

NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

EASTERN REGION

Dr. Etta F. Carter Supreme Basileus Dr. Patsy O. Squire
Eastern Regional Director

February 2021



"While democracy can be periodically delayed, It can never be permanently defeated."

Amanda Gorman
(2021 Inauguration Poet "The Hill We Climb")

CONGRATULATIONS! President Biden (46) and VP Harris





Greetings,

January proved to be a great month for our country as well as the world. We dressed in our Chucks and Pearls and walked into history with our 46th United States President, Joseph Biden and our first female Vice President, Kamala Harris. Covid-19 Vaccinations have been given to over 3 million Americans and Executive Orders are being signed to retify some of the inequities in our Country. While we witness the violent overtake of our democracy on January 6, 2021 and the vile cruelness to others, we will continue to demonstrate a spirit of love throughout our America. We will continue to "Follow the Light!" set by our forefathers and our dear Founders of the National Sorority of Phi Delta Kappa, Inc..

The month of February is the designated month of Love. Love for ourselves as well as others. Please join us as we participate in American Heart Month. Record your steps during the week of February 8-12, 2021 to fight against heart disease. Start

As many of you know, our region is experiencing a growth spurt. We are truly moving toward our goal of 500 new Sorors in the Eastern Region by 2023. Through your personal postings on Social Media, we have received many inquiries to join our organization of educators. Here alone in the Eastern Region, we hope to have new chapters chartered in Monmouth County, New Jersey, Rochester, New York and Westchester County, New York. We are also looking forward to growth in our Virginia Chapters. Just look at YOU, "Growing the Legacy!"

We are excited as we witness the many chapter programs throughout our Sisterhood to support Youth, Education and Service. Thank you for inviting us to sit at the table via Zoom to address Racism, Inequities, Poverty and Sisterly love. Please don't stop spreading the Love! Continue to Get into Good Trouble! "Empower the Sisterhood!"

Happy Valentine's Day!

Dr. Patsy Squire

Eastern Regional Director

CHUCKS and PEARLS

"While I may be the first woman in this office, I will not be the last.

Because every little girl watching tonight sees that this is a country of possibilities."











Following the leadership of Eastern Regional Director, Dr. Patsy Squire, the sorors of the Eastern Region donned our pearls, laced up our Chucks, and strutted our colors on J202021 as we cheered the swearing in of President Joseph R. Biden and Vice President Kamala D. Harris.

More than just a fashion statement, the Vice President dismisses the notion that women in power only wear heels. As with most women, it comes down to comfort for the feet – while still looking 'cool'.

VP Harris is a member of Alpha Kappa Alpha Sorority and the strand of 20 pearls worn, pays homage to the twenty founders and incorporators of AKA.

The classic Chuck Taylor All-Stars Sneakers is manufactured by Converse.















CONVERSE





Interactive Slide by Norma Kingka (Delta Pi Chapter)

















THE FLOTUS IS ONE OF YOUR OWN.



"The FLOTUS is one of your own." The new First Lady of the United States, Dr. Jill Biden, proudly declared these words during the virtual event to honor the work of educators held on January 21, 2021. Sponsored by the NEA and the AFT, union presidents Becky Pringle and Randi Weingarten expressed their admiration and pride in having an educator in the White House. Randi affirmed that "Teachers always have hope. You (Biden) have made it clear that it's not just hope. but that hope is on the way."

Becky alluded to the fact that the President was inaugurated during the same week that we commemorate Dr. Martin Luther King, Jr. She reflected that in the White House, educators have partners who will reclaim and transform public education for *ALL* students.

Randi conveyed to Dr. Biden that "Today is a moment when educators feel respected. We have an educator in the

White House who understands the challenges of educators."

NATIONAL SORORITY OF PHI DELTA KAPPA, INC. is honored to be well-represented in the White House. NSPDK is also grateful for the First Lady's recognition of what educators do day in and day out. The First Lady pointed out the commitments made by educators to teach during the pandemic.

- Educators have shown heroic commitment to their students.
- Teachers have gone above and beyond the call of duty.
- Educators help one another.

"Educators, this is our moment." Dr. Biden emphasized that the President is going to be a champion for educators. "The President is working on how to 'safely' reopen schools. Educators will get the job support they need right now to

make sure the health and safety of educators is ensured.

