



NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

EASTERN REGION

nspdkeasternregion.org


Margarette Galloway
National President

Dr. Patsy O. Squire
Regional Director

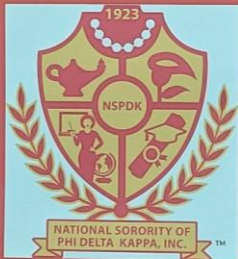
Tiffany Ladson-Lang
Member-At-Large

Women's History Month
March 2022

National Sorority of Phi Delta Kappa, Inc.
Eastern Region



Welcome
Annual Executive Board and
Y.E.S. Planning Meeting



"To Foster A Spirit of Sisterhood
Among Teachers and Promote the
Highest Ideals of the Teaching
Profession"

Founded 1923

*The Queen Will Help to
Meet the Needs of Other
Queens*



AUTHENTIC SISTERHOOD

Queens have a relationship. We are Sisters. Helping one another is our mandate, our command. So often what prevents us from helping one another is the fear that someone else will do better, have more, or be more than we are. Sisterhood dictates and demands that we put the needs of others above our own selfish fears and desires. If I am elevated only because I'm standing on your back and illuminated because of your tears, then my position and power have been diminished to nothing at my own hand. My true strength lies in my willingness to raise my sister above my own self. To see her on a level that causes me to strain my neck is the true test of Authentic Sisterhood.

— Marva Dew

"The Queen's Rules"

Be the kind of Woman/Queen that makes other women want to be you...then encourage them to Aim Higher...Much Higher! Draw them to you and then lead them to someone greater...lead them to God.

— Marva Dew



“Though the crown weighs heavy, wear it as if it were made of rose petals. When you sit upon the throne, sit upright in the wisdom of God. When you stand, stand weighted by the word of God. When you reign, reign with love peace, and compassion. When you walk, walk purposefully in strength, honor and integrity. When you bow, bow only to God Himself. Marva Dew

Dear Sorors,

As we step boldly into the month of March, let us reflect upon our many African-American female ancestors and sisters. Let us incorporate their legacies in our classrooms, meetings, and social activities. Please allow the spirit of

our Founders to resonate in your soul. Affectionally known as “The Eight Shades of Red” and the ‘Great Eight’. The Mighty Eastern Region appreciates these strong women for toiling in the vineyard to create an organization for female Educators. Let us celebrate US as we speak and think like a Queen to move NSPDK Forward!

Happy Women’s History Month!

Dr. Patsy O. Squire, Ed.D
National Sorority of Phi Delta Kappa, Incorporated
Eastern Regional Director 2019-2023

Eastern Regional February 2022, Y.E.S. Planning Meeting...

What an awesome Eastern Regional Planning Meeting, held February 18-20, 2022, under the direction of our illustrious leader, "THE QUEEN", Dr. Patsy Squire! From the onset of careful preparations that Sorors were safe, the Covid screening process was well planned and executed. To commence the business at hand, Sorors were reminded of the "Queens" we are. Technology was on point with our IT Specialist, Dr. Monica Newell. (my title I gave her) Soror Newell's use of any computer, storage, networking with other physical devices, infrastructure, and processes was able to create, process, store, secure, and exchange several forms all of electronic data. Whew! My Queen of Technology and Sister on many committees. Workshops I attended were very informative. -Soror Jarian R. Graham, Eta Chapter



Soror Jarian Graham, National Public Relations Director
with IT Specialist Soror Dr. Monica Newell



Eta Chapter Sorors: J. Jefferson, L. Alexander, P. E. Cook ,
V. Jenkins, J. Graham, R. Brown, L. Johnson, P. Griffin-Greenhow

Queens...

Eta Sorors with Phenomenal, inspirational speaker,
Past Regional Director Soror Drusilla Kinzonzi



Dr. Princess Towe and Dr. Patsy Squire
Jarian Graham. Lisa Johnson, Vanessa Jenkins, L'Tange

The Executive Council Meeting was a Weekend Dedicated to “Queendom”

by Soror Evelyn Jemmott-Jackson,
Eastern Region Performance Renaissance Chairperson



Who is Queen?

“We are Queens! The Great Eight Founders are Queens!! Kamala Harris is Queen and Becoming Queen Author, Former First Lady Michelle Obama is Queen!!” Quoted by Soror Ann Moye, Beta Lambda Chapter, Member of the Eastern Regional Dramatic Renaissance Committee.

Did you know that the first Queen to rule the world was Queen Sheba who is also mentioned in the Hebrew Bible? History tells us that the First Queen reigned 960 BC and is no other than Queen Sheba. This was one of several facts dispelled during the fabulous African fashion show of cultural attire, inclusive of shoes, headwraps, tiaras, pocketbooks and authentic jewelry. The Executive Council meeting was held in Wilmington, Delaware. It was a hybrid meeting with over 100 Sorors in person and over 40 viewing via zoom.

The Sorors in attendance viewed a 16-minute video directed by Soror Jemmott-Jackson, Beta Omicron Chapter and edited by her daughter, Assata Jackson, an USC Alumni. The video showcased clips from the movie “Coming to America”, our illustrious 8 Founders, and several ancient African Queens. In the video, the sorors witnessed several highlights of models, not only pictured but viewed reciting details of the ancient queens. Their attire added an essential characteristic distinctive of numerous Ancient Queens. The sounds of the musical artist India Arie’s song, “I am a Queen” adorned the models as they walked the runway.

The audience sat in anticipation of the culminating event of the night. The beautifully adorned models replicating ancient queens. The audience was awed by their education of historical ancient history of powerful reigning queens.

- Queen Sheba rose to power and was appointed by her brother, Nana Akwasi of the Edwesu Kingdom. Queen Sheba remains a famous biblical figure.
- Queen Aminatu, was a Hausa warrior, and daughter of Bakwa Turunku. She was believed to have inherited her unique personality of being precise and assertive from her mother. Through her wisdom and smart tactics, she increased Zazzau’s borders and made the city a center of trade in the West African and Saharan region.
- Queen Nandi of the Zulu Kingdom, is believed to have fallen pregnant. She is the mother of Shaka Zulu, who is one of the Zulus Kingdoms Supreme King.
- Queen Cleopatra of Egypt was born to a royal family approximately 69 B.C.
- Queen Nefertiti, **a queen of the 18th Dynasty in Ancient Egypt, the Great Royal Wife of Pharaoh Akhenaten. Nefertiti and her husband were known for a religious revolution and worshiped one God.**



In Person Presentation

Introduction: **Soror Ann Moye**, Beta Lambda Chapter

MC : **Soror Leona Fowler**

1. Queen Sheba.....**Soror Tatum Booth**, Beta Omicron Chapter
2. Queen Aminatu.....**Soror Tanisha Dorvil**, Theta Chapter
3. Queen Nandi.....**Soror Kemaaleka Clarke-Davidson**, Beta Omicron Chapter
4. Queen Zander.....**Soror Patricia Whitney**, Beta Omicron Chapter
5. Queen Ranavalona.....**Soror Eleanor Worril**, Epsilon Alpha, Chapter
6. Queen Makeda.....**Soror Elyse Harris**, Rho Chapter
7. Queen Yaa Asantewaa...**Soror Evelyn Jemmott-Jackson**, Beta Omicron Chapter
8. Queen Candace.....**Soror Jamila Bass**, Alpha Chapter

