



National Sorority of Phi Delta Kappa, Inc.

EASTERN REGION

www.nspdkeasternregion.org

Dr. Patsy O. Squire, Eastern Regional Director



**Eastern Region Theme: "Follow the Light! Grow the Legacy!
Empower the Sisterhood"**



November 2020



THANK YOU, LORD !

<https://youtu.be/Jkz0Y4rUAlg>

Tragedies are commonplace, all kinds of diseases – people are slipping away
Economy's down, people can't get enough pay, AS FOR ME – ALL I CAN SAY
IS

THANK YOU, LORD, FOR ALL YOU'VE DONE FOR ME!

Folks without homes living out in the street
And drug habits some say they just can't beat
Muggers and robbers, no place seems to be safe
But you've been my protection every step of the way
AND I WANT TO SAY

THANK YOU, LORD, FOR ALL YOU'VE DONE FOR ME!

It could've been me, outdoors with no food, and no clothes
Or all alone, without a friend
Or just another number, with a tragic end.
But you didn't see fit, to let any of these things be
Cause everyday by your power
YOU keep on keeping me
AND I WANT TO SAY

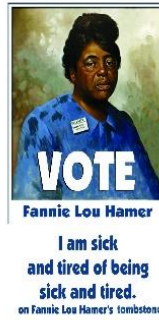
THANK YOU, LORD, FOR ALL YOU'VE DONE FOR ME!

BE STILL, AND KNOW THAT I AM GOD

Psalms 46:10

Theme: “Follow the Light! Grow the Legacy! Empower the Sisterhood!”

November 1, 2020



Greetings,

November is certainly a month dedicated to reflecting upon our blessings. I'm thankful for Fannie Lou Hamer, a Civil Rights Activist who led voting drives and co-founded the Mississippi Freedom Democratic Party. I certainly agree with her words, “I'm sick and tired of being sick and tired” especially during our three Pandemics (Covid-19, Social Injustices, and the leadership of these United States). We must continue with the voice and strength of our beloved Fannie Lou Hamer to encourage our community to Get Out the Vote. Please wear your VOTE paraphernalia with **PEARLS** on Election Day (**November 3, 2020**). We will wear our pearls in memory of our female ancestors and to honor all women fighting for our democracy. Feel free to carry your chapter banner to voting sites to encourage the community to Get out the Vote. Post pictures on your Social Media pages. We must vote to effect change and let our voices be heard. Please remember as an organization we cannot endorse candidates (NSPDK, Inc., MPP, Section 5, page 15).

I'm also thankful for American Education Week. Our ER Officers, ER Admin. and Y.E.S Committee Chairs along with their committees and Chapter Basilei are creating bonds and training our chapters to create Championship Teams. You, our Sorors, our educators are zooming right through the Pandemic while teaching and loving on your families to provide excellent programs for the National Sorority of Phi Delta Kappa, Inc. The world recognizes and value the work of our Educators (Essential Workers). We're able to visit rewarding activities via Zoom, such as: Chapter Teach-a-Rama programs, Book Give Aways, Krinon Interest Meetings, Xinos/Kudos Installation/Induction Ceremonies, Game Nights, Social events and Chapter Meetings. Being able to witness chapters working together is so refreshing. Please allow the world to witness our YES program by posting on personal social media pages.

I'm thankful for Veterans Day, the Holiday that remind us to celebrate those that have served in the United States branches of service. We salute our Veterans and Anthropos that served to protect our freedom. Last, but not least, I'm thankful for the Thanksgiving Holiday. Our history is certainly weaved into the diversity of Thanksgiving. Please be extremely careful and safe during the holidays. It is impossible to count our many blessings, therefore:

I'm Just Thankful!

Dr. Patsy O. Squire
Eastern Regional Director



“Now Is Not the Time to Sit It Out and Stay Home”



By Soror Doretta Walker

BETA ZETA CHAPTER

***Eastern Region Commission on Civil Rights
& Legislative Affairs***

As the late Congressman Civil Rights and Voting Rights Activist John Lewis said, “The vote is precious, it’s almost sacred, so go out and vote like you never voted before.” On November 3, 2020, and even now at early voting sites all across the United States, the most important thing that you can do for the future of your families and children is happening--that is exercising your right to vote. It is imperative that everyone vote. We must send the message that we care and make our voices heard.

The easiest way to send that message as I have said at the Eastern Regional Conference and in numerous other forums is to **VOTE**. Vote early and encourage others to vote early. If you are unable to vote in person you should have already requested an absentee ballot form and returned the ballot to your respective Board of Elections. It is still not too late! All across the country, people are waiting in lines for hours to exercise the right to vote because they know that there are those that have fought for that right and we are still fighting for that right even today in 2020 in some places. In 2020, we have experienced a year that has been quite difficult to say the least, a pandemic causing in excess of 224,000 and counting deaths, over a million people infected with an airborne virus; police brutality caught on tape sparking world-wide protests resulting in peaceful and not so peaceful protests, escalating hate speech and actions, and just lack of common decency by our fellow Americans. One of the ways to begin to combat the troubles that we must deal with this year so far is to vote. To quote the late John Lewis again “The vote is the most powerful nonviolent tool we have.”

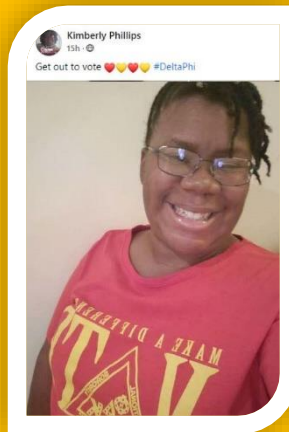
In addition to the top ticket items on the ballot this year like the Presidency, United States Congress and down ticket seats such as state, county and judicial races, there are also many other items on the ballot like justice, decency, systemic racism, housing, health care, criminal justice reform, economic empowerment for black, brown and poor people, access to quality education and appropriate and life-saving responses to COVID 19. Now is not the time to sit it out and stay home and be complacent. It’s time to act and encourage others to act. Sorors vote and encourage others to vote. Vote to effect change and let our voices be heard.



President Barack Obama 44th President of the U.S.A.

"Barack Obama on 2020"
POD SAVE AMERICA
October 14, 2020

But a lot of it is what's their basic character. Right? Are they people who instinctively care about the underdog? Are they people who are able to see the world through somebody else's eyes and stand in their shoes? Are they people who are instinctively generous in spirit?



