



NATIONAL SORORITY OF PHI DELTA KAPPA, INC. EASTERN REGION



OCTOBER BREAST CANCER AWARENESS MONTH



Margarette Galloway
Supreme Basileus

Dr. Patsy O. Squire
Eastern Region Director

Tiffany Ladson-Lang
Member-At-Large

www.nspdkeasternregion.org

October 2021

October 1, 2021

Eastern Region Director's Monthly Message

Greetings,

Finally, the cool crisp days of Fall are here. Thank you to my Sorors in the "Mighty Eastern Region" for our productive and entertaining Cluster Meetings. We must salute our Past Eastern Regional Director and Past Supreme Basileus Etta F. Carter for instituting the cluster groupings of chapters to meet bi-annually to provide an opportunity for collaboration and bonding. This setting also provides an opportunity for the Regional Director to meet with several chapters simultaneously. Additionally, it is a chance for Sorors to share ideas, address concerns, learn more about the inner workings of the sorority, and to simply enjoy the fellowship of our sisterhood. Our Host Chapter Basieli coordinated with the other Basilei in the Clusters to format the agenda, meals and activities. As a result, each Cluster Meeting had its own flavor. I encourage you to grow personally and professionally to move NSPDK Forward-Together. During the morning sessions, Eastern Regional Officers presented updates while workshops, sisterly entertainment and bonding activities, Regional Conference and Conclave Highlights were presented in the afternoon. We ended each Cluster meeting with a Virtual Interest Meeting coordinated and led by our Eastern Region Member At Large, Tiffany Ladson-Lang and Eastern Region Membership Angela Ringgold. Protocol was established and the Pursuit of Excellence was Fulfilled!



Thank you for observing our very own National P.A.V.E.S Day on the 23rd of each month. Please use this as an opportunity to enjoy sisterly activities and perform service projects. Continue to post on your personal social media sites. Let's be a light to each other. As we continue to maneuver through the many challenges of our careers and this pandemic, let's remember the road to *SUCCESS* is not *Straight*. There is a curb called *Failure*, a loop called *Confusion*, speed bumps called *Friends*, red lights called *Enemies*, caution lights called *Family*. You will have flats called *Jobs*, detours called *Disappointments*. But if you have a spare called *Determination*, an engine called *Perseverance*, insurance called *Faith*, a road map called the **Bible**, a driver called Jesus, you will make it to a place called *Success*!

Follow the Light! Grow the Legacy! Empower the Sisterhood!



SMILE

WORLD SMILE DAY — Friday, October 1, 2021

Encourage smiles and acts of kindness around the world.

Throughout the years, the smiley face has become one of the most well-known symbols in the world. In 1963, Harvey Ball, a graphic artist and ad man, created the smiley face symbol.

In 1999, World Smile Day became an official holiday. The celebration aspects of the day were simple yet effective: people were to use the day to smile and make small acts of kindness worldwide. Harvey wanted to keep the smile connected to the human being. By doing so, you'd smile and in return, you'd make someone else smile and brighten up their day.

Ten Reasons to Smile Every Day



1. Smiling helps you live longer	6. Smiling may lower blood pressure
2. Smiling relieves stress	7. Smiling reduces pain
3. Smiling elevates mood	8. Smiling makes you attractive
4. Smiling is contagious	9. Smiling suggests success
5. Smiling boosts the immune system	10. Smiling helps you stay positive

a time to laugh

A Teacher or an Educator

Teacher. One who imparts knowledge or skill. One who instructs. **Educator.** One who shares information. One who trains. Educator. One who develops understanding in others. Are they the same? Perhaps. That's the funny thing about finding just the right word, just the right phrase.

Teacher? Educator?

According to a news report, a certain private school in Washington recently faced a unique problem. A number of 12-year-old girls were beginning to use lipstick, and put it on in the bathroom.

That was fine, but after they put on their lipstick, they would press their lips to the mirror leaving dozens of little lip prints. Every night, the maintenance man would remove them and the next day, the girls would put them back.

Finally, the principal decided to do something. She called all the girls to the bathroom and met them there with the maintenance man.

She explained that all these lip prints were causing a major problem for the custodian who had to clean the mirrors every night.

To demonstrate how difficult it had been to clean the mirrors, she asked the maintenance man to show the girls how much effort was required.

He took out a long-handled mop, dipped it in the toilet, and cleaned the mirror with it.

Since then, there have been no lip prints on the mirror.

Sometimes there are teachers. And then sometimes there are Educators.



Awareness: Breast Cancer

Soror Drusilla Kinzonzi, Epsilon Chi Chapter

When I retired on June 30, 2014, I was thrilled about the prospect of having agency over that elusive commodity: T-I-M-E! For six whole months, I was “Livin’ La Vida Loca.” Then, to my surprise, I was propelled into the ranks of the Breast Cancer sisterhood. I was really stunned at first when the doctor diagnosed me with Cancer on December 14th, 2014. I had no time to catch my breath! It slowly dawned on me that I had a long list of “*things-to-do*” in my final year as Eastern Regional Director: February- Executive Board & YES Committee Planning Mtg; March - 2015 Xinos and Kudos Youth Leadership Conference, and April - 75th Diamond Jubilee Conference hosted by home chapter, Epsilon Chi. All I could think was, ***I ain’t got NO time for cancer!! God, handle it!***

I AM
THRILLED
TO BE ON



MY
VERY
FIRST
WALK!

I decided to keep silent about this unwelcomed news. I tried to process it more fully for myself and was consumed by a plethora of questions: *Why me? How do I break the news to my husband? My children? My siblings? My Sorors?* Although my husband was devastated by the news, he put on a brave front. It was eleven days shy of Christmas Day...after all, “Tis the season to be jolly!”

I reflected on receiving a call from my niece in 2011 who was diagnosed and treated for Stage 2 breast cancer three years earlier; and my oldest niece from California who was diagnosed in 2012 with Stage 4 lung cancer, even though she was never a smoker, she had to undergo aggressive post-surgery treatment for it. Now, this unwelcomed disease has entered, uninvited, into my body. The question, *what am I going to do about it*, led me to the internet where I gleaned as much information as possible about Stage 0 Breast Cancer.