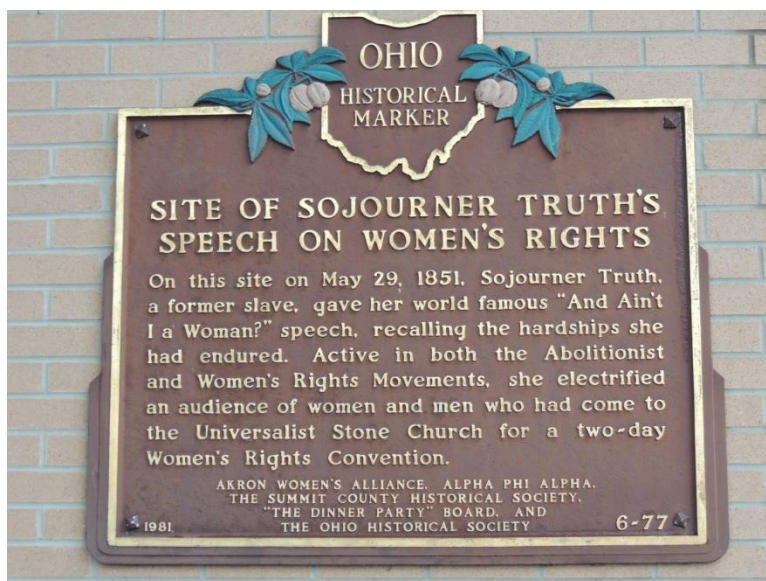
Ain't I A Woman?

**BLACK
WOMEN'S**
HISTORY MONTH



That man over there says that women need to be helped into carriages, and lifted over ditches, and to have the best place everywhere. Nobody ever helps me into carriages, or over mud-puddles, or gives me any best place! And ain't I a woman? Look at me! Look at my arm! I have ploughed and planted, and gathered into barns, and no man could head me! And ain't I a woman? I could work as much and eat as much as a man - when I could get it - and bear the lash as well! And ain't I a woman? I have borne thirteen children, and seen most all sold off to slavery, and when I cried out with my mother's grief, none but Jesus heard me! And ain't I a woman?

Sojourner Truth (1797-1883): Ain't I A Woman?
Delivered 1851 Women's Rights Convention



**I'se still climbin',
And life for me ain't been
no crystal stair.**

Langston Hughes

The QUEENS Show Up

Royalty was present throughout the Chase Center in Wilmington, DE from Friday, February 18 through Sunday, February 20, 2022. NSPDK Queens from the Eastern Region gathered for the annual Executive Board & Y.E.S. Planning Meeting.





Having outgrown the prior meeting location where the planning meeting was held for many years, The Chase Center and Westin Hotel was the perfect fit for conducting sorority business, socializing, entertainment, recreation, shopping, and exploration.

Kudos to Eastern Regional Director, Dr. Patsy O. Squire, the ER Executive Board, Dr. Monica Newell and the Technology Team for successfully planning the first Hybrid meeting for the Eastern Region.



BETA LAMBDA CHAPTER Y.E.S.!



Beta Lambda Chapter traveled to Wilmington, DE to support Queen Eastern Region Director Dr. Patsy Squire, with Basileus Cynthia Russell leading the entourage. The reigning Ms. NSPDK Eastern Region Valeria Edwards was introduced. She expressed gratitude and appreciation for support given to her in this role. She has continued to honor her platform of "Stamping Out Illiteracy!" by distributing books in North Carolina and Virginia, as well as support programs of the Eastern Region Literacy Committee. Fundraising Chair Tania Green-Clark presented her a copy of the book "The Queen's Rules" by Marva Dew. Along with the business of NSPDK, this was a weekend of Sisters Supporting Sisters, for one common goal, Literacy and Scholarship. Beta Lambda wants to say thank you everyone, and Congratulations to the Alpha Chapter Soror who won the Spa / Wellness Basket, in support of Soror Amber Mack-Little. Again, this was a wonderful Eastern Region Y.E.S. Planning Session. We are so proud of the leadership and guidance of our Queen - Madame Eastern Region Director Dr. Patsy Squire.

In honor of Women in History Month, Beta Lambda Chapter would like to salute and pay tribute to Dr. Monica Newell, Beta Lambda Chapter – Eastern Region Technology Chair and National Technology Team. Thank you for your expertise and may God continue to bless and strengthen you for even greater service! We love you!!! – Soror Cynthia Russell, Basileus.

The month of February was chockfull of wonderful programs and activities. Chapters presented many interesting topics: Teach-A-Rama, Black History, Health & Wellness, Literacy, and Professional Development.

This edition of the Regional newsletter includes many articles from chapters about these programs. Sorors are urged to read about these wonderful activities that you may have attended and participated in.

A word of gratitude to the National Public Relations Director, Soror Jarian Graham and Soror Rhonda Baskerville for their pictures as well as to sorors for pictures posted on Facebook.

Feb. 3	Zeta Zeta	“Changes in Public Service Loan Forgiveness”
Feb. 4	Zeta Epsilon	“Mindfulness”
Feb. 5	Zeta	“Panini, Pickles & Pink Lemonade”
Feb. 5	Eta	“Heroes and Sheroes of Camden, NJ”
Feb. 5	Gamma Mu	“The Quest for Being Made Whole”
Feb. 5	Zeta Zeta	“Paint with Sisters”
Feb. 9	Pi	“Valentine’s Game & Date Night”
Feb. 9	Delta Lambda	“Suicide Prevention”
Feb. 10	Beta Epsilon	“Fit, Fabulous, & Fierce”
Feb. 11	Beta Omicron	“Black Boys & Books”
Feb. 11	Epsilon Alpha	“The Sounds of Blackness”
Feb. 12	Theta	“Black Health & Wellness”
Feb. 12	Xi	“Black History Movie Discussion”
Feb. 13	Beta Omicron	“Denim and Red”
Feb. 15	Delta Lambda & Iota	“Black History 365”
Feb. 17	Theta	“Black Hair Is...A Conversation”
Feb. 20	Alpha Pi	“Where Is Your Crown? A Journey Through Time”
Feb. 26	Alpha	“An NSPDK Journey of Black Love”

Feb. 26	Alpha Chi	“Black Health & Wellness”
Feb. 26	Gamma	“Paint & Sip”
Feb. 26	Delta Nu	“Teach-A-Rama Series, Black History Month”
Feb. 26	Delta Pi	“Women of the Movement”
Feb. 26	Epsilon Sigma	“African American History Observance”
Feb. 26	Zeta Eta	“Comedy Night”
Feb. 27	Gamma	“Sororitea”
Jan. 15	Theta	“Travel with Us to South Africa”
Jan. 17	Beta Omicron	“Dream to Read”
Jan. 29	Beta Epsilon	“Celebrating STEAM Across the African Diaspora”

Dedicated to Our Beloved Soror Sonya Satterwhite

African American History Program
Epsilon Alpha Chapter
Dr. Gina Gill, Chair

The Program was dedicated to our beloved Soror Sonya Satterwhite. The Sounds of Blackness was a virtual Black History Program celebrating us as Black people. The Sounds of Blackness Program was a spotlight on African-Americans through a musical lens. The musical lens took the audience through a journey that focused on the struggles African-Americans have endured from the 1960's to the

present. This musical lens displayed the struggles, through various genres of music, where African Americans have and are still fighting to let the world know that Black Lives Matter.