Dr. Biden sent positive energy to all educators telling them that, "Someone is a better thinker, working a little harder, standing taller, and is kinder because of you (educators)."

NEA and AFT presidents pledged to work with the new administration to lift up our country and schools.

Becky PringlePresident, National Education Association





Randi Weingarten
President, American Federation of
Teachers

The National Sorority of Phi Delta Kappa, Incorporated seeks to attract individuals who possess good moral character, exemplify self-respect and exhibit professional integrity. Candidates for membership must be actively engaged in the field of education, or retired within the last 1-5 years from the field of education at the time of application for membership.

www.nspdkeasternregion.org

"The Hill We Climb."

by Poet Laureate – *Amanda Gorman* 2021 Presidential Inauguration

When day comes we ask ourselves,

Where can we find light in this never-ending shade?

The loss we carry, a sea we must wade.

We've braved the belly of the beast.

We've learned that quiet isn't always peace.

And the norms and notions of what just is

isn't always just-ice.

And yet, the dawn is ours before we knew it.

Somehow we do it.

Somehow we've weathered and witnessed

A nation that isn't broken, but simply unfinished.

We, the successors of a country and a time,

where a skinny Black girl

descended from slaves and raised by a single mother

can dream of becoming president,

only to find herself reciting for one.

And yes we are far from polished,

far from pristine,

but that doesn't mean we are

striving to form a union that is perfect.

We are striving to forge a union with purpose,

to compose a country committed to all cultures, colors, characters and

conditions of man.

And so we lift our gazes, not to what stands between us,

but what stands before us.

We close the divide because we know, to put our future first,

we must first put our differences aside.

We lay down our arms

so we can reach out our arms

to one another.

We seek harm to none, and harmony for all.

Let the globe, if nothing else, say this is true:

That even as we grieved, we grew.

That even as we hurt, we hoped.

That even as we tired, we tried.

That we'll forever be tied together, victorious

not because we will never again know defeat,

but because we will never again sow division.

Scripture tells us to envision

that everyone shall sit under their own vine and fig tree

And no one shall make them afraid.

If we're to live up to our own time,

then victory won't lie in the blade

but in all the bridges we've made.

That is the promise to glade

the hill we climb

if only we dare it.

Because being American is more than a pride we inherit.

It's the past we step into

and how we repair it.

We've seen a force that would shatter our nation rather than share it,

would destroy our country if it meant delaying democracy,

and this effort very nearly succeeded.

But while democracy can be periodically delayed,

it can never be permanently defeated.

In this truth,

in this faith we trust.

For while we have our eyes on the future,

history has its eyes on us.

This is the era of just redemption

we feared at its inception.

We did not feel prepared to be the heirs

of such a terrifying hour,

but within it we found the power

to author a new chapter,

to offer hope and laughter to ourselves.

So, while we once we asked,

How could we possibly prevail over catastrophe?

Now, we assert,

How could catastrophe possibly prevail over us?

We will not march back to what was,

but move to what shall be.

A country that is bruised but whole,

benevolent but bold,

fierce and free.

We will not be turned around

or interrupted by intimidation,

because we know our inaction and inertia

will be the inheritance of the next generation.

Our blunders become their burdens.

But one thing is certain:

If we merge mercy with might,

and might with right,

then love becomes our legacy

and change our children's birthright.

So let us leave behind a country

better than the one we were left with.

Every breath from my bronzepounded chest.

We will raise this wounded world into a wondrous one.

We will rise from the gold-limbed hills of the west.

We will rise from the windswept northeast,

where our forefathers first realized revolution.

We will rise from the lakerimmed cities of the midwestern states.

We will rise from the sun-baked south.

We will rebuild, reconcile and recover,

and every known nook of our nation and

and every corner called our country,

our people diverse and beautiful will emerge,

battered and beautiful

When day comes we step out of the shade,

aflame and unafraid.

The new dawn blooms as we free it.

For there is always light,

if only we're brave enough to see it

If only we're brave enough to be it.

NSPDK, INC. – LEGACY

"Longevity and love, is the story of Epsilon"

By: Patricia Rosebourgh, Epsilon Chapter

As I read the call for submissions for the newsletter, something immediately resonated with me. Faith, determination, dedication and other traits which can uplift us at this critical time, prompted my muse to whisper, "Epsilon." This is my response.

