City Convention Center](#) is now open

Here's how to get the Covid Vaccine :

You can make an appointment directly with Atlantic City Convention Center

vaccination.atlanticare.org

You can pre-register for the vaccine on the NJ Vaccine Scheduling System, and you will be notified when an appointment is available to you.

covidvaccine.nj.gov

.You can call.

**NJ
 VACCINATION
 CALL CENTER
 8 AM – 8 PM
 daily
 855-568-0545**