The musical lens began with our very own poet Xinos Ciara Bennett, who wrote “Picking Your Cotton”, which introduced the program speaking to the struggles of African-Americans during slavery. The

program continued with Marvin Gaye's, "What's Going On". This powerful ensemble depicts hatred, racism, suffering, and injustice endured by people of color. Fast forwarding to today, fifty years later, sadly this is still just as relevant. The program continued with a selection by Harold Melvin and the Blue Notes, titled "Wake Up Everybody", which continued to vocalize hatred, war, and poverty. A short video of Angela Davis who spoke through her heart, about the bombings and injustices that black people endured. A poem written by Soror Dr. Gill, titled "The Blackness -The Fact Is" was an intense poem speaking to the strife of African-Americans. Also incorporated into the program was Marvin Sapp's famous gospel song "Never Would Have Made It", letting us know that with God all things are possible. Continuing with the gospel theme, K and K were miming to "Stand", by Donnie McClurkin, leaving the audience with the message; regardless of the pain and the struggles that we as black people encounter, we still STAND with our heads held high.

At the close of the program, Sorors engaged and participated through a Jam Board, allowing them to express their thoughts and feelings, and to connect the struggles from the past with the same struggles Black people continue to experience today. **Committee Members:** Soror

Eleanor Worrill, Soror Laura Davis, Soror Dr. Jewel Carter-McCummings.



February Planning Meeting Epsilon Alpha Chapter

Epsilon Alpha had 10 members in attendance during the February Planning Meeting, 10 in-person, and one virtually.

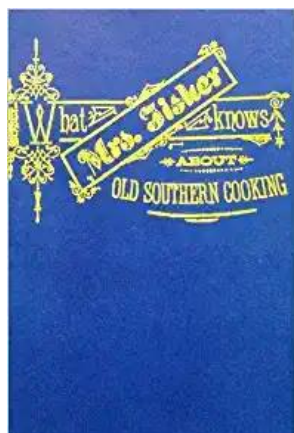
The meeting was held February 18-20, 2022, in Wilmington, Delaware. Sorors had an opportunity to engage in workshops and informational sessions during the weekend. Epsilon Alpha was proud to have two members as workshop presenters, Soror Chaleeta Hines, ER Xinos Chair and Soror Dr. Cassandra Holcomb, ER Interim Tamias. Soror Eleanor Worrill participated in the Renaissance Fashion Show. We look forward to sharing the valuable information learned with our Sorors during our March Business Meeting.



Paninis, Pickles and Pink Lemonade

Zeta's African American History Program

On, Saturday, February 5, 2022, in celebration of African American History Month Zeta Chapter hosted a phenomenal discussion and interactive slide lecture of Mrs. Abbey Fisher's Cookbook, "*What Mrs. Fisher Knows About Cooking Old Southern Cooking.*" Published in 1881 one of the oldest known published African American Cookbooks. Ms. Fisher was a former enslaved African from South Carolina, who made a living by selling her award winning pickles. While eating panini's and sipping on pink lemonade the Zeta sorors and guests enjoyed the presentation that was led by Becky Diamond, a Culinary Historian and author of *1000 Plate Dinner*, via a virtual slide lecture. The discussion included the culinary journeys of Ms. Fisher and an interactive presentation on how to make Ms. Fisher's award winning pickles.



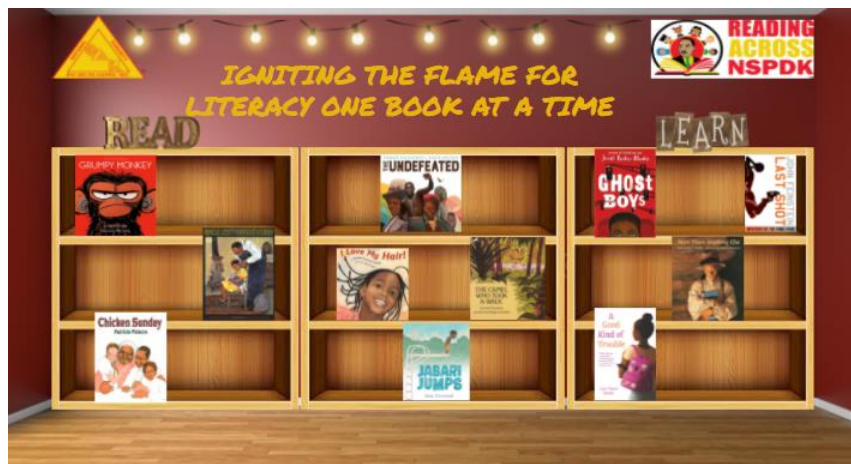
**Submitted by Myra Smoot. Chairperson
Dr. Lois Robinson-Redd, Basileus**



**Every Member
Forum**
Topic: Critical Race Theory



**Planning the 2023 100th Centennial
Conclave Anniversary
Orlando, Florida**



Delta Pi Chapter Virtual Bookshelf

In celebration of Read Across NSPDK in February, Delta Pi Literacy Committee chose to illuminate our theme, **"IGNITING THE FLAME FOR LITERACY, ONE BOOK AT A TIME"**, by creating a Virtual Bookshelf Library. Our sorors contributed their creative vocal abilities by reading their selected children's books. The recorded readings were compiled and a virtual bookshelf was designed by one of our Literacy Committee members, Soror Ebone' Lawrence-Smith.

As educators, we know that there are clear cognitive benefits of reading aloud to children, Hearing stories strengthens the part of the brain associated with visual imagery, story comprehension, and word meaning. When we read aloud to children, they are also soaking up massive social and emotional benefits.

So, how do you access Delta Pi Virtual Bookshelf?

1) Click the Link

<https://docs.google.com/presentation/d/1toZhOfzEHX8CUyF0qasER2F7izA3ShN7erIGkgVYUX8/edit?usp=sharing>

2) Click slideshow in the top right corner of the screen

3) Click on any book to hear it read.

4) Share the link with your cache of young readers.

Stay tuned for newly added titles as Delta Pi Literacy Committee continues to "Ignite the flame for literacy, one book at a time. "

Submitted by Andrea Hamilton
NSPDK Inc., Delta Pi Chapter, Literacy Chairperson



National Teen Dating Violence Awareness Month

Teen Dating Violence Awareness month ends on Monday. We offer these final tips for healthy relationship boundaries.