SORORS

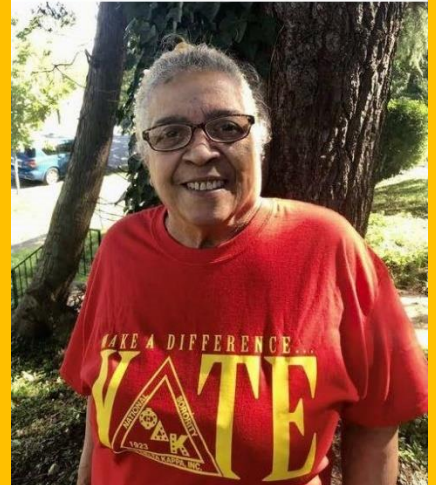
VOTE

Alpha Chapter Basileus Perry Jackson did not forget what do on October 15th!



Monica Lewis » NSPDK Inc. Eastern Region Chapters
18h · 🌐

Yes, Madame Basileus! Make a difference and get out to vote!
#GammaGals #NSPDKGamma — with Shelia A. Evans.



Donyele Wilkerson » NSPDK Inc. Eastern Region Chapters
12h · 🌐

Get out to vote!! #alphamuchapter



Regina Rowland » NSPDK Inc. Eastern Region Chapters
2h · 🌐

Some Xi Sorors getting ready to Get Out the Vote



Leslie Ridley » NSPDK Inc. Eastern Region Chapters
2h · 🌐

Make a difference! Get out and Vote!



Tanisha Dorvil » NSPDK Inc. Eastern Region Chapters
14h · 🌐

Good Trouble with Theta Chapter!!!







Started the week off with a magic wand with a message! I wish I could wave this wand and rid the world of this horrific disease. Until that day, I will raise my wand and awareness!





NATIONAL CALL TO ACTION for LITERACY EASTERN REGION BOOK DRIVE-BY

Saturday, October 24, 2020, was a very satisfying and heartwarming day. The Eastern Region, along with the help of Rho Chapter, had a Drive-By Book Fair and gave books to boys and girls, Pre-K through 4th Grade, in the parking lot, at Ezion Mount Carmel Methodist Church, Wilmington, Delaware.

All of this started when the Eastern Region was planning to hold our Annual Conference in Wilmington. I suggested to the Eastern Regional Director, Dr. Patsy Squire, that we should have a Read-In in some school and give each student a book. She thought that was a great idea. I had



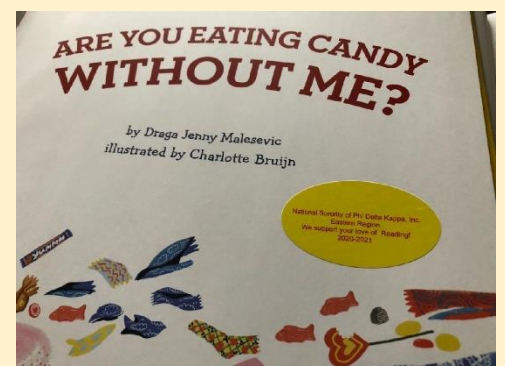
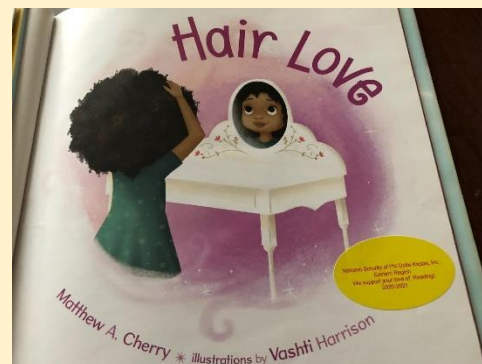
been purchasing books for some time and had a great collection. I brought some of the books to our Executive Council Planning Meeting for the Sorors to see. At that time, we asked the Sorors and Anthropos to volunteer to read at our Read-In.

Well, of course the COVID 19 came along and our Conference became Virtual. I continued purchasing books to give away. Then the schools closed. I suggested a book drive and I wanted the Eastern Region to be a part of it. I called the Eastern Regional Director Squire and she called Soror Maria Allmond, Eastern Region Literacy Chair. The Eastern Region purchased labels to put in the books and red bags to put the books in. I called Rho Chapter for assistance. Immediately, Soror Elyse Harris, Literacy Chair, took the idea to her chapter. They made all the arrangements, generated, and circulated a flier. Soror Harris became the “Queen” of Public Relations for the Drive-By Book Fair!

On the day of the Drive-By Book Fair, each book had been placed in clear plastic bags and colored coded by grade level. I also purchased Early Readers so each child would have a Help Aid in learning how to read. We had thirty-two (32) happy children and their parents.

It was especially great to have the ER Literacy Chair with us. Many thanks to Rho Chapter, Basileus Cheryl Calicott-Trawick and Sorors Elyse Harris, Judith Morton, Geraldine Cochran, Constance Young, Dorothy Taylor, and Angela Ringgold. Many thanks to Soror Mary L. Payne, Xi Chapter who assisted me the entire day, especially in getting the books to the Fair.

Soror Leola J. Williams, Xi Chapter, continued the Book Fair on Sunday, October 25, 2020 at Community Baptist Church, Chester, Pennsylvania. Assisting her were Basileus Regina Perry, Sorors Mary L. Payne and Paula Sammons. Eighteen (18) children accompanied by their parents, left with books in their red bag and a radiant smile on their face. That was an awesome, rewarding week-end! By: Soror Suzanne Gibbs (Xi Chapter)





***National Sorority of
Phi Delta Kappa, Inc.***

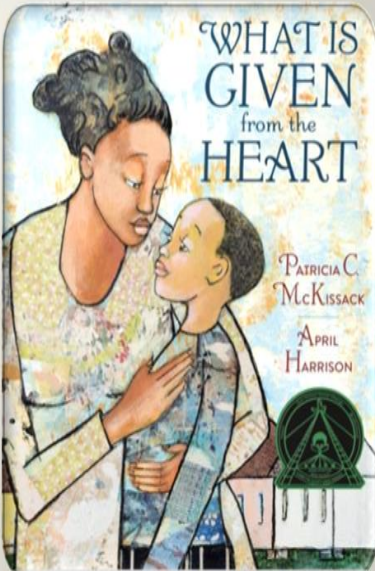
Eastern Region

***Supports the Love of
Reading,
Drive-By Book Fair***

On Saturday, October 24, 2020, a Drive-By Book Fair was held at Ezion Mt. Carmel United Methodist Church, Wilmington, DE. (Rho Chapter). Day 2 was held on Sunday, October 25, 2020 at Community Baptist Church in Chester, PA. (Xi Chapter).