In 1926 a group of conscientious educators gathered at the WV Collegiate Institute, now WV State University, in Institute, WV. The nation was wrapped in segregation, but our black communities were proud of our teachers, who led the way and primed our future generations. Quite simply, they were revered. The vast majority of black teachers possessed not only bachelor or master's degree, but doctorates as well. Yet we cited the need for a professional conclave to engage in "The Pursuit of Excellence;" Epsilon Chapter became that.

Our founders and subsequent members continued the tradition. While the WV Black population has varied from three to five percent, our elders passed on, and Epsilon suffered. Integration in 1954 led to the eventual opening of previously all-white organizations to Black professionals. By the seventies, some wondered about the need of PDK, just as the same logic applied to HBCU's. Nevertheless, retired sorors used their own contacts and reached out to women new to the field. Our induction ceremonies numbered 12 to 15. However, over the past ten years, our chapter has struggled; ten inductees and sometimes none. Numerous younger sorors relocated. (WV is the 49th state in teacher salaries). Others have been hampered by infirmities. We often have not had enough active members for each office or committee chairs from year to year.

Yet, one thing remained evident; There is pride and love for PDK that has never quit. There have been squabbles regarding constitutional procedures, personality conflicts and even confusion with allegiance to individuals rather than the organization, but we are

here. And prior active members have begun to return, while our numbers grow.

In January of this year, we lost an active ninety-year old soror, the daughter of one of our founders. The passing of Willa Ann Leonard has underscored our intent to be equally committed throughout our remaining years.

Faith, perseverance, determination and the "pursuit of excellence" are firmly entrenched in each NSPDK member. Longevity and love is the story of Epsilon: and it is one which lifts our spirits.



Soror Carol Green (rear) Basileus Patricia Rosebourgh (front) First Anti-Basileus



Soror Willa Ann Leonard OMEGA Chapter



Our History Our Legacy

For National Sorority of Phi Delta Kappa, Inc., observance of African-American History Month is incomplete without recognizing the inspiration of The Founders:

Gladys Merritt Ross

Florence Steele Hunt

Mildred Morris

Julia Asbury Barnes

Gladys Cannon Nunery

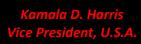
Marguerite Gross

Edna McConnell

Ella Wells Butler



Hank Aaron Baseball Hall of Fame





Gen. Lloyd Austin Secretary of Defense



Susan Rice Domestic Policy Council



Andrea Hall Georgia Fire Captain





Amanda Gorman



Linda Thomas Greenfield UN Ambassador



Stacey Abrams Voting Rights Advocate



Sherrilyn Ifill Pres. NAACP Legal Defense Fund



Marcia Fudge HUD Secretary



Rev. Raphael Warnock US Senator - GA

REVENBERING

MISS CICELYLYSON



The world bids good-bye to one of our legends, Miss Cicely Tyson. We will remember her as an actress who insisted on portraying characters with positive and strong women images.

In addition to her numerous awards and recognition, Miss Tyson received the prestigious Presidential Medal of Freedom by President Barack Obama on November 23, 2016 for her contribution to the arts and American culture.

The Cicely L. Tyson Community School of Performing Arts was named in her honor is located in East Orange, NJ. She visited the school frequently, and occasionally taught a master class in acting.





Being an African-American Citizen



Soror Vera McLauchlin Gamma Mu Chapter

As an African-American citizen, I am completely flummoxed as to what I am experiencing right now. As I recount the hate and the vitriol I have endured in my lifetime, I am a witness to its present exploits as well. By

extension, my children and my grandchildren are drawn into this vortex of social and racial injustice, which fills my heart with so much pain and at times so much anger.

I find myself struggling for words to ameliorate my children and grandchildren's fears because of what they see and hear on television and I pray that their names do not become substituted as names of the victims of police brutality. I know that I speak beyond their years, but their lives depend on the hard truths of what I pass on to them in order that they may do the same for their children. We live in times of agitation and trepidation.

When I look back over my longevity, I suddenly apprehend the words of King Solomon, "The thing that has been, it is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun (Ecclesiastes 1:9, KJV)".

However, today, I am comforted by the words of Dr. Martin Luther King, Jr. who said, "The arc of the moral universe is long, and it bends toward justice." Even with the injustices in this country, God's truth, grace, and mercy abound and sustain us as a race. God has been with us in the past, He is with us presently, and He will continue to be with us in the future. The words of the Negro National Anthem attest to our resilience as a people:

Stony the road we trod,

Bitter the chastening rod,

Felt in the days when hope unborn had died;

Yet with a steady beat,

Have not our weary feet

Come to the place for which our fathers sighed?