Creating boundaries is a good way to keep your relationship healthy and secure. By setting these boundaries together, both parties can have a deeper understanding of the type of relationship that you and your partner want.

These boundaries are not a sign of secrecy or distrust — it's an expression of what makes each of you feel comfortable and what you would each like or not like to happen within the relationship.

Healthy Relationships should not restrict your ability to:

- Go out with your friends without a partner
- Participate in activities and hobbies you enjoy
- Maintain your privacy by not sharing passwords to your email, social media, or phone
- Respect each other's likes and needs



Submitted by Soror Dr. Eloise Robinson-Redd, Zeta Chapter

Teen dating violence can be done in person or, with the explosion of social media and telecommunication, electronically. Social media is a hotbed of violent and abusive activity, especially for teenagers who are new to relationships and unsure of how to handle their feelings most appropriately.

NSPDK, INC. THETA CHAPTER

African American History Committee

Yvette Wilds, Chair

Yvette Grant, Co-Chair

2022 Theme: Black Health & Wellness

Theta Chapter's African American History Committee embraced Black Health & Wellness during our African American History program on Saturday, February 12, 2022. Initially, we journeyed back to the 18th Century to identify the early health disparities of our ancestors and then focused on present day health disparities in maternal health, mental health, physical health, and nutrition. The program opened with the spirit of *Sankofa*, a word in the Twi language of Ghana, that encompasses "taking from the past what is good and bringing it into the present to make progress in the future." Heroes like Absalom Jones and Richard Allen were acknowledged for creating the AME church, Mutual Aide Societies, and other Black cooperatives to meet the health needs of our people. The program presenters and facilitators educated the audience about several health challenges that continue to plague the Black community, while offering pragmatic solutions to overcome them. Black mental health and Black mortality were addressed during a panel discussion,

and mental health was elevated during an engaging meditative artwork gallery walk. Sorors presented a skit to ask and answer questions about the alarming statistics concerning Black woman and the maternal mortality rate in the Black community. All attendees were invited to participate in a gallery walk, where participants were asked to interpret and engage in meditation to expound on their thoughts and feelings. This component of the program allowed everyone to engage in a meditative state, where we took control of our mindfulness—mind, body, and soul. The program also provided time for healthy movement and individual expression during the *Health & Movement*, *African Garb Photoshoot*, and the *African Dance Lesson* segments. The *Intergenerational Project* was the highlight of this year's program. The project provided the opportunity for Theta's Y.E.S. program affiliates; Sorors, Kudos, Xinos, Anthropos, and HUB Parents to work together on the healthy eating component of the program. Theta Kudos and Xinos were partnered with

Sorors and Anthropos to conduct interviews to get to know one another and create a healthy food recipe. The written and spoken reflections from the partnerships revealed just how much the generations enjoyed learning about each other and nutritious foods. As a bonus all attendees will receive over 10 original recipes and health resources to help improve and positively impact Black Health & Wellness in our community.

**Submitted by Yvette Wilds,
African American History Chair**

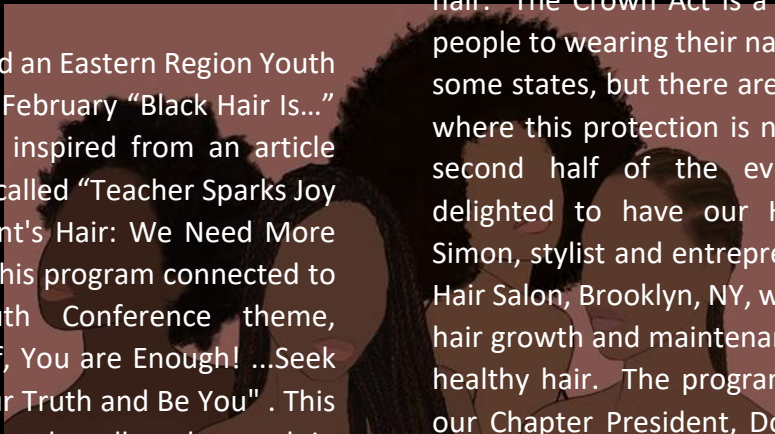
NSPDK, INC. THETA CHAPTER

Tanisha Dorvil, Xinos Youth Director
Annette DurhamWilson,
Xinos Youth Advisor

**February 2022 Xinos Theme:
"Black Hair Is..."**

Theta Youth hosted an Eastern Region Youth program titled on February "Black Hair Is..." The program was inspired from an article read by the Xinos called "Teacher Sparks Joy By Braiding Student's Hair: We Need More Black Teachers". This program connected to the NSPDK Youth Conference theme, "Embrace Yourself, You are Enough! ...Seek Within to Find Your Truth and Be You". This program was designed to allow the youth in the Eastern Region an opportunity to attend

a social event before their Youth Conference in March. Theta Xinos and Kudos contributed to healthy discussions in the preparation of this program. The evening began with Xinos President Meagan Vanzie, welcoming everyone for their attendance and inviting Xinos Lauren Whaley to bring the opening Prayer. The Ice- Breaker asked guests to use their phones and log on to www.Menti.com to answer the question, "What does 'Black Hair Is' mean to you. The most popular words were beautiful, unique and powerful. Next, was the introduction of the host, new Xinos Amina Moses and her brother, new Kudos Bakari Moses. They shared posing questions from the Powerpoint Presentation, opening the conversation to participants, reading comments in the chat and being the most gracious hosts by thanking guests for their comments. Guests shared their thoughts on how society views Black Hair and memories of Black Hair experiences with family; how some things have changed and how many things have remained the same. Midway in the conversation, there was a brief viewing of a video on a little girl's journey and her challenges with wanting to wear her natural hair. The Crown Act is a law that protects people to wearing their natural hair styles in some states, but there are still many states, where this protection is not offered. In the second half of the evening, we were delighted to have our HUB Parent, Lisa Simon, stylist and entrepreneur of House of Hair Salon, Brooklyn, NY, who shared tips for hair growth and maintenance and photos of healthy hair. The program concluded with our Chapter President, Donna M. Sowerby offering closing thoughts and gratitude for the efforts of Theta Youth. A beautiful



closing prayer was shared by Xinos Melissa Vanzie.

Traveling with Theta Trailblazers

Theta Chapter gave a virtual tour of South Africa on January 15, 2022. Chapter members and guests visited Johannesburg, Soweto, and Cape Town. We explored and learned about the inhabitants and culture of each city through music, art, dance, architecture, and famous historical places. In Johannesburg (Jo Burg), we visited a high - end shopping mall with bustling restaurants, a craft market, and thriving with nightlife.

Soweto gave us a deep sense of a student uprising that took place in 1976. A number of students were killed because they organized and protested the mandatory curriculum teaching of the minority-white Afrikaans language in schools, rather than the majority black students' native tribal languages. We heard the melodious voices of a Soweto, South African choir. As the tour continued, we saw children dressed in bold African colors, dancing.