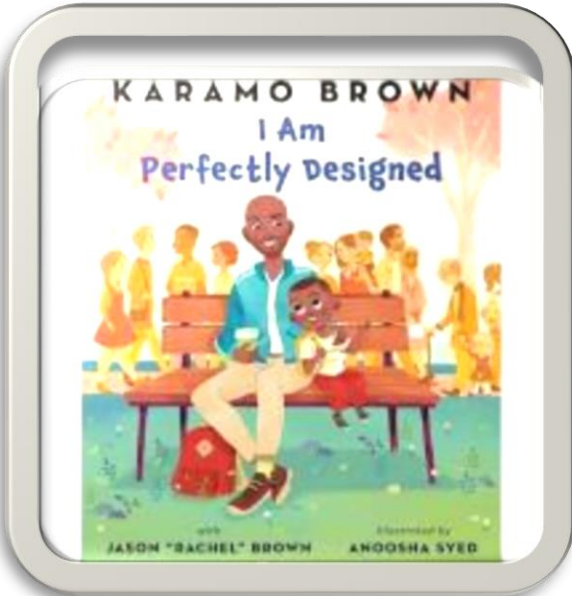
**Retired Sorors Volunteer Program Chair
Soror Suzanne Gibbs (Xi Chapter)
coordinated with the Eastern Regional
Literacy Chair Soror Maria Allmond
(Alpha Mu Chapter), Rho Chapter's
Literacy Chair Soror Elyse B. Harris and
Mary Payne (Xi Chapter) to host the
Drive-By Book Fair.**

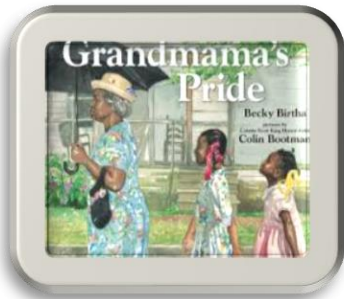


Thank you to all the Sorors from Xi and Rho Chapters for their dedication to this event. The Sorors organized 250 books from African American authors for this amazing Book Fair.



Taking all safety precautions, families practiced social distancing while children were able to select a book from many genres along with a leveled reader. The students were very excited with their book selection.





A special heartfelt Thank You goes to Soror Suzanne Gibbs for her generous donation of all the Pre-K-Grade 5 books and leveled readers! Your generosity of ensuring that all children were provided books during this special event, will be a memory that lasts a lifetime.

Grateful acknowledgment and appreciation for the fundraising efforts of the Eastern Region - Ms. NSPDK Pageant in supporting this literacy initiative.



Eastern Regional Director Dr. Patsy O. Squire, donated books from the Fennell Family Adventures (The 2020 Eastern Region Conference Literacy Luncheon guests) for all the middle school students at the book fair. Soror Elyse B. Harris gave the students encouragement to become Entrepreneurs/Authors based on their life experiences.



The Glow Is Far Greater Than We Know

By Soror Tanisha Dorvil, *Theta Chapter Youth Advisor*



Our Beloved Founders

This spring, I had the opportunity to reflect, review and be renewed, quietly, on my own. I thought a lot about my purpose and how my actions, thoughts and ideas can positively affect others. Of all the many roles in life, I thought a lot about NSPDK. The energy that I feel as I connect with my purpose as a leader and with other sorors who take to heart how our calling as educators exceeds not just the classroom, but our communities, makes me better understand when our lights touch, the glow is far greater than we know.

In my reflections, I could almost “feel” my thoughts become synapses connecting one thought to another. In my Sororal Imagination, I went back to our Founders; Gladys Cannon Nunery, Julia Asbusy Barnes, Gladys Merritt Ross, (Founding Mother), Florence Steele Hunt, Ella Wells Butler, Marguerite Gross, Mildred Morris Williams and Edna McConnell, and just like us, they too experienced life in a pandemic. They had to wear masks, and teach children. Seasons changed and there were many hardships and losses that year. These young teachers, who lived just

across the river from me, got up every day and pushed forward, in buildings maybe with no heat, certainly no air conditioner. They did not have the technology that we have today, but they did have the drive, so much, that 5 years after the 1919 pandemic, they formed the National Sorority of Phi Delta Kappa, Inc.

I continue to feel my thoughts race and go deeper at the same time. I thought about how our founders did not let fear stop them from a dream. While they were inspiring their students during WWI from 1917, among all the

confusion, hunger, loss of life and what must have felt as an eternal darkness, “Who was inspiring them?” Who were those teachers, professors, ministers, and community leaders, that were pouring life into them that could inspire. What were those conversations like?

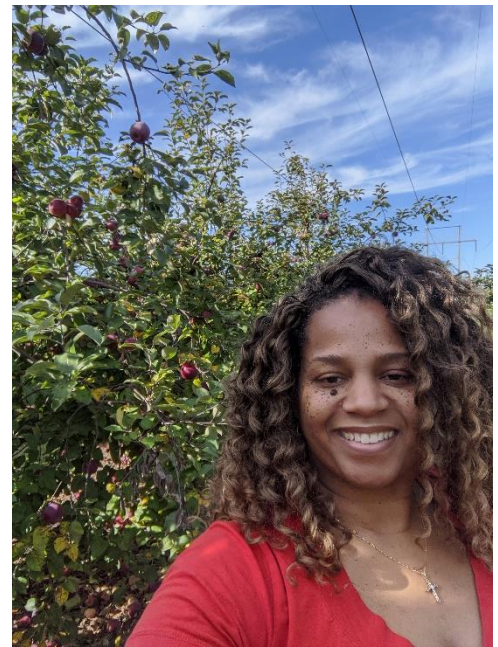
My synapses seem to be creating a circle web in my head because, I thought about all of us sorors near and far. I then developed two questions that were the summary of my Sororal Experience. So, I humbly ask for all sorors, as you plan for your November Meetings, please come together and have a discussion to answer the following...

1. “What amazing things will you pour into Generation Z?
2. What will you say to your youth (or in your community) that will inspire a Dream that will last 100 years and beyond?

Please use the PR Dream form that will be sent to your Public Relations Chair. Thank you PR Sorors in advanced for forwarding these responses to Soror Clarena Jones. Your responses are your charge for 2020-2021.

Next steps for presentation coming next month. Sorors, this is something we can all be apart of, it can begin as simple as knowing the names of your youth in your chapter, begin building relationships, adopt a youth, attend a youth meeting and let them see what a real Village looks like.

Blessings Sorors and Thank You to all of you who continue to inspire Dreams!



Soror Tanisha Dorvil



**Wake up, all the teachers
Time to teach a new way
Maybe then they'll listen
To what you have to say
They're the ones who's coming up
And the world is in their hands
When you teach the children
Teach 'em the very best you can.**

M C S W E E N E Y ' S

INTERNET TENDENCY

Daily humor almost every day since 1998.