After some deliberation, my husband and I decided to break the news to our immediate family on Christmas Day. It was a grand day replete with a festive family feast, a buffet of deserts, lively music, fun games and favorite TV holiday specials. About mid-evening, we called our adult children and grands to the dining room, and with Monifa’s family on Facetime, I announced that I had something very important to share.

The mere mention of the “C” word evoked panicked expressions, involuntary gasps and queries of “*What? When? How? And What are you going to do now?*” I gave a chronological breakdown of the

scheduled appointments, tests, and pre-surgery screenings I had already undergone then shared that the surgery date was set for January 2nd, the day after the New Year.

I had been so swept up in the “Cancer” whirlwind that I was content to “follow doctor’s orders” and get the surgery over with as soon as possible. Although I was taken aback when my kids asked if I had sought out a 2nd or 3rd opinion, I still followed through with the pre-surgery appointment. The newly renovated wing of the hospital where I was to have the surgery the following week was quite impressive.



The surgeon welcomed me with a bag of goodies: a signature carry-all bag, a personalized journal with matching ball point pen, and informational brochures about breast cancer. Her immaculate office was spacious with an expansive bookshelf. As she reviewed the upcoming procedure, I was disappointed when she again suggested that I consider getting a double mastectomy. At our initial meeting in the clinic, she explained how Angelina Jolie had done it to prevent the possibility of cancer returning in the future. I made it clear at that time that a mastectomy was not a consideration for me. When she called to arrange for the pre-surgery X-ray a few days later, she

suggested it again! So the 3rd mention of having a double mastectomy satisfied the “three strikes and you’re out rule.” Plus, while signing the documents, I noticed the black fingernail polish on her pointy shaped nails. This all added up to “No”. I could not envision having this surgeon operating on me. When I called to let her know that I would not be following through with the surgery, she was baffled and begged me to reconsider. I thanked her and ended the call.

My second opinion search was not at all encouraging; however, my 3rd opinion search landed me at Memorial Sloan Kettering’s expansive state-of-the-arts facility in West Harrison, Westchester, which was only three months old Monday, January 5th, 2015! There I met Board Certified Dr. Andrea V. Barrio, a very patient, thorough, and informative surgeon who took time to review all the documentation I provided (pathology reports, lab results, and images). She then conducted her own tests for comparison before sharing her findings and presenting options. It surprised me that she initiated the recommendation: “no radiation treatment” *without even knowing that I had decided not to submit to any after surgery radiation*. (Prior to our meeting, I had a heart-to-heart talk with God and expressed to Him that I would allow the surgeon to “do her scoop” but afterwards would rely *totally on Him* for my post-operation healing). I was prepared to ask Dr. Barrio about doing inter-operative radiation treatment in lieu of post radiation treatment. She explained the disadvantages of using a *radical* treatment such as radiation for Stage 0 cancer patients. She willingly changed the date for the lumpectomy procedure from January 30th to January 16th. NO RADIATION!! Praise God!!! I fell in LOVE with Dr. Barrio DAY 1!

In between numerous appointments, examinations, preliminary testing, and my surgery date, I did my best to take care of PDK business. Trying to maintain momentum became a very **healthy distraction** for me. I felt a bit guilty for not divulging my situation, but at the time I did not need a pity party, nor did I want to discourage my chapter members who were working feverishly to take on the enormous task of conference hosting. It did not help that being a member of the host chapter I had to wear two hats...one

of sympathy and understanding, while the other was very direct and demanding. After all, I had to expect as much of my home chapter as I had of the seven previous conference hosts.

Finally, on Friday, January 16th, 2015, I underwent the lumpectomy. It was an ambulatory procedure that was over by noon, and by 3pm I was home in the comfort of my own bed recuperating. Ten days later, January 26th at 10:45am, Dr. Andrea Barrio called to reveal the pathology report confirming clear margins with no other signs of cancer! By then, I had continued with my demanding schedule of regional business: responding to emails, conducting/attending meetings, hosting conference calls, attending programs/luncheons, and planning tentative site visits. It was at the first plenary session of the 75th Diamond Jubilee Eastern Regional Conference when I finally disclosed about my journey as a Breast Cancer Survivor.

I keep up with my annual appointments, and for these 7 cancer-free years I give God ALL the GLORY, ALL the PRAISE and ALL the HONOR!!

RESEARCH SAYS...

Excerpts that helped to guide my “*what am I going to do about it*” decision:

“Understanding Stage 0 Breast Cancer”

(<https://www.webmd.com/breast-cancer/breast-cancer-early-stage-dcis>)

The article describes cancer as a group of diseases with abnormal cells that divide without control. Those cells can also invade nearby tissues. Stage 0 breast cancer is not invasive, though it could be later. It's less advanced than stage I cancer...

There are two types of stage 0 breast cancer: Noninvasive Paget's disease, a rare form of breast cancer in the nipple, and Ductal Carcinoma In Situ (DCIS). The abnormal cells may or may not become invasive and start to spread. There's no way to predict if this will happen... Even though stage 0 cancer is noninvasive, that could change. Most doctors would say it's better to be safe than sorry.

Three main treatment options cited in this article:

- *Lumpectomy, a surgery that removes the abnormal cells and a little of the normal tissue near them*
- *Lumpectomy and radiation*
- *Mastectomy, a surgery that removes the entire breast*

“Stage Zero” Breast Cancer: What's the Optimal Treatment for DCIS?”

(<https://www.cuimc.columbia.edu/news/stage-zero-breast-cancer-whats-optimal-treatment-dcis>)

This article, focused primarily on treatment options. Before the advent of routine mammography, DCIS (ductal carcinoma in situ) was rarely detected. But today, DCIS accounts for 20% of breast cancer diagnoses and would be the fifth most common cancer in women if classified independently... “DCIS is considered a pre-invasive cancer, but the current standard of care is to treat it like an early-stage invasive breast cancer,” says Apar Gupta, MD, Assistant Professor of Radiation Oncology at Columbia University Vagelos College of Physicians and Surgeons and lead author of the study.