We have come over a way that with tears has been watered,

We have come, treading our path through the blood of the slaughtered,

Out from the gloomy past,

Till now we stand at last

Where the white gleam of our bright star is cast.

As African-Americans, our bright star has led us to a seat at the Table for Justice!

Frederick Douglass, A True History Lesson

Most history buffs and proud African Americans know some facts about the eminent American, Frederick Douglass. We can easily recite his many accomplishments; in particular, escaping slavery to become America's conscience as a prominent abolitionist, orator, writer and suffragist, to say the least [you may even be aware of the complex relationships of his two wives]. A less familiar and finer point is that Frederick Douglass was the Ambassador of the United States to Haiti. Truth be told, Mr. Douglass was also one of President Lincoln's closest advisors [we certainly know who he should have been advising the past 4 years]!

Could we too gain more knowledge about Frederick Douglass to help us today [the Honorable Douglass had diabetes, a report found in *BlackDoctor.org* (1-22-2021)]?

More than 125 years after Frederick Douglass's death [heart attack], diabetes continues to compromise the lives of a disproportionate number of African Americans. *BlackDoctor.org* cites 25% of the Black community from the ages of 65-74, and one in four African American women over 55 years of age have diabetes.

Diabetes has posed numerous challenges. We have been schooled that diabetes is one of the conditions that has an increased risk of severe illness from the virus that produces COVID-19. For those who have decided to get inoculated, the United States has approved people with type 2 diabetes to be eligible for the COVID-19 vaccine. *Diatribe.org* (1-8-21) and other sources have detailed discussions on diabetes and the COVID-19 vaccines to help us make informed decisions. Nonetheless, too often, black neighborhoods are not able to access proper health care.

So I ponder: What has our community learned about the causes of diabetes? Are we aware of the signs and symptoms of diabetes? Which ways are we better equipped to decrease our risks for diabetes? Will we use proven health measures to treat and prevent diseases? How can we tremendously lessen our vulnerability to COVID-19? Is there a push for our youth to enter STEM careers? When will Frederick Douglass's health challenges be a thing from the past?

"...keep one eye on the past and the other on the future" ~African Proverb

NSPDK, Inc. Theta Chapter Cathleen Snyder, Theta Basileus Reflection by Theta Public Relations Yvette Grant



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"

WWW.NSPDK.ORG



February is heart Health month. The Center for Disease Control has listed heart disease as the number one killer of women, especially African American women. In 2017, it is reported that 299,578 women died from heart disease, such as coronary Artery disease, high blood pressure, cardiac arrest, arrhythmia, stroke and congenital heart disease.

We can prevent or control our health by making lifestyle changes.

- **&** Eat a low-fat, low sodium diet. Cut down on processed foods and sweets.
- Get at least 30 minutes of moderate exercise per day. Walking is the best and inexpensive form of exercise.
- **?** Quit smoking
- ❖ Limit alcohol intake
- * Keep your diabetes under control
- Manage stress

"Walk for heart health" our National initiative. Many of us have one or more of the risks for heart disease. It is important for us to be attentive to our own health. As care givers, we take care of family, older relatives and friends; why not take care of ourselves? This year during the pandemic we have not gotten in our usual exercise. We need to be intentional about self care which includes walking. This initiative requires you to record your steps for the week of February 8-12, 2021 Here is the link to the Google form: https://forms.gle/pZ1mLq4SGE1eeZSPA

You must initiate the following:

- 1. Use the link to upload the form
- 2. Each day before midnight, Enter your steps for the day.
- 3. Your steps will be tallied at the end of the week
- 4. You will receive a certificate at your regional conference.



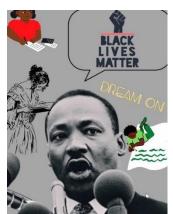
It is our Goal to start you on a program to lower your risk of heart disease
While improving your Health overall!
N. Little, First Supreme Anti-Basileus

BETA OMICRON CHAPTER HOSTS VIRTUAL 2021 'DREAM TO READ' EVENT

IN HONOR OF MLK DAY

"OPEN A BOOK" by Jane Baskwill

Open a book, And you will find
People and places of every kind;
Open a book, And you can be
Anything that you want to be;
Open a book, And you can share
Wondrous worlds you find in there;
Open a book, And I will too
You read to me, And I'll read to you.