On Tablet Island in Cape Town, we visited a wild life animal reserve. We were stirred while visiting Robben Island-the prison where Nelson Mandela was incarcerated for 18 of his 27 years imprisonment-for organizing and resisting the apartheid system. The dancing of the Gumboot, South Africa's migrant miners who worked under the oppressive Apartheid Pass Law system was a stark message of how they communicated with one another as they worked. This was an "aha" moment as we learned that Stepping, famous in our Historically Black Colleges/Universities (HBCU's) derived from Gumboot dancing.

Lastly, our tour ended as we were deeply moved when our Theta Soror Renee Cook, recited the poem, Africa Proud.

Submitted by

Mary Jimmerson




Greek Salad In A Jar




Ingredients

Salad

- 6 cups – Lettuce (Romaine or any kind)
- 2 cups Grape tomatoes
- 1 Medium cucumber (diced)
- 16 or more Kalamata Olives (pitted and sliced)
- ¼ Cup scallions or red onions (thinly sliced)
- ½ cup Feta Cheese

Vinaigrette

- ¼ cup Red wine vinegar
- 3 Tablespoon water
- 4 Teaspoon Dijon Mustard
- 4 Teaspoon Olive oil
- Salt and Pepper to taste

Tools: 4 medium glass or plastic Jars, 4 small containers for salad dressing, small mixing bowl

Directions:

1. Whisk all vinaigrette ingredients together in a bowl. Distribute evenly among salad jars
2. Alternate salad ingredients equally in each of the 4 Jars, starting and ending with the lettuce. repeat ending with lettuce as top layer
3. Seal Jar. When ready to eat shake and enjoy.

(Serves 4)



Theta Chefs





Gary King
Theta Anthropol



Cucumber Salad



Bernard Lee
Theta Kudos



Theta Chefs





Florence King
Theta Soror



Calico Scrambled Eggs



Melissa Vanzie
Theta Xinos

COOKING WITH THETA



Theta Chefs



Cathleen Snyder
Theta Soror



Roasted Sweet Potatoes



Bakari Moses
Theta Kudos



Theta Chefs





Lorna Christie
Theta Soror



Sautéed Red Kidney Beans



Lauren Whaley
Theta Xinos

Eta Chapter Black History Zoom Program

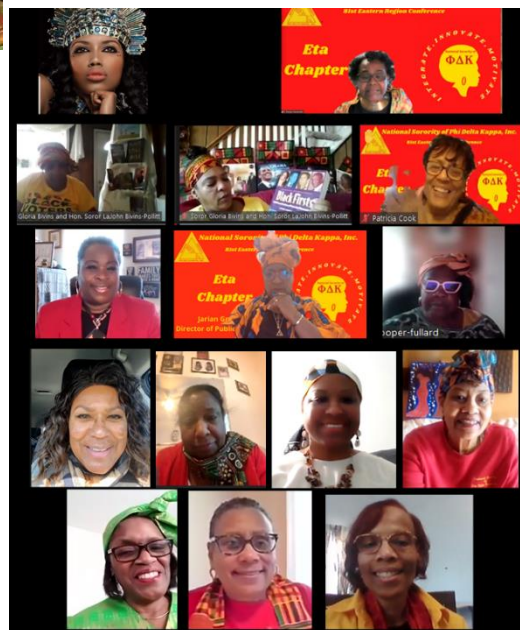
February 5, 2022



ETA CHAPTER SORORS
HAVING FUN WITH
FACTUAL HISTORY OF
CAMDEN, NEW JERSEY'S
FINEST...

CAMDEN'S HEROES AND SHEROES AND MORE...

1. **DR. CARTER G. WOODSON:**
2. **PRESIDENT BARACK HUSSEIN OBAMA, II:**
3. **HONORABLE RILETTA TWYNE CREAM:**
4. **HONORABLE VIC CARSTARPHEN:**
5. **ARNOLD RAYMOND CREAM/JERSEY JOE WALCOTT:**
6. **DR. BASCOM S. WAUGH, MD:**
 - * **DR. CHARLES BRIMM:**
 - * **DR. MUSTAPHA KHAN:**
 - * **DR. CHARLES HENDERSON:**
 - * **DR. MARILYN LISA GORDON,**
7. **HONORABLE GWENDOLYN FAISON:**
8. **HONORABLE MELVIN RANDOLPH "RANDY" PRIMAS, JR.:**
 - * **HONORABLE DR. ARNOLD WEBSTER:**
9. **TASHA SMITH:**
 - ***KEVIN HART:**
 - ***LOLA FALANA:**
10. **DR. WILLIAM STILL:**
11. **MILTON WAGNER, DAJUAN WAGNER AND DAJUAN WAGNER, JR.:**



CHARITY BEGINS AT HOME!

Let's Heal Together

Old man winter was not kind to a Camden County, New Jersey family during the winter of 2021. The Pennsauken residents consists of a mother with four children, her brother, and her father. Their ages range from a toddler to early adolescence to a senior citizen.

Malika Butler's family lost items, but no one was injured. AS a result of the electrical fire, the family had to seek new shelter. The red Cross provided residence to Malika's father and brother in a motel. Malika and her three boys and one girl with another family member.



The National Sorority of Phi Delta Kappa, Inc. **ETA Chapter's Retired Seniors Volunteer Program** Committee completes a community service project with this Camden County family.

R.S.V.P. ANSWERS THE CALL

Eta' R.S.V.P. Committee was informed of a family that had been devastated by an electrical fire in Camden County. Sorors united and collected shoes, clothing, bottles for toddlers, blankets, for Malika Butler and her four children. Her children, Josiah, Safia, Malik, and Karim were overwhelmed with the expressions of love. Malika was given a Shop-Rite Gift Card and chocolates to add to her smile.

"Thank you ETA Sorors for your generosity"...Malika Butler.

RETIRED SENIORS VOLUNTEERS PROGRAM...CHARITY BEGINS AT HOME!



Legionnaire of the Year 2022

February 11, 2022, I was surprised by my post FW Grigg Post 68 American Legion. I was selected as the Legionnaire of the Year! I am humbled and honored serving Veterans.

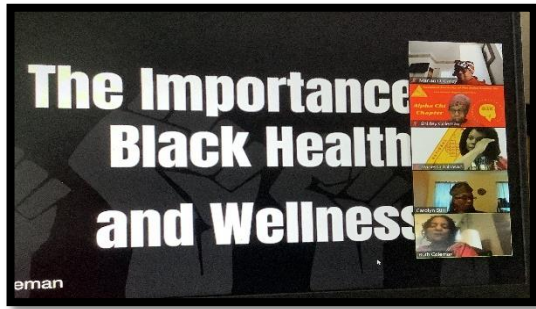
Vanessa Jenkins, Eta Chapter



NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

"To Foster a Spirit of Sisterhood Among Teachers and To Promote the Highest Ideals of the Teaching Profession"

AFRICAN AMERICAN HISTORY PROGRAM



Dr. Linwood Joyner



Miss Linda Lewter



Chairperson Carolyn Stiff



Basileus Queen Malone



Gallery

On February 26, 2022, Alpha Chi Chapter presented its African American History program virtually. The program which was centered around the national theme for Black History Month, "Black Health and Wellness," provided information on some of the activities, rituals and initiatives that Black communities have practiced maintaining health and wellbeing.