Treatment Options:

*...some cases of DCIS will transform into invasive cancer if not treated ...The focus is on reducing that risk at all costs and treating DCIS like an early-stage breast cancer...The first step is **surgery**—usually lumpectomy—followed by **radiation treatment** for three to four weeks and finally **hormone therapy** for five years.*

*It's important to understand that radiation and hormone treatments do not change survival—the 10-year survival rate for women diagnosed with DCIS is 98% ... **These treatments instead reduce the risk of breast cancer down the road.***

... different treatment combinations affect recurrence risk, side effects, quality of life, and societal costs (either direct financial costs or indirect costs such as lost work productivity).

...for patients with DCIS of average risk, lumpectomy followed by radiation was optimal in balancing all outcomes. For patients with low-risk disease—for whom there is a lower predicted risk of recurrence—lumpectomy followed by observation was optimal, but there were patient-specific factors that could make radiation optimal in these cases as well.

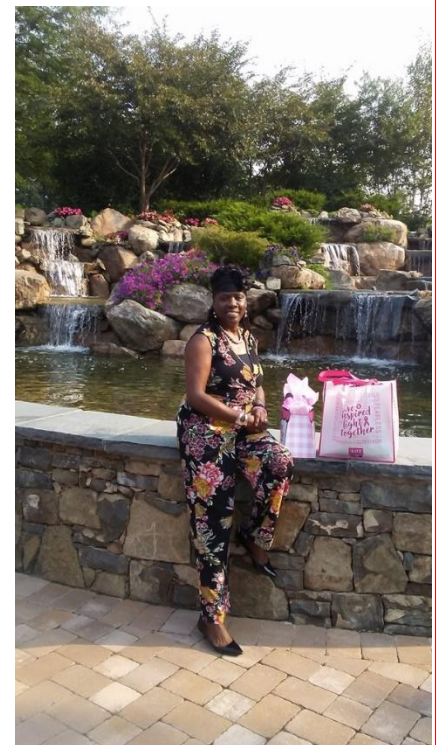
Possible Side Effects:

Hormone therapy: hot flashes, fatigue, joint pain, and long-term cardiovascular and fracture risks that require routine monitoring.

Radiation therapy: skin irritation, pain, breast swelling, and fatigue, which generally resolve within several weeks (the most feared risk of radiation is the development of a secondary cancer in the lung or other breast... but with the highly precise treatments we deliver today, that risk is extremely low—occurring in less than 1% of patients 10 to 20 years down the road).

The article concludes with the acknowledging that “Shared decision making is important for any cancer treatment. Physicians and patients alike should consider personal preferences and tolerance for side effects versus the risk of recurrence.”

Picture it...



“God is Good” Soror Mildred Griffin – Cancer Survivor



Mildred Griffin, a soror of Beta Lambda Chapter has a story to tell. She is grateful for each and every day of her life, and she never forgets to pray.

About five to six years ago, during a normal mammogram examination, she was informed that she would need to repeat her exam because things looked a little suspicious. She went back three times before a definitive diagnosis was made. It was breast cancer. Surgery had to be performed on her left breast. Following the surgery, she completed the assigned exercises recommended by her physician. Mildred was doing fine. She was told to just take it easy. She continues her normal activities with no worry. She continued to pray to a mighty God, whom she trusted.

Each year after surgery, Mildred went back to have her annual mammogram. For two years, everything seemed okay, but now the test was showing that she had a suspicious spot on her right breast. She went through the same steps as she had when the cancer was in her left breast. The exercises went well, and Mildred went back to her normal lifestyle. God was still on the throne, so she continued to pray for her healing and health.

After two more years of having annual mammograms, Mildred's doctors informed her that another suspicious area was again in her right breast. She then repeated the process of removal of a lump. Since Mildred had never had chemotherapy, her doctor this time recommended that she must take radiation as part of her healing process. Mildred took twenty treatments of radiation without any harmful effects. Little or no skin discoloration occurred. She completed her treatments just as the pandemic was settling in. She now is doing well.

Six months ago, Mildred went to see her oncologist. After the exam, he told her that he did not need to see her again for the next six months. God has truly blessed Mildred. She now says: "I hope at my age, that I don't have to go through that again." She has not missed a beat. Her doctor says, "Continue doing what you are doing. Just don't overdo."

Mildred's battle with cancer is nothing short of a miracle, and she knows it. God is still in the "healing business".

**Submitted by:
Ann Moye, Beta Lambda Chapter Krinon Editor**

Breast Cancer Awareness, Know Your Risks

**By: Soror April McCoy
Beta Zeta Chapter**

In 2002, Felicia found a lump in her breast while conducting a self-breast exam. With concern she consulted with her doctor, and they mentioned that it was just dense tissue and sent her on her way. About two years later, the lump was protruding out of her skin, and she was diagnosed with Stage 3 breast cancer. Felicia proceeded to have a mastectomy and began chemotherapy. About a year later she went into remission. In 2005-06 the cancer came back and spread to her lymph nodes and then to her ovaries, so a hysterectomy was conducted, and she began plasma treatments. Felicia again went into remission but in 2007 the cancer had spread to her bones, and she went back on chemotherapy. In June 2008, while attending her oldest son's high school graduation, she collapsed and was rushed to the hospital. They discovered that the cancer had spread to her liver and her lungs. Felicia stayed in the hospital for a week before being transferred to a specialty hospital where she stayed for two months while on chemotherapy and radiation therapy. During her tenure at the specialty hospital, her doctors asked her family to prepare themselves. They did not see Felicia making it to another month. Felicia told the doctors that only God has the last word and that is not what he told me. On November 11, 2008, Felicia celebrated her 37th birthday and was elated. Her family celebrated with her at her home and her heart was filled with joy. About a week later, Felicia's appetite was not the same and she suddenly became ill. Her mom rushed her to the hospital on the morning of Tuesday, November 19, 2008. Within an hour or so, Felicia became unresponsive and was placed on a respirator. Felicia's lungs had filled up with fluid and her body was in septic shock. The next morning, her mom received a call to come to the hospital. When her mom entered the hospital room, within a few minutes, all the monitors went off and her mom watched her daughter take her last breath.