Adetutu Ayodele, Xinos





Rev. Dr. Edward Davis of the Presbyterian Church of St. Albans, NY, recited the above poem in his closing remarks of the "Dream to Read" Event in Honor of Rev. Dr. Martin Luther King, Jr., sponsored by Beta Omicron Chapter on January 18, 2021. The chapter's Literacy Committee and sorors planned an encouraging, enlightening, and informative program that challenged the participants to 'Do Something'. Meeting the objectives of the Eastern Region's 'A Day of Serving and Reading Across the NSPDK Regions', Beta Omicron Chapter creatively engaged chapter members, guests, youth, parents, and community partners throughout the program.

But, what couldn't be overlooked nor forgotten is the involvement of the chapter's Xinos, Kudos, and other children. As educators, our hearts beamed with pride as these scholars (the youngest – just 7 years old) read, recited, performed, and interacted with each other and the sorors. The chapter's HUB Parents worked diligently to prepare the scholars, set the virtual staging, and ensure that the program progressed as smoothly as planned.

Mistress of Ceremonies, Sorors Susan Richards and Zada Terry with their technology



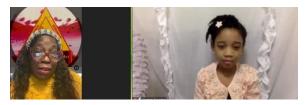
team Sorors Leona Fowler and Tatum Boothe opened the program with the posting of colors by Color Guard /Boy Scouts Troop 144.

Participants watched the CBS report by correspondent Michelle Miller "The Emmett Till Tragedy" (How A Murder Revolutionized Civil Right

Movement". Screenwriter Keith Beauchamp, made this observation in the news clip, "**The Essence of Justice is Truth.**" At the conclusion of the video, a discussion was held on the correlation between the times of Emmett Till and current civil rights efforts.



Several students read literary excerpts and recited poetry from the works of Black authors. The scholars delivered their presentations with poise, good elocution, and managed to maintain great eye contact with their virtual audience. Original art work by Xinos Adetutu Ayodele was shown and the artist described her pieces. The WOW factor was an original work written and delivered by 14 year old Christopher Mitchell "Make Your Dash Dance". The scholars and their parents received immediate feedback on their performances by chapter members, visiting sorors and other guests. Having the scholars and their parents hear the positive and encouraging feedback was indicative of who we are as educators.



Soror Jemmott-Jackson / Raigan Newton(7)



Soror K. Clarke-Davidson / Isabella Bragton (9)



Ms. NSPDK Valeria Edwards/ Jacqueline Gateau (13)



Soror Leona Fowler / Xanaya Williams (10)



1st Supreme Basileus Noreen Little/ Mark Gateau (10)



Soror Tatum Boothe / Abrielle Steer (7)

A timeline highlighted the life of Rev. Dr. Martin Luther King, Jr. and the Civil Rights Movement. Depicted were the struggles and accomplishments gained for all people during this time. Beta Omicron Kudos recited a poem in tribute to Dr. King. The Xinos conducted a short trivia game of 'Who Am I?" The audience was given clues to guess the name of a famous African-American woman.

Beta Omicron Scholarship Winners, Beatrice Igbo and Jada Smith were acknowledged, as was Phenomenal HUB Parent – Ms. Judy Dupree.

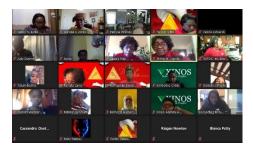
Keeping with the themes of literacy and civil rights, Beta Omicron Chapter will gift students with a link to e-books.



Kudos Christopher Mitchell and Soror Patricia Whitney
"Make Your Dash Dance"



Mime Presentation "Ambassadors in Motion"





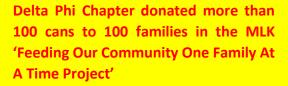






Eastern Region Read Across America

Soror Jocelyn Potts meets with her students for an hour long read-a-thon honoring Dr. King and discussing his legacy in addition to social issues.















Delta Pi members of the Adult and Children's Education Committee delivered over 300 single snacks to the East Orange Home of Special Needs Adults.