Two guest speakers gave highly informative presentations centered around the theme.

Dr. Linwood Joyner, a Family Medicine Physician at Riverside Eastern Shore in Massawadox, Virginia, spoke on *Diabetes*, what causes it and how to treat it.

Ms. Linda Lewter, a Licensed Professional Counselor, spoke on *Mental Health* and the effects of the Covid virus.

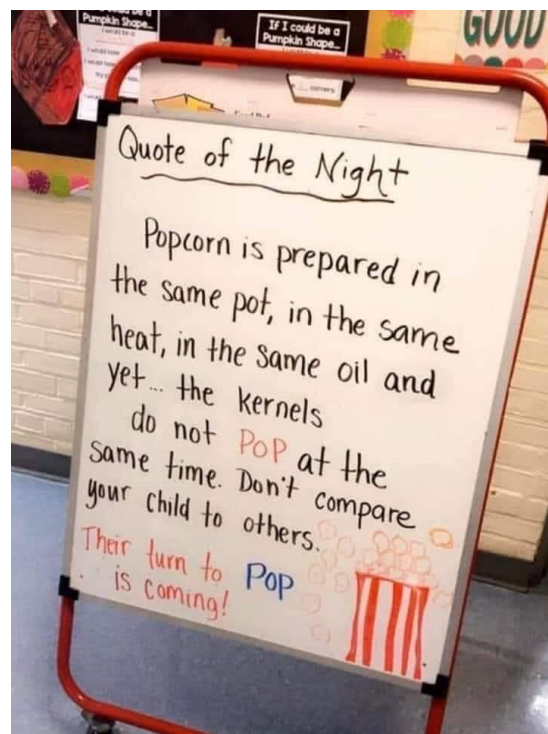
The program ended with a fun game which summarized major points to ponder

What is the best way to spend the day after a full slate of dedicated NSPDK Theta Trailblazing Sorors, Anthropos, Xinos, Kudos and HUB Parents' participating in an extensive Black Health and Wellness African American History Program? Go to a NSPDK Theta Sisterly Outing, starring the incomparable Phylicia Rashad in a Broadway, NYC play, "Skeleton Crew"! What a reward for the dedicated intergenerational Theta African American History program contributors! Many Sorors were able to take in and use new information, relax and be treated to an excellent play. The incentives also consisted of complimentary tickets shared by Soror Jewel Mendoza and organized by Soror Yvette Wilds. We were graced by Ms. Rashad's masterful acting with an accomplished cast who unfolds Dominique Morisseau's deep reflections about four Detroit auto workers in the 2008 recession. African American History is a gift that keeps giving!

Theta Sisterly Outing

*Theta Sorors Go to Broadway:
"Skeleton Crew" Starring Phylicia
Rashad*

Soror Jewel Mendoza, Ticket Alert
Soror Yvette Wilds, Organizer
2022 Theme: Theta Sisterly Outing



**AND THE
WINNER IS...**



**First Supreme Anti-Basileus
Noreen E. Little**



**Soror Jacquelynn Dean-Oliver
Basileus, Delta Pi Chapter**



**Soror Francenia Britton-Sheppert
Alpha Chapter**

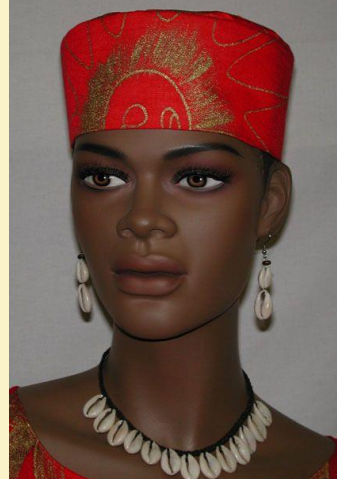
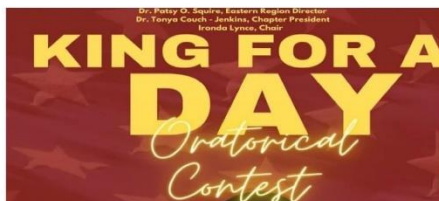


**Soror Kim Capers
Basileus, Beta Epsilon Chapter
Winner: You'll Wear It Well"**



DELTA NU Charter Member Remembered

*Members of Delta Nu Chapter honored the memory of Charter Member, **Gussie L. Langston**, at the Frank Napier School in Paterson, NJ. The chapter presented a basket of books for the school and masks for the students. (Top Picture) Soror Sylvia Ligon, stands beside facts about her mother, Soror Gussie.*



Epsilon Chi Chapter

Epsilon Chi hosted its 14th Annual "King For A Day" oratorical contest in honor of Dr. Martin Luther King, Jr., at Chestnut Ridge Middle School on Sunday, February 27th.

Community Outreach

During these times there are so many that are in need and the Beta Omicron Chapter knows of these needs and did something about it. On February 24th, members of the **Beta Omicron Chapter** collected and delivered donations of cold winter items and socks to two women's shelters, The Bethany House in Baldwin, Long Island, New York and SCO in St. Albans Queens, New York.

The donated items included:

- Socks - Headbands
- Loungewear - Slippers

Sorors really went all out to show how much they cared for those in the community. GREAT JOB BETA OMICRON!



Submitted by
Soror Kristine Washington
Membership Chair
Beta Omicron Chapter

(Left) Bethany House
Baldwin, Long Island, NY

(Right) SCO, St. Albans,
Queens, NY



Alpha Chi Chapter

Chapter Basileus, Queen E. Malone, delivers items collected by chapter members to the H.E.R. Shelter in Portsmouth, VA.

This is the day that the Lord has made, I will rejoice and be glad in it.

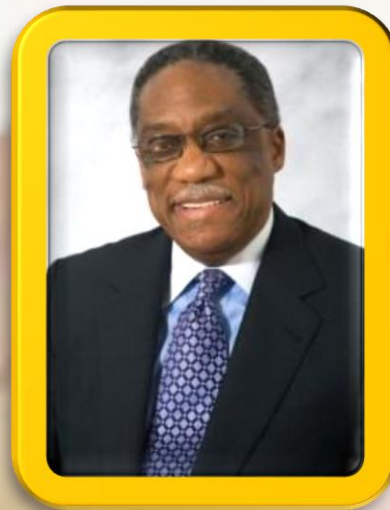
OMEGA CHAPTER



**Soror Ruth L. Henderson
IOTA CHAPTER**



**Soror Dr. Margaret W. Curtis
BETA TAU CHAPTER**



James Norman Alston

Father of Soror Melanie Alston-Balaputra (DELTA NU CHAPTER)

Condolences

Soror Lorna Christie (Theta Chapter), Sister (Osie) and Nephew (Vance)

Soror Elizabeth Corker (Delta Pi Chapter), Mother (Mrs. Suzanne Neely)