Felicia's story is just one of many. As we gear up to paint the world pink during the month of October, lest not forget the true meaning behind breast cancer awareness. Being aware of your body, being aware of your overall health, and let's add advocating for yourself. Approximately 1 in 8 women will be diagnosed with invasive breast cancer in their lifetime and 1 in 39 women will die from breast cancer (American Cancer Society, 2019). African American women have a higher breast cancer incidence rate than their White counterparts before age 40 and are more likely to die from breast cancer at every age (American Cancer Society, 2019).

Breast cancer affects many, young and old, men and women. It does not discriminate. It is up to individual behavior changes and preventative measures that will assist in minimizing one's risk of contracting breast cancer. There are factors we can control and those in which we cannot. Among risk factors you can control are diet, physical activity, and lifestyle related factors such as delay in childbearing and taking hormonal medication. Some of those you have no control over include age, gender, genetics, family history, personal history, race/ethnicity, breast density,

benign breast conditions, starting menstrual cycle early, and menopause (American Cancer Society, 2019). To lower your risk; perform self-breast exams often, get your mammograms every year, get multiple opinions if something does not feel right, have a healthy diet, exercise regularly, and just overall, make informed decisions about your health.

Disclaimer: The story of Felicia is true and is the sister of Soror April McCoy



Reference

American Cancer Society (2019). *Breast Cancer Facts & Figures 2019-2020*. Retrieved from: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/breast-cancer-facts-and-figures/breast-cancer-facts-and-figures-2019-2020.pdf>



Pink Ribbon Poem

"Tune In" to good health
A Pink Ribbon you'll see
It stands for awareness
For the whole world to see.

"Tune In" to good health
Have a mammogram each year
Do self breast exams
And you'll have nothing to fear.

"Tune In" to good health
And quick as a wink
With early detection
You'll be in the Pink.

Linda Hotger



I'M A SURVIVOR!

On September 28, 1999, my life changed drastically when I went to Gaston Memorial Hospital (now Caromont Regional Medical Center) in Gastonia, NC to undergo a mastectomy/tram flap reconstruction surgery because of a diagnosis of breast cancer. The surgeon who performed the stereotactic biopsy in August called with the results while I was vacationing with a friend and her family at Myrtle Beach, SC. The doctor reassured me that mine was a "good kind" of cancer since it had not broken out of the ducts. That is why it is referred to DCIS (ductal carcinoma in situ). A four-year-old who happened to come into the room right after the call told me, "Miss Shirlene, everything will be all right!" From the mouth of that babe, I was comforted. He's twenty-six years old now and still blessing others.

I did not have to undergo radiation and chemotherapy. Tamoxifen was prescribed for me to take for five years to lessen the effects of estrogen. The diagnosis revealed that the cancer I had was estrogen positive. I encourage everyone to get regular mammograms and stay vigilant. The survival rate is high if the cancer is detected early.

I remember walking the track at a RELAY FOR LIFE Rally and hearing the names and various years of survivorship of those who were participating. Some were celebrating thirty or more years. I prayed that I'd be able to hear my name and a large number. I also cried tears for the people who were being memorialized with their names on white bags filled with candles embedded in sand and lining the track.

Now I am celebrating twenty-two years of survivorship and so glad to be able to fulfill the purpose for which God left me here. I still have physical and emotional reminders of that surgery. They have spurred the tremendous spiritual growth I have experienced in dealing with the family and personal health issues that have come my way since then. Thanks be to God!!!

Soror Shirlene V. Hoke
Epsilon Sigma Chapter - NSPDK, Inc.
Gastonia, NC





Rejuvenated. Refreshed. Ready!

My name is Chaleeta N. Hines, Eastern Region Xinos Chair. I am humbly overjoyed to be able to serve the Eastern Region Xinos Advisors in this capacity. My goal for this year is to be very intentional with providing the very best support to the Xinos Advisors by providing the necessary tools to recruit youth, start a youth group and grow their existing programs. This work has already begun!

This year, the **Eastern Region Xinos goals** are as follows:

1. 100% of chapters have an active Xinos group
2. 100% of chapters register and attend the Youth Leadership Conference
3. 100% of chapters will participate in at least two chapter youth fundraisers
4. 75% of chapters will participate in at least one Regional Community Service Project
5. 100% of chapters meet with at least two other chapters for a bonding activity
6. 90% of chapters participate at the Youth Leadership Conference

In August, we kicked off the year by having a Bootcamp for all new advisors followed by a September Bootcamp for all advisors. During the August session, we focused on our Systems and how to navigate Gmail and Google Drive. We introduced our Roadmap to V.I.C.T.O.R.Y. (**Vigorous Increase by Captivating Talented Original Resilient Youth**) which is a tool to help recruit youth. Advisors are so motivated and excited to get their group started, they have committed to meet bi-weekly and on an individual basis to ensure they are moving in the right direction. We are striving to have every chapter with a youth group registered for the 2022 Youth Conference.

Communication is key! Weekly newsletters started going out to all advisors and Basilei to share updates and **VICTORIES** around the region as it pertains to our advisors and youth groups. All advisors have been added to the Eastern Region Youth Calendar in gmail to allow for everyone to be informed of the youth events happening in each chapter. **SHOUT OUT** to all the advisors and Basilei who have been joining our meetings.

I am really excited to have Jocelyn Steele, Pi Chapter, become a member of the Xinos committee to help move the Regional Xinos Youth program to the next level. As servant leaders, we are working behind the scenes planning high quality sessions to best support our advisors. Together, we are an awesome team! If you are not part of the youth committee, it's not too late to join. You want to be part of such an awesome group of Sorors working for our youth. **We need you. OUR youth needs US!**



Respectfully submitted,
Chaleeta N. Hines
 Eastern Region Youth Chair

BREAKING NEWS

LOOKING GOOD – PI CHAPTER AND NSPDK, INC.



NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
PI CHAPTER - TRENTON, NJ
Focusing on Youth, Education, & Service to our community.



Education is the most powerful weapon for changing the world.
- Nelson Mandela



Congratulations PI CHAPTER!



Your sorors in the Eastern Region are so very proud of what you have achieved in putting a face to NSPDK, Inc., especially for the communities of Trenton, NJ. Your idea of a billboard is 'branding' outside the box.