JULY 31, 2020

TEACHER

BY ERIN NICOLE

Inspired by Jamaica Kincaid

- - -

This is how you talk to students about alcohol; this is how you talk to students about drugs; this is how you monitor students for signs of depression; this is how you talk to a student about suicide; this is how you handle bullying; this is how you handle cyberbullying; this is how you report a student who could be a threat; *shouldn't we have a guidance counselor for that?*; this is how you take down a shooter; this is how you take down a shooter with a partner; this is how you disarm someone with a pistol; this is how you disarm someone with an automatic rifle; make sure you aren't holding the gun when the cops arrive; *how long will it take them to arrive?*; this is how you barricade the door against an intruder; this is how you line up your students against the wall during a lockdown; *but won't that make them an easy target?*; this is how you set up a Google Hangouts Meet; this is how you take attendance virtually; this is how you use Pear Deck; this is how you use Flipgrid; this is how you use Nearpod; this is how to avoid having your students stare at a screen all day; this is how you keep students engaged during distance learning; this is how you attend a Zoom faculty meeting; this is how you give an online quiz; this is how you keep students from googling the answers on an online quiz; this is how you proctor a virtual exam; don't forget self-care; this is how you attend virtual meetings about reopening school; *if we're having the meetings virtually, should we be reopening school?*; this is how you quarantine if you've come into contact with someone who's tested positive; this is how you quarantine if you've traveled internationally; this is how you quarantine if you've traveled to a hotspot in the U.S.; *isn't this a hotspot?*; this is how you wash your hands; try singing "Happy Birthday" while washing your hands for at least 20 seconds; don't touch your face; this is how you wear a mask to keep yourself safe; this is how you wear a mask to keep others safe; this is how you safely remove your mask; this is how you ensure you don't spread germs when you take your mask off to eat or drink; after three days you can reuse N95 masks; you can wear scrubs if you want; you can wear face shields if you want; you can wear safety glasses if you want; this is how to stay at least six feet apart at all times; this is how you sanitize desks between classes; after three days you can reuse books; this is how to do a temperature check before coming to work each day; this is how to teach from home if you're sick; this is how to make sure students who don't feel comfortable returning to campus get the same experience as those who are in school; *but what if I don't feel comfortable returning to campus?*; you mean to tell me that after all this you don't feel safe at school?

THE NEW YORKER
JUNE 26, 1978 ISSUE

Girl

By Jamaica Kincaid

Wash the white clothes on Monday and put them on the stone heap; wash the color clothes on Tuesday and put them on the clothesline to dry; don't walk bare-head in the hot sun; cook pumpkin fritters in very hot sweet oil; soak your little cloths right after you take them off; when buying cotton to make yourself a nice blouse, be sure that it doesn't have gum in it, because that way it won't hold up well after a wash; soak salt fish overnight before you cook it; is it true that you sing benna in Sunday school?; always eat your food in such a way that it won't turn someone else's stomach; on Sundays try to walk like a lady and not like the slut you are so bent on becoming; don't sing benna in Sunday school; you mustn't speak to wharf-rat boys, not even to give directions; don't eat fruits on the street—flies will follow you; *but I don't sing benna on Sundays at all and never in Sunday school*; this is how to sew on a button; this is how to make a buttonhole for the button you have just sewed on; this is how to hem a dress when you see the hem coming down and so to prevent yourself from looking like the slut I know you are so bent on becoming; this is how you iron your father's khaki shirt so that it doesn't have a crease; this is how you iron your father's khaki pants so that they don't have a crease; this is how you grow okra—far from the house, because okra tree harbors red ants; when you are growing dasheen, make sure it gets plenty of water or else it makes your throat itch when you are eating it; this is how you sweep a corner; this is how you sweep a whole house; this is how you sweep a yard; this is how you smile to someone you don't like too much; this is how you smile to someone you don't like at all; this is how you smile to someone you like completely; this is how

you set a table for tea; this is how you set a table for dinner; this is how you set a table for dinner with an important guest; this is how you set a table for lunch; this is how you set a table for breakfast; this is how to behave in the presence of men who don't know you very well, and this way they won't recognize immediately the slut I have warned you against becoming; be sure to wash every day, even if it is with your own spit; don't squat down to play marbles—you are not a boy, you know; don't pick people's flowers—you might catch something; don't throw stones at blackbirds, because it might not be a blackbird at all; this is how to make a bread pudding; this is how to make doukona; this is how to make pepper pot; this is how to make a good medicine for a cold; this is how to make a good medicine to throw away a child before it even becomes a child; this is how to catch a fish; this is how to throw back a fish you don't like, and that way something bad won't fall on you; this is how to bully a man; this is how a man bullies you; this is how to love a man, and if this doesn't work there are other ways, and if they don't work don't feel too bad about giving up; this is how to spit up in the air if you feel like it, and this is how to move quick so that it doesn't fall on you; this is how to make ends meet; always squeeze bread to make sure it's fresh; *but what if the baker won't let me feel the bread?*; you mean to say that after all you are really going to be the kind of woman who the baker won't let near the bread? ♦

Published in the print edition of the June 26, 1978, issue.

Jamaica Kincaid has written numerous books, including “See Now Then,” “A Small Place,” and “My Brother.” A new edition of her travel memoir “Among Flowers” will be published in December.

More: ChildrenWest Indies



NSPDK, Inc. Epsilon Sigma - Newsletter Summer 2020 Krinon Line

By Jahara Davis, Carla Goodman, Shaquana Jenkins, Joan McKinney-Sanders, and Katrina Sharp

In March of this year, thousands of students, parents, and teachers would experience the most difficult time that one has ever seen or heard of in public education. COVID-19 arrived in our country a few months before this and was a force to reckon with. School districts had to make the tough decision of closing down schools and offering 20 plus pages of packets of work along with offering a laptop to each student to take home. What was thought to be a few weeks of remote learning, turned out to be three months of remote learning at home. Many students did not have adequate internet coverage which sparked the continued discussion of the digital divide.

Despite the digital divide, we as teachers still have a duty to do in making sure that all students are engaged and learning. While so much about this experience is new, remember that so much of what makes for great teaching in the classroom can transfer to a virtual environment. Teach For America gives teachers great tips on being a virtual teacher. The two steps that stood out are establishing a clear set of goals and being transparent about your online learning expectations. Establishing goals means considering the type of learners that you have and match that learning skill to the objective that you have for that lesson. This will help you and the student as they are grasping the content being learned. By using the tools of teaching software like Zoom or Canvas, teachers can effectively chat with students, see their faces, and model to them their lesson.

Like teachers, students have an obligation to ensure that they are obtaining reliable and appropriate sources of information through the internet. Digital Literacy and Digital Citizenship are two popular terms used in education that encompasses the insights into teaching students to use the internet safely and effectively. With hacking and cyberthreats at an all time high, knowing what search engines are appropriate is vital. There are a plethora of resources that students can use. Resources are available online and digital through your local libraries with your library card. With your library card, you have access to free online resources, databases, and entertainment wherever you go.