Being an African-American Educator

I believe in thinking for oneself rather than just following what other people think as even the Bible says to "Prove all things." (I Thess. ch5.v.21) and " My people are destroyed for lack of knowledge." (Hosea ch. 4. v.6) I am concerned about the Black on Black violence in our neighborhoods and believe that we should emphasize that all Black lives matter whether a person's life has just begun, or a person is disabled or very elderly. We should think for ourselves on matters such as taking the COVID-19 vaccine since a study of diseases through the years shows that TB was once a leading cause of death in the United States and hit African-American people especially hard, but rates of TB were greatly reduced because of isolation of TB patients, better sanitation, good diets and better health habits in general. The BCG vaccine against TB was never in widespread use in the United States. Studies also show that as states made schooling compulsory, longevity and better health ensued. When I began teaching in 1959, I was taught that the first cardinal principal of education students was teaching how to maintain good health.

Submitted by: Pearl C. Ware, Theta Chapter

Health and Wellness

If there has ever been a time we pay attention to our health, it's today. As we begin a new year

full of promise and possibilities, HERHealth a priority. God made our bodies with bells, whistles wait. If you feel new signs of redness or any other sensations the 3As, Ask, Act, get Answers. doctor's offices because of people. Some helpful tips to



I encourage every woman to make each of us unique, but He also equipped and alarms, listen to yours and act, don't tingling, numbness, swelling, leaks, or observances that are new, it's time for Some of worry about visiting our crowded waiting rooms and so many sick start your healing are by calling to see if

you can have the first or a last appointment. I recently went to the doctor at 5pm, I was the only one there and walked right in. Also, many doctors are visiting patients virtually. Inquire if your insurance provides a visiting nurse; this month, my grandmother was able to have her bloodwork taken in her own home. Lastly, as part of our HERHealth plan, is to get plan Self-Care days as needed, Take the Day Off. Turn off the television and disconnect from other stress related daily activities, start with just an hour, it can make a world of difference. This year, more than ever, if we are going to use our "Magic" to change the world, then we need to take the best of care; You are Phenomenal!!!

Tanisha Dorvil Theta Chapter, Brooklyn, NY

February Health Awareness

AMERICAN HEART MONTH

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

AGE-RELATED MACULAR DEGENERATION/LOW VISION AWARENESS MONTH

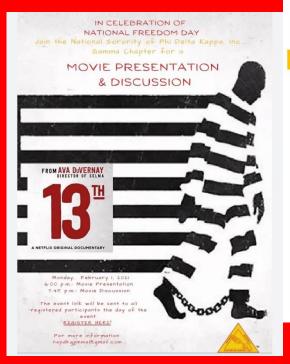
WORLD CANCER DAY – 4
NATIONAL WEAR RED DAY -5

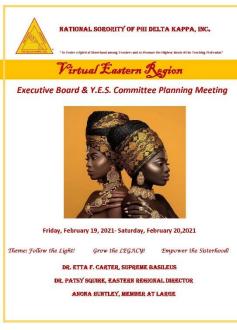
NATIONAL BLACK HIV/AIDS AWARENESS
DAY- 7

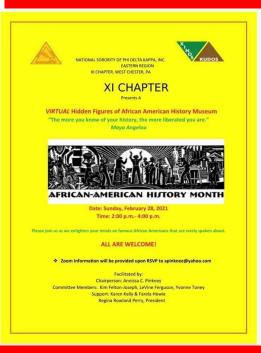
DUCHENNE MUSCULAR DYSTROPHY AWARENESS WEEK 13-19

NATIONAL EATING DISORDERS AWARENESS WEEK FEB. 23-MAR. 1

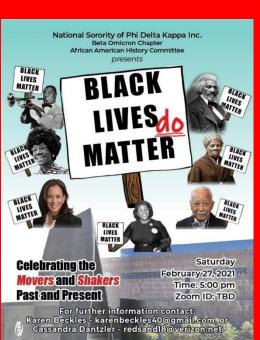
UP AND COMING







Executive Board and Y.E.S. Committee Planning Meeting February 19 - 20





The National Sorority of Phi Delta Kappa, Inc RHO Chapter Presents Its

20th Annual Scho<mark>l</mark>arship and Awards Luncheon

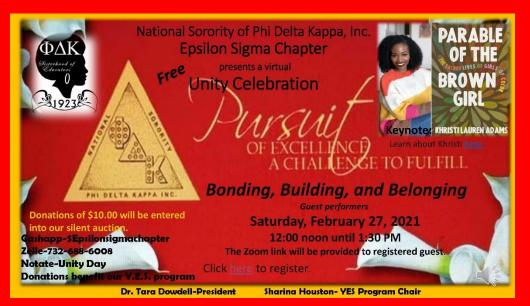
"Cultural Relevancy in the 21st Century"

Date: Saturday, March 27, 2021 Time: 11:00 a.m. – 12:30 p.m.