The unveiling of your billboard with Superintendent Earle and other community leaders is brilliant and sure to encourage inquiry about our sorority and promote membership.



LEADERSHIP!



PI Chapter's Success Story

Editor's Note: Chapters of the Eastern Region are encouraged to consider similar activities designed to generate visibility for National Sorority of Phi Delta Kappa, Inc. Suggested future campaign opportunities might include: American Education Week (Nov) and Teacher Appreciation Week (May).

Pi Chapter is proud to share information about our special billboard and the ceremony we had to present it to the community. This was one way to inform the community about the programs and services we offer and a way to leave an impressive footprint in the heart of the community we serve.

To make the billboard more interactive we invited sorors and community to take a picture in front of the billboard and post it on their social media page with a comment about why education is important.

Pi Chapter Billboard Unveiling

This is the Press Release issued by Pi Chapter to announce the billboard unveiling

On Thursday, September 9, 2021, the corner of North Clinton and Lincoln Avenues in Trenton New Jersey was drenched in the colors red and gold; the official colors of National Sorority of Phi Delta Kappa, Inc. Pi Chapter (NSPDK, Inc. Pi Chapter). Members of the sorority came out to unveil their new billboard, that appears on that busy corner. Family and friends attended the unveiling, as well as the new Superintendent of the Trenton Public Schools, Mr. James Earle. Also in attendance were Stacy Heading, Founder of Heal The City, and Darren "Freedom Green", speaker and activist.

NSPDK, Inc. Pi Chapter is a professional organization of educators dedicated to excellence in education for everyone in the school community but, especially the young men and women. The sorority's signature Y.E.S. Program focuses on Youth, Education and Service to the community. The Youth programs provide enrichment services to youth grades 9-12 in their youth program, the Xinos and Kudos, and to younger children in the Pi-Lites Program. In the last 15 years, the sorority has awarded over \$100,000 in college scholarships to high school seniors in Trenton, Hamilton, Lawrence, and other townships in New Jersey. The Education Programs

provide support services to teachers and administrators through workshops during their Teach-A-Ramas, parent workshops and mentorships. And the Service Programs provide school supplies, bookbags, free books, Praxis Program for educators, and more.

Superintendent Earle stated that the district benefits from collaborations with organizations like NSPDK, Inc. Pi Chapter and he welcomes the group's efforts to serve students and parents in the Trenton Public Schools.

Dr. Cheryl Heath-Johnson, the Basileus of the organization said," Our goal is to say Yes to Youth, by preparing our young women and men in grades 9-12 to become future leaders; Yes to Education, by providing workshops that promote personal and professional growth for educators, parents, and community members; and Yes to Service, by implementing activities that support and educate our community. The sorority also says Yes to the red dress."

Placing the billboard in the community is a way for the NSPDK, Inc. Pi Chapter to spread the word about the services they provide and demonstrate their commitment to Youth, Service, and Education. A Nelson Mandela quote appears at the bottom of the billboard, "Education is the most powerful weapon for changing the world." The members of National Sorority of Phi Delta Kappa Inc. Pi Chapter believe this and through their work and service prove it every day.

The sorority is inviting parents and organizations to visit the billboard site with their children and take a picture in front of the billboard. Then post the picture on their social media page with their thoughts about why education is important or post a fact about Nelson Mandela, South Africa's first Black head of state and the first elected in a fully representative democratic election. The billboard will be up until October 6th.





Soror in the Spotlight

Good News Alert!

Alpha Mu Chapter Congratulates our Sister Soror Friend Jocelyn Potts



Soror Jocelyn Potts was an elementary school teacher for the past 11 years. She has always had a student first approach, and welcomes taking on the biggest challenges in and outside of the classroom. It's amazing how many of her students come back and seek her out. Soror Potts' focus has been on the education of our black and brown kids, and advocating for equity in education. Soror Potts has built strong relationships with her students and parents, even when those students were presented as a potential "challenge". Soror Potts worked tirelessly with the Maryland State Department of Education on the Task Force on Achieving Academic Equity and Excellence for Black Boys in order to transform the culture of Maryland's schools for Black boys. We are excited for her next chapter as she moves out of the classroom and has officially accepted the position of Equity Specialist at the Anne Arundel County Board of ED. This is just the beginning of a new chapter as Soror Potts continues the work she is passionate about.

Basileus Maria

Alpha Mu Chapter

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P.A.V.E.S. DAY KICKOFF



Providing Avenues of Visibility for our Educational Sorority

P.A.V.E.S. DAY GALLERY





Retreat FUN RHO Chapter

**Soror Lisa Mims
Public Relations Chair**

Who says you can't mix business and pleasure? Not NSPDK, Inc. RHO Chapter!

RHO Chapter met on Saturday, September 11, 2021 to begin our new Sororal year. Due to the death of one of our sorors, Arlene Hollis, our retreat was combined with our chapter meeting. We met on ZOOM and face to face. This was the first meeting for our new Basileus, Angela Ringgold, and she, with the help of her sorors, did an excellent job!

Our goal was not only to take care of our sororal business, but also to enjoy the company of our sisters.

The highlight of our retreat was our "Speed Dating Committee" activity, an idea of Basileus Angela Ringgold, brought to fruition by our 1st Anti-Basileus Dr. Benita Jessup. For those not familiar with speed dating, a person travels from table to table in the allotted time to meet and greet a potential date.

The goal of our activity was to "attract" sorors to a committee which "caught their eye." Each chairperson was given 3 minutes to provide the sorors at their table with details about the part they play in NSPDK, Inc./RHO Chapter.

The team building activity, "Stars in the Galaxy" provided by our Basileus Angela Ringgold, was a nail biter. Our sorors had to get from one end of the room to another without stepping off the stars, (paper plates), provided. Watching them work together to accomplish this task left no question that our sisters have each other's back!

We had a wonderful time: line dancing, eating, and taking photos with props provided by Soror Elyse Harris. We also had a special NSPDK, Inc. Photo frame created by Soror Ashley Burgess, one of our newest sorors.

It was wonderful spending time with our sisters, taking care of business, and having fun!



Soror Lisa Mims



CLUSTER MEETINGS



Cluster 1 September 18, 2021

Theme: “Reimagining Education to Impact Learning Leaders”



ALL ABOUT THE Y.E.S.