Interviewee (photo below): Ms. Sydney Thomas
Grade & Subject: 8th Grade Math

“I am a high energy teacher, who thrives from the personalities and energies of my students. The biggest change for me is the social piece of being in school.”

Jahara: During this time, educators are being asked to teach remotely from home. What was your initial intake of the change?

Initially, the change wasn't too bad. My teammate and I prepared the students for success with virtual learning. Since our school is one to one technology, the students are proficient with working online. I am missing the social aspect of school. I am a high energy teacher, who thrives from the personalities and energies of my students. The biggest change for me is the social piece of being in school.

The first week, I was very successful with interactions with my students. I posted assignments every evening at the same time; therefore when students wake up in the morning, their assignment is there. At the end of each day, I have been highlighting the students that have completed the assignment for that day.

Jahara: If you could inspire other educators and students during this pandemic, what words would you tell them during this time.

Bring the community virtually! Just because we are not in school, doesn't mean your classroom has to change its aura. Consistency makes a big difference! When the teachers are consistent, that provides clarity and less grey areas for the students. I would promote a day or an assignment to see how the students are doing. Something fun. For example, what color describes how you are feeling today? This makes virtual learning less robotic and more personable!

Written By: Jahara Davis, Carla Goodman, Shaquana Huguley Jenkins, Joan McKinnie Sanders, & Katrina Sharp





Festivities honor the team of people who work in our nation's public schools, everyone from the bus driver and classroom teacher to the cafeteria worker and administrative staff, plus countless others.

MONDAY, NOVEMBER 16: KICKOFF DAY

Across the country, schools will celebrate excellence in education by hosting kickoff events and activities.

Write a letter to the editor of your local newspaper. You can thank public school educators for their service or thank the community for its support of public schools. You can also encourage the local paper to write an editorial about public schools and American Education Week.

TUESDAY, NOVEMBER 17: PARENTS DAY

On this day, schools across the nation invite parents into the classroom to experience what the day is like for their child.

Invite parents virtually into your classroom via video conference to read to students, talk about their career, or share other educational information outside the normal curriculum. If the parent is tech-savvy, have them record a video you can show.

WEDNESDAY, NOVEMBER 18: EDUCATION SUPPORT PROFESSIONALS DAY

Education Support Professionals keep schools running and students safe, healthy and ready to learn.

- Send a "Thank You" card containing a raffle ticket. Then hold a raffle drawing and present the winning Education Support Professional with a gift certificate to a local restaurant.

- Encourage a letter-writing campaign among teachers and students to thank Education Support Professionals for all that they do.

THURSDAY, NOVEMBER 19: EDUCATOR FOR A DAY

Normally community leaders would be invited to experience the day as educators and experience the challenges of teaching and the needs of students, with the guidance of school employees.

- Invite members of the community virtually into your classroom via video call to read to students, talk about their career, or share other educational information outside the normal curriculum.
- Ask students to dress as if they were in their future career and talk about that profession's role in the community.

FRIDAY, NOVEMBER 20: SUBSTITUTE EDUCATORS DAY

Substitute educators play a vital role in the maintenance and continuity of daily education.

- Encourage increased respect for substitute education employees
- Provide a reminder for school staff on effective practices to prepare for, welcome, and support substitute educators

Essential
Workers

Get Smart About Risks and Diabetes Prevention

With early detection and awareness, you can take steps to prevent or delay the onset of type 2 diabetes.

- Make small changes to the way you eat without giving up the foods you love
- Increase your physical activity levels to 30 minutes a few days a week
- Manage your stress



Extra Weight, Extra Risk

Being overweight raises your risk for type 2 diabetes, heart disease, and stroke. It can also increase the risk of high blood pressure, unhealthy cholesterol, and high blood glucose (sugar). If you are overweight, losing weight may help you prevent and manage these conditions. And you don't have to lose a lot to improve your health—even losing 10-15 pounds can make a big difference.

Win the Fight to Quit Smoking

It is no secret that smoking is bad for your health. Smoking hurts your lungs and your heart. It lowers the amount of oxygen that gets to your organs, raises your bad cholesterol and raises your blood pressure. All of these can raise your risk of heart attack or stroke.

African American community—Diabetes is one of the most serious health problems that the African American community faces today.

Breast Cancer, God, and Me

By Margaret Franklin
Delta Pi Chapter

Imagine this, a 29 year old young lady with a daughter in third grade, loving parents, four brothers who adored her, and three sisters who totally supported her in everything that she did (as long as it was within the laws of God and their parents), feeling that life was just beginning. It was beginning alright but not the way she thought.

The Process: *God First*, forty years ago on a cold December morning a visit to my surgeon, the hospital for a biopsy, and the wait for the report resulted in a phone call from Dr. T. that revealed my worst fear, yes, I had breast cancer. This news should never be given to a patient over the phone and Dr. T. realized it before the conversation ended. I immediately called one of my big brothers and then the phone calls/visits from my other siblings, nieces, and nephews began. When my brother called me back later in the afternoon, he had already spoken to my surgeon, his doctor friend, the American Cancer Society, and others that his doctor provided. He gave me encouraging words and this time his voice wasn't cracking. (Faith stepped in after the shock)

The Journey: *God first*, telling my daughter, a third grader, was the hard part and my siblings discussed telling my parents now or later and who would break the news. My loving Mother could always feel when something wasn't right with one of us so they knew they had to tell them now rather than later. The spokesperson was chosen and of course, she already knew something was wrong with me. I love this lady even in death.

My doctor offered to meet with us to answer any questions we might have. Two days later Dr. T. and six of my siblings met in the hospital conference room for a detail discussion. (I must tell you that Dr. T. was young at the time. He did my gall bladder surgery a year earlier and came highly recommended from a doctor we trusted). I felt the pressure put on him but he handled every question like the expert he proved to be; including offering recommendations and a reference to the doctor who took care of Mrs. Rockefeller. (This gave him points from us and the facts that he said if it was his wife, he would recommend the same kind of surgery and treatments.) The surgery was set-up a few days later and the healing began.

The healing: *God first*, the surgery went well, spending over a week in the hospital gave me time to gather the strength I needed (mentally and physically). At my brother's request, Dr. T. made sure I had a room by myself and away from others with visits from each of them, my pastor, my



brother's pastor, and a couple of friends until visiting hour was called. *Remember forty years ago cancer was looked at very differently.*

The good news for me, I didn't have to have any chemo nor radiation treatments. He recommended I take a multi-vitamin, stay away from caffeine and color sodas/drinks. Monthly follow-up visits with Dr. T., different blood tests and chest x-rays at the hospital was ongoing (and Dr. T. always sent his personal nurse to check on me when I went to the hospital for tests) and with positive results I started seeing him every three months, then, twice a year for a number of years, and now I visit him once a year. Today, the veins are hard to find but I know without a doubt that I'm blessed.