Smile





KAMALA HARRIS



MARSHA P. JOHNSON



HARRIET TUBMAN



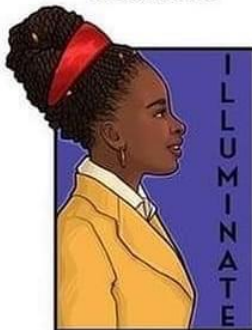
ROSA PARKS



MAYA ANGELOU



KATHERINE JOHNSON



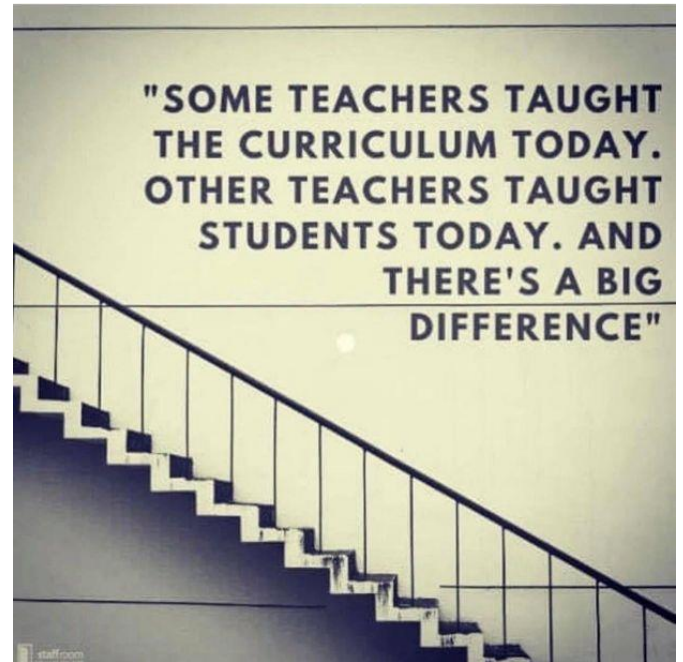
AMANDA GORMAN



TONI MORRISON



STACEY ABRAMS



NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED (NSPDK) 10000000

**74TH EASTERN REGION
YOUTH LEADERSHIP CONFERENCE**

"Embrace Yourself, You are Enough!
...SEEK WITHIN TO FIND YOUR TRUTH AND BE YOU"

HOST: **BETA CHAPTER**

MARCH
FRIDAY, MARCH 18 - SUNDAY, MARCH 20
2022

DOUBLETREE HOTEL BY HILTON
WASHINGTON, DC CRYSTAL CITY
300 ARMY NAVY DR. ARLINGTON, VA 22202

Margarette Galloway, Supreme Basileus
Dr. Cheryl Monte, National Youth Coordinator
Dr. Patsy O. Squire, Eastern Region Director
Tiffany Ladson-Lang, Member-at-Large
Chaleeta N. Hines, Eastern Region Xinos Chair
Felecia Laury, Eastern Region Kudos Chair
Wanda A. Fox, Basileus Beta Chapter
Natalie Porter-McCuiston, Youth Conference Co-Chair
Phyllis Valentine, Youth Conference Co-Chair

Packet 1

WWW.NSPDKEASTERNREGION.ORG/

NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED (NSPDK) 10000000

**DON'T
FORGET**

Google Apps Training

Facilitators: Danielle Newsome and Lateefah Scott

Learn to navigate the Google Suite to maximize your digital tools knowledge.

Join us to help grow your Google skills!
Date: March 5, 2022
Time: 10:00 a.m.

Register:
<https://forms.gle/78DzLAKW2XaKqhdZ8>

**XI CHAPTER
XINOS & KUDOS**

FISH FRY

CHICKEN TENDER PLATTERS \$13
FISH PLATTERS \$15

CHICKEN TENDER FUNDRAISER
PRE ORDERS AVAILABLE

SATURDAY
MARCH 5
2 PM - 6 PM

FRANKLIN LODGE
2815 W. 3rd STREET
CHESTER, PA 19013
FRIED FISH or CHICKEN TENDERS - FRENCH
FRIES - COLE SLAW- DRINK INCLUDED
*DESSERT AVAILABLE FOR PURCHASE

FOR MORE INFORMATION CONTACT KATHY (610) 986-5675, REGINA (267) 970-7625 OR
CHARISSE (610) 301-9227

National Sorority of Phi Delta Kappa, Inc.-Pi Chapter
"To Foster a Spirit of Sisterhood Among Teachers and To Promote the Highest
Ideals of the Teaching Profession"

PI CHAPTER
CHARTERED 1933
Eastern Region

TRENTON
EDUCATION
ASSOCIATION

PRAXIS REVIEW

Monday, March 7, 2022 at 6:00 PM
Other sessions 6:00 PM to 8:00 PM
All sessions via Zoom
Contact Dr. Carolyn Gibson at drcallyn@gmail.com or
(856)-264-9097
nsdpdkpichapter.org/events
Please complete Google Form by February 28th
[Click here for Google Form](#)

Margarette Galloway, National President
Dr. Patsy O. Squire, Eastern Region Director
Dr. Cheryl Heath-Johnson, Pi Chapter President
Dr. Carolyn Gibson, Praxis Chair

"Pursuit of Excellence: A Challenge to Fulfill"



National Sorority of Phi Delta Kappa, Incorporated
"To Foster a Spirit of Sisterhood Among Teachers and To Promote the Highest Ideals of the Teaching Profession"



Women Education Leaders... Still I Rise
NSPDK, Inc. Gamma Chapter Teach-A-Rama Spring 2022

Join Us For A Virtual Panel Discussion On Navigating Education Leadership Pathways

Featuring...


Dr. Robin Cooper first African American President Teamsters Local 502:CASA

Mrs. Chevonne Hall-Smith
 Chief Executive Officer
 Baltimore Leadership School for Young Women

Mrs. Charlotte M. Williams
 25th National President of the National Sorority of Phi Delta Kappa, Inc.

Registration is now open!