By Soror Holly Zuber-Banks

Epsilon Chi Chapter Journalist



It was All About the Y.E.S. Baby! as Cluster 1 embraced the theme posed by the host chapter Epsilon Chi's Basileus, Dr. Tonya Couch-Jenkins which was "Reimagining Education to Impact Learning Leaders." The conference was held at Chestnut Ridge Middle School in the East Ramapo Central School District on September 18 where over 100 attendees dove deeply into Youth-Education-Service ~Y.E.S! The first African American male Superintendent of East Ramapo, Dr. Clarence Ellis graced us with his presence as well as supportive words of encouragement describing Chestnut Ridge as a welcomed place for future gatherings inasmuch the Principal Soror Holly Zuber-Banks provided the space for the day. The workshops stimulated intellectual growth and professional pedagogy with the titles Maintaining the Connection: The Power of Relationships for Global Leaders, Adulthood of Black Girls and the Impact on their Future, SEL and Mindfulness: Learning to Identify Emotions, Parent, Family and Community Engagement Strategies, Overview of Robert Rules of Order, Reflecting, Responding and Reevaluating Practices for Culturally Responsive Education and Tips and Tools for Supplemental Retirement.

Our Dynamic Eastern Regional Director Dr. Patsy O. Squire inspired, energized and challenged us to move onward and upward to reimagine the possibilities in education for the student's sake for we are the answers in the room.

We appreciated our supportive sponsors which included The Mid-Hudson Valley Alphas, Combined Life Insurance, Shalin, Inc and Chili's of Nanuet. Zeta Zeta, our newest link in the chain, won the 1st prize themed-based centerpiece. The Eastern Region Cluster 1, comprising of ten chapters generously donated \$1000 to the Good Counsel Homes and Hope for Babies and Mothers. The partnership between SOTA (Society of the Arts) and the host chapter yielded 21 backpacks filled with ample school supplies that were donated to secondary level students.

By the close of the session, all agreed with Regional Director Squire's assessment that "The Pursuit of Excellence was Fulfilled!"



My First Cluster Meeting Experience

By Soror Sandra Rolling
Delta Pi Chapter



Education has always been a powerful agency in any society and it is considered an indispensable instrument for bringing positive change in the social, political, economic, and cultural life of people. The whole process is shaped by teachers.

Being a member of this profession comes with a great deal of joy that is sprinkled with small amounts of pain. The shared classroom experiences and camaraderie provide support to not only novice teachers, but also veteran teachers. While I am an eighteen year veteran teacher, I experienced my first Cluster meeting as a novice.

My name is Sandra Rolling, a Spring 2021 member of Delta Pi chapter of the National Sorority of Phi Delta Kappa, Incorporated. Attending the NSPDK, Inc. Eastern Region Cluster 1 Meeting as a novice member was an exciting experience. Having the opportunity to see our illustrious Eastern Region Director, Dr. Patsy O. Squire and hear her words of encouragement along with our charge to “Reimagine Education to Impact Learning Leaders was awe inspiring! Our host chapter Epsilon Chi, under the leadership of Dr. Tonya Couch-Jenkins made the experience one worth remembering.

Interacting with sorors from different chapters was truly phenomenal! The workshop offerings were relevant to the classroom environment (Adultification of Black Girls and the Impact on their Future - Ms. Chela Wallace) and pertinent to sororal business (Overview of Robert’s Rules of Order - Dr. Princess Towe).

I look forward to sharing many more sororal experiences with the dynamic woman of the National Sorority of Phi Delta Kappa, Incorporated.

Cluster 2 September 11, 2021

Theme: "Sisters, Steadfast, Strong, and Committed to Education"





Sisters, Steadfast, Strong, and Committed to Education

Congratulations to Iota Chapter for hosting an informative, fun-filled, and enjoyable Cluster 2 meeting on the bright and beautiful day, September 11, 2021, at the Atlantic City Country Club. Thank you, Madame Eastern Regional Director Dr. Patsy O. Squire, for your vision and leadership; Tiffany Ladson-Lang, Member-at-Large; Regional Officers, and Kaisha Medina, Iota Basileus, for a successful Cluster Meeting.

As a sign of respect and remembrance, Sorors participated in a moment of silence and prayer as this was the 20th year since the September 11, 2001 attack on our country. Sorors learned many lessons on retaining our membership, recruiting and planning for the Zinos and Kudos, accessing the regional and national websites, and maintaining the proper protocol during chapter meetings. We were serenaded with a beautiful song, "I Need You To Survive," which was so uplifting that all Sorors could join in singing during the entertainment activity. We had fun getting to know each other through ice breakers and games to learn about our similarities and interest.

In summary, the Cluster 2 Meeting allowed us, sisters, to join together as safely as possible as we all have recently returned to work in these uncertain times. Sisters had the opportunity to support black-owned businesses, bid on baskets that would help with self-care, and commemorate being "Sisters, Steadfast, Strong, and Committed to Education."

**by Soror Kaisha Medina, Basileus
IOTA Chapter**

Cluster 3 September 25, 2021

Theme: “A Sisterhood in Action, Moving the Vision Forward”



This Cluster Meeting Was AWESOME!

**By: Soror Annissa C. Pinkney
XI Chapter**



Xi Chapter under the direction of Basileus Regina Rowland Perry had the distinct pleasure of hosting the Cluster Meeting which was held on Saturday, September 25, 2021 at the Clarion Hotel in Essington, Pennsylvania. The weekend started off with a pre-cluster lunch at Lehman's Tavern with our Madame Eastern Regional Director, Dr. Patsy Squire with Sorors from Gamma and Rho Chapters. Later Friday evening, more Cluster sorors join us for a night of line dancing in the Crystal Ballroom at the Clarion Hotel. A good time was had by all.

The theme of the Cluster Meeting was, "A Sisterhood in Action: Moving the Vision Forward." NSPDK's vision was moved forward with informative and enlightening presentations on the following topics: ERD Vision, Money Matters, You Gotta Have Youth, Pausing for Protocol, Sisterhood Building Activity, Conclave Highlights, & Holding an Interest Meeting for individuals in the Eastern Region via ZOOM.