I had reconstruction about a year after the surgery, where I met a wonderful plastic surgeon. I visited him several times over the years and ended up having to go back years later for a replacement but still God is good. He informed me in the beginning that this could happen.

The Blessings: Always putting God first, my parents (when people say, "I had a praying Mother", I know what they are talking about), my siblings, my then pastor and first lady, my church family, a wonderful Evangelist friend, and one who still holds my heart and still prays hard for me today, my daughter, Valerie. She is the blessing God knew I would truly need one day. In the third grade, she wrote me a note and said, "Mom, this is God giving you a miracle and satan is trying to interfere." I still live by these words.

Forty + years later: I'm still standing. Through it all, I never thought or said why me. I felt that I had to be on this earth to raise my daughter. I knew there is no love like a mother's love and no one will do for your child the way that you would. God answered my prayers and I know each day is a blessing, aches and pains will come and go, I see my surgeon, Dr. Tonzola, once a year, I still have my dream team partner in my corner, my daughter, I'm blessed to have two sisters and one brother still on this earth to love, I have some wonderful friends in my life, I'm a member of a great sorority, and if you think a man can't love you because your body has changed; it's just not true. A special thank you to a man who loved me dearly and made me realize life is for the living but sadly he passed away in 2019. At that time, we were just great friends.

Yes, I've been loved and I lost love but through it all I know prayer changes things and this I know for sure – God Is...

I leave you with this: Persevere, Pray, Never give up Hope, We are fighters, We are Survivors and God is the great physician our healer and He dispatch His healing Angels all around us every day. Be BLESSED!!!



Cherryl Jones, Eastern Region Chair, Health, Hypertension & Nutrition; reminds sorors to regularly examine our breasts and get mammograms.



Facts to Know

1. All women are at risk for breast cancer. The risk increases as you age.
2. Breast cancer is a leading cause of cancer death among black women.
3. African American/Black women under the age of 40 years of age can have more aggressive tumors and benefit from early detection, frequent breast cancer screenings and medical treatment increases chances of survival.
4. Elderly women may be less aware of breast cancer risk factors and delay seeking medical attention. This delay may result in more advanced disease.
5. Because of the biological and racial differences in breast cancer mortality, research studies have concluded that early and frequent breast cancer screenings are essential to increasing the survival advantages for black women.
6. Not all breast lumps are breast cancer. 80 to 85 percent of breast lumps are noncancerous, especially in women younger than age 40.
7. Do a regular self-exam, checking for any unusual changes such as:
 - Changes and lumps on the inside or outside of your breasts, chest, pectoral muscles, collarbone, nipples, torso, or underarms.
 - Strange discharge or fluid from the nipples that is bloody, clear, or pus-like that smells foul.
 - Skin changes that are bumpy, dark, different color, itchy, painful, puckered, rash-like, redness, sores, ulcers, shrunken, swollen, or tender.

Questions to ask your doctor

If any abnormal changes are found, a biopsy will be needed to find if cancer is present. Ask the doctor the following questions:

- What type of biopsy will be done?
- What kind of breast change or lump do I have?
- How soon will I know the results?
- If I do have cancer, what happens next?
- Are more tests needed? What kind?
- What is the grade and stage?
- Who will talk with me about treatment and what are my choices?

You also have a right to seek a second opinion, get answers you can understand and receive proper medical care.



"We wear Pink Oct.19-23, Saluting Breast Cancer Survivors and honoring the memory of the lives of our friends, family and Sorors".

*Dr. Patsy O. Squire
Eastern Regional Director*



Felicia Hudson Williams



Kimberly Phillips, Survivor



Sharon E. Brown-Jackson



Melanie Hill-White



Leona Fowler



Dr. Princess B. Towe

National Mammography Day is
the third Friday of October



Perry Jackson





Subject: Ecclesiastes 4:9-12

Girlfriends in God



“We Need Each Other”

Sharon Jaynes

Today's Truth

“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up...A cord of three strands is not quickly torn apart” (**Ecclesiastes 4:9-12** NIV).

Friend to Friend

Looking out my den window I noticed two of my neighbors pattering slowly down the street. Ernestine, with her bald head snuggled in a woolen cap, held tightly to Patti's supporting arm. Patti's chestnut hair, just two inches long, shone like a victor's crown of a cancer survivor.

The previous year, Patti discovered she had breast cancer. For three months she endured chemotherapy followed by seven weeks of radiation. As God would have it, her final treatment fell on Thanksgiving Day. Yes, she had much to be thankful for—a full life, a loving husband, and Ernestine Nevils, her new next-door neighbor who had moved in two years before.

During Patti's cancer treatment, Ernestine was right by her side, an extension of Jesus' hands and feet providing love, encouragement, and support. One year after her final radiation treatment, Patti was given the opportunity to return the kindness to Ernestine. A trip to the doctor revealed that Ernestine had lymphoma, cancer of the lymph nodes. Now Patti was the nurturer. She took Ernestine to her first chemotherapy session and explained what to expect. She told Ernestine what to eat, where to have a wig made, and how to deal with depression.

God has not called us to go through life alone. All through the Bible he brought people together for mutual encouragement and support. One day the angel, Gabriel, gave Mary some incredible news, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God (**Luke 1:35** NIV).

And what were the next words out of Gabriel's holy mouth? “Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to

conceive is in her sixth month. For no word from God will ever fail.” (Luke 1:36-37 NIV).

Does it seem odd to you that right after telling Mary the startling news about her unusual pregnancy, he told her Elizabeth, her relative and friend, was in a similar situation? Not to me. God knew Mary would need a friend.

Immediately, Mary packed her bags and went to see Elizabeth. When she walked into her cousin’s home, Elizabeth prophesied over her, affirmed her, and encouraged her. Not only that, Mary saw by example what to expect with her own labor and delivery. Oh sister, God knows that we need godly girlfriends to walk alongside us during difficult days. It’s even better when that friend has experienced a similar struggle in her own life. As Paul wrote, “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.** (2 Corinthians 1:3-4)

Mary had Elizabeth.

Ruth had Naomi.

Paul had Barnabas.

Shadrack had Meshack and Abednego.

Our key verse today tells us one reason having a godly friend is so important: “Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up...A cord of three strands is not quickly torn apart” (Ecclesiastes 4:9-12 NIV).

A cord of three strands. Me, you, and Jesus. That’s a strong cord right there.

As I watched Patti and Ernestine make their way down the street that chilly November day, I whispered a prayer of thanksgiving for Girlfriends in God... friends with whom we can be His hands and feet when one is too weak to walk unassisted, His strong arm when a burden is too heavy to bear alone, and His voice when a friend has forgotten the words to the song in her heart. That’s a strong cord right there.