Margarette Galloway, 27th National President
 Patsy O. Squire, Eastern Regional Director
 Shelia Evans, Chapter President
 La-Tarsha James, Chairperson



National Sorority of Phi Delta Kappa, Inc.-Pi Chapter
"To Foster a Spirit of Sisterhood Among Teachers and To Promote the Highest Ideals of the Teaching Profession"

PI CHAPTER
 HARTERED 1933
 Eastern Region

New Jersey Division on Civil Rights
 Presented by Tisha Leonardo-Santiago
Bilingual Community Relations Specialist
Friday, March 25, 2022
6:00 PM to 7:00 PM
 via Zoom

HOW TO COLLABORATE WITH THE COMMUNITY RELATIONS UNIT

HOW TO FILE VIA NJ BIAS INVESTIGATION ACCESS SYSTEM


LAW AGAINST DISCRIMINATION

STUDENT AMBASSADOR PROGRAM

YOUTH BIAS TASKFORCE REPORT AND RECOMMENDATION

Margarette Galloway, National President
 Dr. Patsy O. Squire, Eastern Region Director
 Dr. Cheryl Heath-Johnson, Pi Chapter President
 Dr. Carolyn Gibson, Committee Chair

[Click for Zoom Link](#)





The National Sorority of Phi Delta Kappa, Inc.
Beta Chapter

2022 ANNUAL TEACH-A-RAMA

STRENGTH TO STRENGTH: REDISCOVERING YOUR SUPERPOWER

FEATURING:

DR. SHEREE GIBSON
THINK PARTNERS, LLC
CEO/FOUNDER



SATURDAY, MARCH 26, 2022 | 12:30 - 2:30 PM

JOIN US VIRTUALLY
REGISTER TODAY AT



Wanda Fox, Basileus & Joi Hollis, Teach-a-Rama Chair



NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession

ZETA EPSILON CHAPTER

VIRTUAL & LIVE

Comedy + Cocktails

SCHOLARSHIP FUNDRAISER

WITH IamHassanOliver and Friends

Spin The Wheel Wine Raffle


MARCH 26, 2022

7 PM

\$20

TICKETS CAN BE PURCHASED AT EVENTBRITE:
bit.ly/ZECComedyandCocktails

Margarette Galloway, Supreme President - Patsy O. Squire, Regional Director
 Ebony Lattimer, Chapter President - Kristina Jones-Wilson, Chairperson



National Sorority of Phi Delta Kappa, Inc.

"To Promote the Highest Ideals of the Teaching Profession"

Margarette Galloway
Supreme Basileus

Dr. Patsy Squire
Eastern Region Director

Tiffany Ladson-Lang
ER Member-At-Large

Valeria C. Edwards
ER KOT Chairperson

Save the Date...

Saturday, April 30, 2022

16th Eastern Region Kappa Omicron Tau Conference

Somerset, New Jersey
HOST: Epsilon Alpha Chapter
Valeria Edwards, ER KOT Chair
Beta Lambda Chapter



Margarette Galloway, Supreme Basileus
Dr. Patsy O. Squire, Eastern Region Director
Tiffany Ladson-Lang, Eastern Region Member-at-Large
Marlene Davis-Bonds, Basileus Epsilon Alpha Chapter

ANTHROPOS CONFERENCE

AN AFFILIATE OF THE NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

**"Brothers Making a Difference:
Shaping the Future"**

53rd Eastern Regional Conference

April 28 - May 1, 2022

**DOUBLE TREE BY HILTON
SOMERSET HOTEL**

200 ATRIUM DRIVE, SOMERSET, NJ 08873

DR. PATSY O. SQUIRE, EASTERN REGION DIRECTOR
LEE BARNES, PRESIDENT
GARY KING, VICE-PRESIDENT



What information are you DRIVING around?

Let me introduce you
to our children & tell
you we'll be gone most
evenings for practice

We're likely distracted
and may be an easy
target

We have
expensive toys
in our garage

We may have
expensive
equipment
at home and
might be
gone most
weekends

We have a
small dog
named
"Max"

OILFIELD
SPOUSE

My spouse is
away often

This is where
we live

My kids go here
each day

My plate is easier
to recall should
someone want to
keep track of me





NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
DELTA PHI CHAPTER, NEW HAVEN, CT

Sponsors its

2022 Annual African-American Legacy Scholarship Luncheon

Saturday, April 2nd at Noon

Aria- 45 Murphy Road- Prospect, Connecticut

Theme: "Brave Enough to Be the Change"
2022 Honorees

Golden Apple Award

VIRGINIA CANN

Outstanding Educator Award

CHE DAWSON

DR. MARIAN EVANS

Distinguished Leadership Award

TERRANCE ROUNTREE

Community Service Award

HENRY FERNANDEZ

ALFRED L. MARDER

Business Award

SANDRA WATTS

Students will be recognized for the following awards:

Scholarship Recipient

Virgie Moore Excellence in Education Award

Academic Achievement Award

Academic Incentive Award

PURCHASE TICKETS VIA [EVENTBRITE](https://www.eventbrite.com):

Ticket Price \$65; Children ages 12 and under Ticket Price \$35

[Click Here To Purchase Tickets](#)

[Click Here For Ads, Patrons' List, and Donations:](#)

Proceeds benefit scholarship & youth programs

NATIONAL SORORITY OF PHI DELTA KAPPA, INC.



82ND ANNUAL EASTERN REGIONAL CONFERENCE

HOST CHAPTER: EPSILON ALPHA

GROWING THE LEGACY OF A STRONG SISTERHOOD

"BRAVE ENOUGH TO BE THE LIGHT"



APRIL 28 - MAY 1, 2022

DOUBLE TREE BY HILTON SOMERSET HOTEL
200 ATRIUM DRIVE, SOMERSET, NJ 08873

[HTTPS://WWW.NSPDK.ORG/](https://www.nspdk.org/)

[HTTPS://WWW.NSPDKEASTERNREGION.ORG/](https://www.nspdkEasternRegion.org/)



MARGARETTE GALLOWAY, SUPREME BASILEUS
DR. PATSY O. SQUIRE, EASTERN REGION DIRECTOR
TIFFANY LADSON-LANG, MEMBER-AT-LARGE
MARLENE BONDS-DAVIS, EPSILON ALPHA BASILEUS
DR. CASSANDRA HOLCOMB AND MARLENE BONDS-DAVIS,

FOR THERE
ALWAYS
LIGHT
IF ONLY WE
BRAVE ENOUGH
TO SEE IT
IF ONLY
WE ARE
BRAVE ENOUGH
TO BE IT



National Sorority of Phi Delta Kappa, Inc.
Epsilon Alpha Chapter

Ms. NSPDK Scholarship &
Programs
Pocketbook BINGO

Saturday, March 5, 2022 3-5 PM EST via Zoom

Deadline to register is Friday, March 4, 2022 at 5 PM EST.

BINGO Game Link and boards will be emailed to you AFTER receipt of your payment for the BINGO boards.

1 BINGO Board = \$30

2 BINGO Boards = \$40

or QR code for a message at Ms. NSPDK Contestant. All payments must be made through Zelle to: eatamias@gmail.com.
Soror Sari Gregg!



All proceeds will go towards our scholarship fund.

Dr. Margarette Galloway, President
Dr. Patsy O. Squire, Eastern Region Director
Marlene Bonds-Davis, Epsilon Alpha Chapter President
Eleanor Worrell, Ms. NSPDK Committee Chair

"Pursuit of Excellence: A Challenge to Fulfill."



Click the purse to purchase your BINGO boards!



EDUCATORS

19

23



99TH ANNIVERSARY



Many thanks to those sorors who contributed articles to this edition of the newsletter. You were so gracious in sharing your activities with the Region. Thank you chapter Basilei, sorors, Public Relations Chairs, Program Chairs, National Public Relations Director – Jarian Graham, and our own Regional photographer – Rhonda Baskerville; Love you for capturing our great moments. Clarena S. Jones, ER Public Relations Chair