Place: "HOME, SWEET HOME"

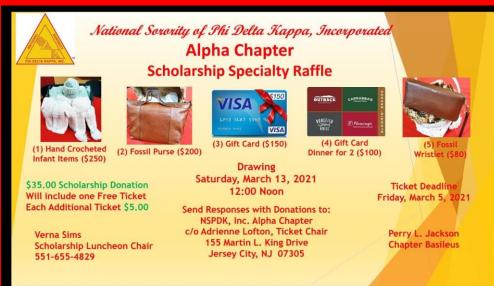
Scholarship Ticket donation: \$28 per person

You must register to receive the line for the virtual luncheon. Registration form and payment can be made on our website - www.nspdkrhochapter.ora



YOUTH LEADERSHIP CONFERENCE APRIL 23 - 24

EASTERN
REGIONAL
CONFERENCE
JUNE 19









Application Deadline February 15



"TO FOSTER A SPIRIT OF SISTERHOOD AMONG TEACHERS AND TO PROMOTE THE HIGHEST IDEALS OF THE TEACHING PROFESSION"

WWW.NSPDK.ORG

Official Rush for The National Sorority of Phi Delta Kappa, Inc. Gamma Chapter

Are you a certified teacher, administrator, or school staff member who is interested in becoming a member of The National Sorority of Phi Delta Kappa, Inc.?

Join us Wednesday, February 3, 2021 at 6:00 pm.

RSVP to receive a Zoom link for the meeting.

If you have any questions, please contact Sheraie Darby at ssdarby@ymail.com

Sheraie Darby, Membership Chair Shelia Evans, Basileus



THEME: THE PURSUIT OF EXECULENCE - ACHALLENGE TO FULLFILL



Sponsored by NSPDK, Inc-Pi Chapter

spdkpichapter.org/event

All Donors will be entered into a Raffle.

Zoom Link: https://bit.ly/3iTNxMu

Teach-A-Rama
Mental Health &
Wellness

A 3-Part Series focusing on self-care, mental health & mindfulness during the lockdown.

Founder & Executive Director Urban Mental Health Alliance Part I: Self-Care & Mindfulness in the Midst of Covid-19 Kimme Carlos, Presenter Saturday, February 6, 2021 12:00 PM-2:00 PM

Limited registration at nspdkpichapter.org/events/teach-a-rama Registration ends Wednesday, February 3, 2021 (2 Professional Development Hours available)





WALK FOR HEART HEALTH

National Initiative

February 8-12, 2021

Reduce your risks for heart disease. Join NSPDK, Inc. as we walk for a healthy heart. Record daily steps using the link

https://forms.gle/pZ1mLq4SGE1eeZSPA



DOUBT HOTLINE......ROMANS 10:17
SICKNESS HOTLINE......ISAIAH 53:5

DEPRESSION HOTLINE......PSALM 34:18
LONELINESS HOTLINE......DEUTERONOMY 31:8

LINES ARE OPEN 24/7

iBelieve.

OMEGA CHAPTER

January 4
EPSILON CHAPTER

Soror Willa Ann Leonard

Condolences

Soror Shelia A. Evans (GAMMA), Sister (Mrs. Sonjia Evans Duncan) Jan. 29

Soror Marjorie Hunt (GAMMA), Sister (Burlina Newman) Jan. 26

Soror Ernestine Dunston (GAMMA), Husband (Johnny Dunston) Jan. 19

Soror Glenda Sinclair (BETA TAU), Father (Glendon Jones) Jan. 19

Soror Rev. Gwynne Burt (DELTA NU), Father (Eugene Marshall Sr.) Jan. 1

Sorors Gwendolyn and Imani Watts (DELTA PI) Aunt and Great Aunt (Mrs. Ruby Bratton Grier Alexander) Dec. 4

Soror Mary Steele (EPSILON SIGMA) Brother (John Steele) November

Prayer Changes Things

Continue to keep in your thoughts and prayers

Soror Kathy Allen

BETA ZETA CHAPTER