Let’s Pray

Dear Lord, I thank you that You designed women to live in relationship with each other. Open my eyes to see someone who needs a dose of Your love today and give me the wisdom to know how to be an extension of Your grace. In Jesus’ Name, Amen.

Now It’s Your Turn

Who is one woman who has been a strong strand in your cord? Consider writing her an email of thanks today.

Honor her today by clicking on comment below and saying, “I am thankful for _____.

The best way to have a friend is to be a friend. Is there someone you know who is struggling with life that God is nudging you to help?



WE WEAR PINK !!!

Support your SisterTry, taking a walk with her, Zoom with her, Dancing to music, or Do something else with her that she enjoys. Having some fun may help your sister feel just a little better today. She probably won't forget all her problems, but she might feel a little more Optimistic about them, she may just feel a little less alone knowing that you Care.....ER Literacy Chair Maria
Today I honor my aunt Mrs. P. Richards

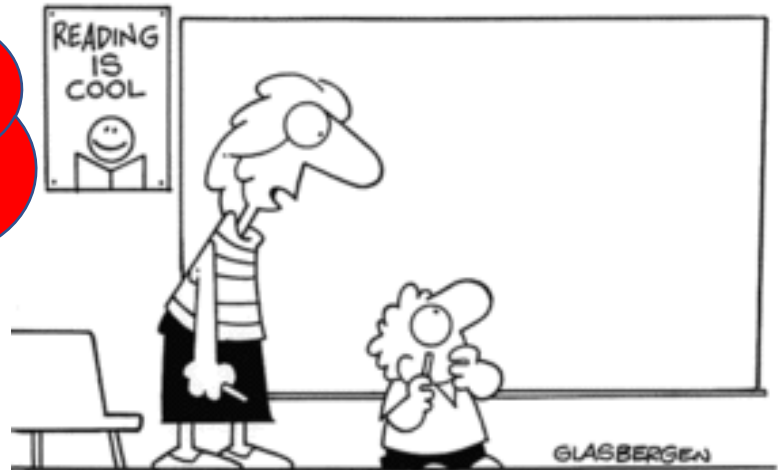


Survivor Portia Lowery



Fight like a girl!
Honoring my late Aunt Nina and celebrating my cousin Monica!

**What Amazing
Things Will
You Pour
Into Gen Z?**



"There aren't any icons to click. It's a chalk board."



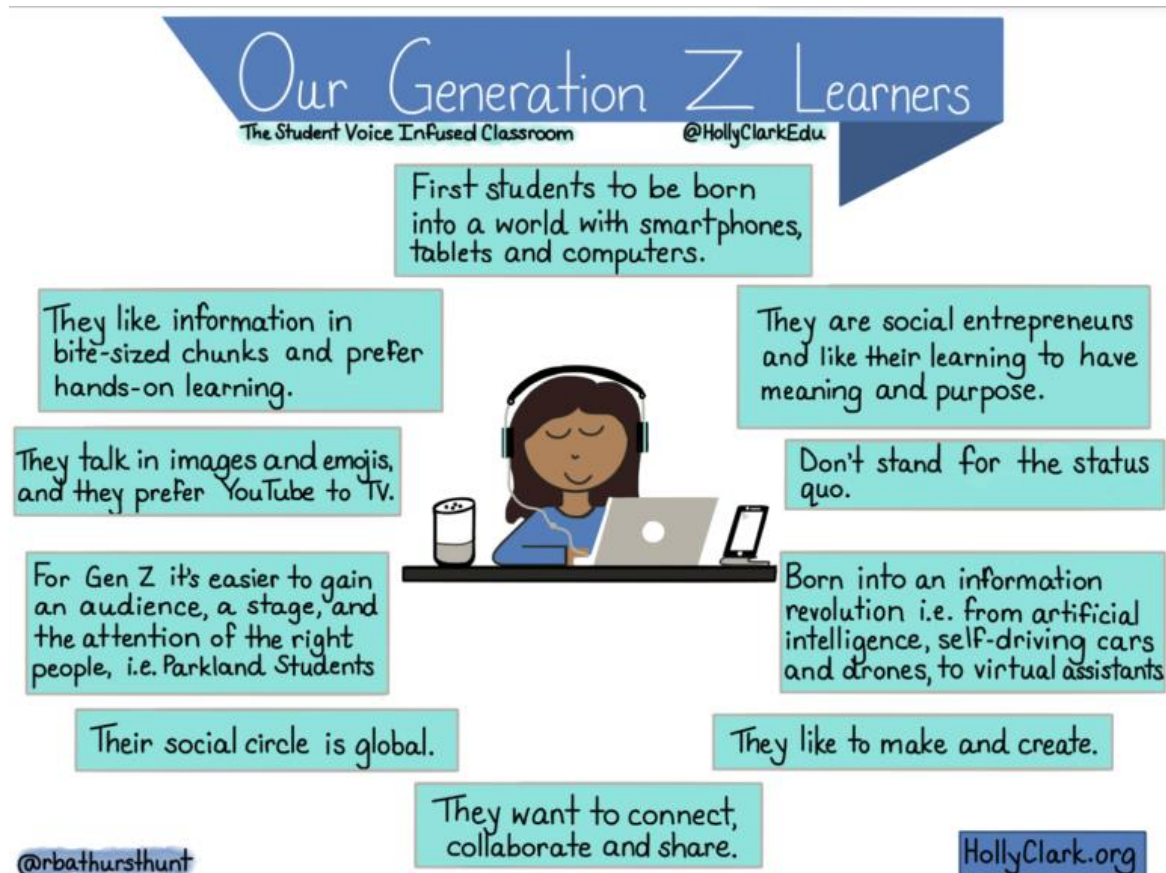
THE STUDENTS SITTING IN OUR
CLASSROOMS ARE **NOT DIFFERENT**
LEARNERS, BUT THEY DO LIVE IN A WORLD
WHERE **HOW WE LEARN IS TAKING A**
DRAMATIC SHIFT!





"Kids today have grown up with technology. They're looking for **experiences** that use tech **purposefully**, not frivolously,"

Julie Evans, CEO of Project Tomorrow





THEY ARE THE LARGEST MOST
TECHNOLOGICALLY SAVVY, SOCIALLY
NETWORKED, GLOBALLY CONNECTED
GENERATION IN HISTORY.



Claire
Madden

Most of the Gen Z watch youtube on a regular daily basis

MARKETERS SHOULD KNOW THE GEN Z INFLUENCERS LIKE YOUTUBE VLOGGERS WHO ARE REALLY BUILDING LOTS OF GEN Z FOLLOWERS

Tips on Communicating

- ▶ Talk in images: emojis, symbols, pictures, video
- ▶ "snackable content"
- ▶ Don't talk down
- ▶ Send your message across multiple screens

Just a few...

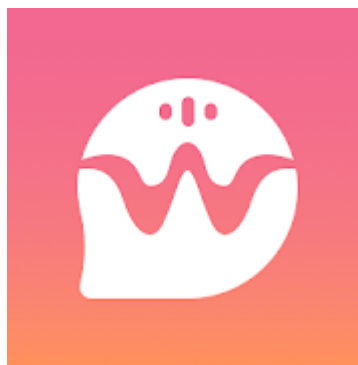
how many do you know?



@zebraiq



SNAPCHAT



WHISPER



PopKey



Instagram



Periscope



TWITCH



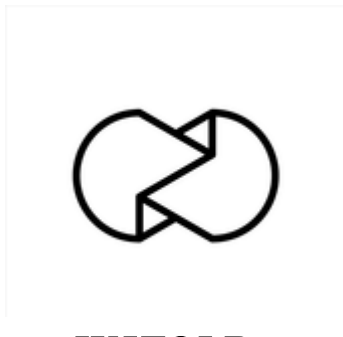
REDDIT



TIKTOK



IMGUR



UNFOLD



LOMOTIF



YOU TUBE

Gen Z are not as much tech savvy as they are tech-dependent.

Generation Z

They are hyper-connected and their phones are the hub of their social lives, but they don't do phone calls - they do texts and they really don't do texts, they do GIFs, Emojis, and Snaps

Gen Z has an attention span of 8 secs

Hmmm...

K-12 teachers are reading books as a group in class and don't expect students to read outside of class on their own.

GALLERY



Congratulations



Soror Rev. Dr. Deborah Burroughs
on receiving your Doctor of
Ministry Degree





Epsilon Sigma Chapter participates in the Belmont, NC Alzheimer's Awareness Walk.



Beta Zeta Chapter promoting the love of reading in North Carolina.

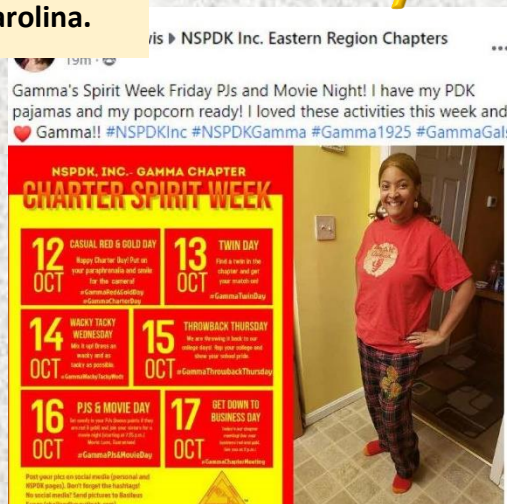
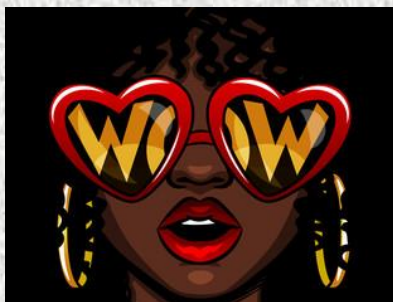


95yrs.

NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

GAMMA CHAPTER-- BALTIMORE, MD

Gamma Chapter of the National Sorority of Phi Delta Kappa, Inc. was organized on October 12, 1925 through the efforts of Lena Holcomb Dickerson and E. Romaine Jones. Soror Dickerson and Soror Jones became members in 1924.





**Alpha Chapter Xinos Club
12 new young ladies.**



The Adult and Children Education Committee, Delta Pi Chapter, delivers treats and fun to Speedway Avenue Elementary School in Newark, NJ.

Sorors donated clothing, shoes, and linen to assist hurricane victims in Haiti.

Y E S





Theta Chapter Xinos prepared 100 Personal Care Gift Bags in collaboration with the First Baptist Church, Brooklyn NY. The items were donated from Democratic Majority Leader, Council Woman Laurie Cumbo's office. The gift bags were presented to the AAPCI Senior Center in Brooklyn. The women were all smiles and very appreciative.



Thank you to our Sorors and Anthropos for making America a safe place for us to live.

Keep in mind that there are those who are in the midst of private battles, conditions that they prefer not to share at this time. In this case we call on the Lord to lay His healing hands upon all in need, uplifting any and all through their personal/private challenges swiftly, whole, and stronger than ever before.

During tough times, it's easy to think, *I can't do this; it is just too much; it is too hard*. Watch out for that type of thinking and when you recognize it, remember that *'the devil is a liar'*.

When I am in the midst of difficulty, I often turn to Romans 8:35-39, and I remind myself that no matter how difficult life is, God loves me and He's with me. He also promises to never allow more to come on me than I can bear as I look to Him for help (I Corinthians 10:13).

Soror Cheryl Calicott-Trawick
Rho Chapter, *Basileus*



Condolences:

Soror Carolyn Meadows (Rho Chapter) mother, Mrs. Laura Thomas

Soror Sydney Simpson (Delta Lambda Chapter, Basileus) aunt, Georgianna Elliott

Soror Larnitha Hunter (Beta Lambda Chapter) mother-in-law, Kathryn Hunter

Soror Monica Newell (Beta Lambda Chapter) uncle, Mr. Cleveland McRae

Soror Joyce Lester (Rho Chapter) mother-in-law, Mary Lester

Soror Yvette Jordan (Delta Pi Chapter) family member

Soror Dora Mae Davis (Delta Nu Chapter) father, Rev. Robert Davis

Soror Dr. Judylynn Mitchell (Beta Tau Chapter) mother

Illness:

Soror Sonja Brown (Rho Chapter)

Mr. Tony Lester (Rho Chapter) husband of Soror Joyce Lester

Soror Dr. Judylynn Mitchell (Beta Tau Chapter)





WHAT IS YOUR CHAPTER'S NICKNAME?

Shouting out your chapter's nickname in the December 2020 newsletter

Deadline to submit to the ER Public Relations Chair is

November 21, 2020

Please Save the Dates:

Virtual Feb. Exec. Brd. /YES Planning	Feb. 19-20, 2021	
Virtual 73 rd Youth Leadership Conference	April 23-24, 2021	Host Chapters, Gamma Mu and Zeta
Virtual Eastern Region KOT Conference	June 18, 2021	ER Chair, Valeria Edwards
Virtual 81 st Eastern Regional Conference	June 19, 2021	Host Chapter, Delta Nu
Virtual 98 th Anniversary Conclave	Stay tuned...	

HAPPY THANKSGIVING