This event was awesome! Being able to come together in person was a blessing, especially in these troubling times with the pandemic. Xi Chapter assured that all Covid-19 protocols were implemented and followed.

A few Cluster 3 Highlights.....



From left to right: 1. Cluster 3 Group Picture after lunch. 2. Madame ERD greeting Xi's oldest Soror Suzanne Gibbs at lunch. She is a "Life Member." 3. Willing Workers Soror Felicia Jones, Soror Tamera Taliaferro & Soror Kim Felton-Joseph organizing gift bags Friday evening. 4. Soror Mary Payne at her best keeping things in order & organized. 5. Madame Dr. Patsy Squire begins our Cluster Meeting. 6. Xi Chapter Basileus, Regina Rowland Perry. 7. Pictures of Sorors engaged in the presentations. 8. Soror Carolyn Gibson, ER Tamiochous explains how it is very important to turn your funds in on time & in a timely fashion. 9. Pictures of Sorors engaged in the presentations. 10. ER Kudos Advisor & Xi Chapter member, Felicia Laury discussing "Why We Gotta Have Youth."



1. The Cluster 3 was opened up with a selection from Xi's Choir. They are singing "Proud To Be a Teacher", composed by our very Soror Kim Felton Joseph.
2. Xi Chapter Basileus, Regina Rowland Perry.
3. Former Supreme Basileus Charlotte Williams & Madame ERD Patsy Squire listening to a presentation.
4. Soror Farela Howie & Madame ERD Patsy Squire.
5. Soror Felicia Laury & Soror Mary Payne at the registration table.
6. Sorors engaged in the meeting.
7. Gamma Gals Sorors pausing for a quick selfie.

1. Soror Leola Williams, ER Anthropos Chair, Anthropos Van Payne, Madame ERD Patsy Squire, Soror Regina Rowland Perry, Anthropos Laury, & Anthropos Kirkland.

2. Cluster 3 Basilei: Soror Regina Rowland Perry, Soror Vicki Pendelton, Soror Wanda Fox, Soror Sheila Evans, Soror Angela Ringold, & Marie Allmond.

3. Sisterhood Chips presented to Madame ERD Dr. Patsy Squire.

4. Madame ERD posing with her fedora which was given to her by Xi's Anthropos. She is looking FABULOUS!

5. Xi's newest line "D'Vine Dime" attended their "First Cluster 3 Meeting."



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Cluster 3's Entertainment Segment led by Soror Angela Ringold each group had to perform a popular dance craze. 1. Sorors are doing the, "Bump". 2. Pictures of ER Leadership Team. 3. Oh my knees, we are doing the "Butterfly." 4. Let's do the ROBOT! 5. Soror Kim with our jewelry vendor Paula. She had some nice pieces! 6. Soror Natricia Granger showing how she "Dougie!" 7. One of the vendors, John Cameron, author of "The Five Pillars of Leadership for Black Boys." 8. Special thank you to Xi's Technology Committee Members Soror Felicia Jones & Soror Mylisa Himmons. 9. Cluster 3's group picture outside in front of the hotel.



Cluster 4/5 August 21, 2021

Theme: “Meeting the Challenges of Today and Overcoming Obstacles in Education”





And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort. 2 Corinthians 1:7

OMEGA CHAPTER



**Soror Arlene Hollis
Rho Chapter**



**Soror Louise Holloway-Glover
Epsilon Sigma Chapter**



Condolences from the Eastern Region

Sorors Gwendolyn Watts, Delores B. McNair & Imani Watts: Delta Pi Chapter (Sister & Great Aunt – Roxann Braxton Booker) Sept. 15

Soror Suzanne Mace : Delta Pi Chapter (Husband) Aug. 15

Soror Mary Ennon: Alpha Chapter (Brother -Benjamin Mintz) Aug. 12

Soror Portia Lowery: Delta Pi Chapter (Father -Nathaniel Lowery) Aug. 9

Soror Jeanette Hester: Delta Pi Chapter (Mother) Aug. 5

Soror Elenora Hargis-Frederick: Pi Chapter (Father-Thomas Hargis) Aug. 3

Soror Maria Allmond: Alpha Mu Chapter (Grandmother – Juanita) Aug. 2

Soror Margaret Franklin: Delta Pi Chapter (Niece -Susan Franklin) Aug. 2

Soror Lonita Whitted: Beta Zeta Chapter (Daughter – Valerie Whitted) July 31

Lifting Up Our Sorors in Prayer


Soror Alma Williams, Delta Pi Chapter

Soror Dr. Eloise Robinson-Redd, Zeta Chapter

Soror JoAnn Gilmore, Delta Pi Chapter




SAVE THE DATE


 National Sorority of Phi Delta Kappa, Inc.
Celebrates

Hispanic Heritage Month

September 15th - October 15th



Diverse in Culture, United in Love!




National Sorority of Phi Delta Kappa, Inc. Presents Epsilon Sigma Chapters 2nd Annual Honey Baked Ham Fundraiser

PROCEEDS WILL BENEFIT OUR Y.E.S. (YOUTH, EDUCATION, SERVICE) PROGRAMS.

SALES WILL RUN OCTOBER 1, 2021 THROUGH JANUARY 31, 2022

You may order gift cards in denominations of \$10-\$100 by clicking on the link below. You can elect to have the gift cards be sent to your mailing address or you can receive them electronically at your email address. You may also donate through Epsilon Sigma Chapters sCash App ([EpsilonSigmaChapter](#)) as well as mail in donations to NSPK, Inc. Epsilon Sigma Chapter
P.O. Box 303
Gastonia, N.C. 28052
Contact Information:
Katrina Sharp: Coordinator MrsKsharp@gmail.com or 910-710-5934
Tara Dowdell: President of Epsilon Sigma Chapter nspdkpsilonsigma@gmail.com

<https://bit.ly/HBHEs>


 HOSTED BY THE NATIONAL
SORORITY OF PHI DELTA
KAPPA, INC. - ALPHA CHAPTER


Human Trafficking 101

OCTOBER 2ND, 2021
1:00 PM - 2:30 PM

JOIN OUR LIVE PRESENTATION
FACILITATED BY FAIR GIRLS TO
HELP
COMBAT HUMAN TRAFFICKING

ZOOM LINK:
<https://us02web.zoom.us/j/86764771909?pwd=CGVlQjJDMjRSHpZDc5GCRWRDlWZ09>
MEETING ID: 867 6477 1909
PASSWORD: 757665

 FAIR Girls
One Woman. Infinite Potential.

 NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
DELTA PI CHAPTER



Eastern Regional Director - Dr. Patsy Squire President-Jacquelyn Dean Oliver

ANNUAL TEACH-A-RAMA

SATURDAY, October 9, 2021
10:00 A.M. to 12:00 P.M.

Theme: Paying It Forward: A Time to Motivate and Inspire.

Presenters:
Monique Walker- Educator, Entrepreneur, Author of "It Is What It Is"
Kenneth Ward- Educator, Entrepreneur, Author of "I Will Be Accountable and Responsible: 5 Areas of Personal Development"

You must register for this event. Registration will close on October 7, 2021. All teachers will receive a certificate for professional development hours.

Registration Link:
https://docs.google.com/forms/d/1E7H616aFX_2xNIVL_T6EdcwNqG4ed4Pfa7GMM/edit?usp=sharing

Zoom Link:
<https://us02web.zoom.us/j/83560017125?pwd=LldoNldhNWw0QmRwWFBSM3FHV1BHDz09>
Meeting ID: 835 6001 7125
Passcode: 851082

Use tap mobile
+13126266799, 83560017125#... *851082# US (Chicago)
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+1 301 715 8591 US (Washington DC)
+1 346 248 7799 US (Houston)

Meeting ID: 835 6001 7125
Passcode: 851082

Inspirational Stories that Motivate and Encourage others to be Better and Pay It Forward.

TODAY'S YOUTH PRESENTS
TODAY'S YOUTH, TOMMOROW'S FUTURE
VIRTUAL YOUTH CONFERENCE

SATURDAY, OCTOBER 9TH, 2021
 12:00PM-2:30PM

KEYNOTE SPEAKER
 HARRIS COUNTY CLERK,
 TENESHIA HUDSPETH

WORKSHOPS ON

GAMING SAFETY
 HOW TO DEAL WITH BULLIES
 DECISION MAKING & GOAL SETTING
 THE POWER OF A POSITIVE ATTITUDE
 MENTAL HEALTH & TEENS
 SAVING FOR COLLEGE & BEYOND
 UNDERSTANDING CREDIT: A GUIDE FOR TEENS

Register Today!
www.todays-youth.org

Free Event

Register Today







National Sorority of Phi Delta Kappa Inc.

Alpha Chapter
 presents their

VIRTUAL COMEDY CABARET

Friday, October 22, 2021
8:00 - 9:30 p.m.

eTicket - \$25.00

Laughter, Music & Give Aways!
 Winner MUST be Present!

Starring Comedian Hank Denson

MC Cartayah H. Reid

DJ Leisa Brown





Dr. Patsy Squire, Eastern Regional Director
 Jacquelyn Dean Oliver, Chapter President

NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
DELTA PI CHAPTER
 SPONSORS ITS

33rd/34th
Citation Awards Scholarship Breakfast



SATURDAY, OCTOBER 30TH, 2021
9:00AM TO 1:00PM
NEWARK LIBERTY AIRPORT MARIOTT HOTEL
1 HOTEL ROAD | NEWARK, NJ 07114

Donation: \$50.00
 Free Parking

Our 2021 Honorees

- REVEREND A. SAMAR BIGGHAM
- VANESSA DAVIS
- MARY R. DAWKINS
- JASONN L. DENARD
- DR. NATHAN L. FISHER
- GENIQUE FLOURNOY-HAMILTON
- DR. GERALD FITZHUGH, II
- SANDRA E. GRAVES
- CHARITY HAYGOOD
- ANONA HUNTLEY
- ANGELINA KILLANE-SIMS
- AISHA LAWREY
- NADINE WRIGHT-ARBUBAKRR


Hattie B. Solomon, Chair, hbensol@aol.com
 Gwendolyn L. Watts, Co-Chair, deltawatts@aol.com

**NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
BETA OMICRON CHAPTER
MS. PATRICIA WHITNEY, PRESIDENT**


**20TH ANNUAL
RED AND GOLD
SCHOLARSHIP GALA**

**SATURDAY, NOVEMBER 13, 2021
12:00 NOON TO 5:00 P.M.**



**HONORING
ESSENTIAL WORKERS**


MUSIC | DANCING | FOOD | VENDORS | RAFFLES |
CHINESE AUCTION | OPEN BAR |
DELUXE COCKTAIL HOUR



*SCAN OR CODE TO PURCHASE TICKETS OR VISIT:
[HTTPS://WWW.EVENTBRITE.COM/E/RED-AND-GOLD-
SCHOLARSHIP-GALA-TICKETS-146841812513?REF=EOS](https://www.eventbrite.com/e/red-and-gold-scholarship-gala-tickets-146841812513?REF=EOS)

Ticket Cost: \$100.00 **Verdi's, Westbury, NY**

*National Sorority Phi Delta Kappa,
Inc.
82nd Eastern Region Conference
Eastern Region Book Club
Invites you to join the RED TABLE TALK REVIEW of*



*After being delayed by COVID-19, we are
excited about meeting with you again.*

*Karen O. Kelly, Eastern Region Book Club Chairperson
Dr. Patsy Squire, Eastern Region Director
Committee: Patricia Whitney, Tammy Sneed, Anita Brown,
Sheraie Darby*

**ATTENTION: PLEASE USE NEW LINK FOR
PRAYER MEETING BELOW**

NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED





2ND SUNDAY MONTHLY PRAYER CALL





**Dr. Tonya Chestnut
National Chaplain**

**Margarette Galloway
Supreme Basileus**

6:00 PM CST

Ctrl + Click here to join: [Prayer Meeting](#)

Dial in by telephone: 1-312-626-6799 or 1-346-248-7799

Meeting ID: 867 6949 8669

Passcode: 386842

**JOIN US
W.A.I. T. TIME
WOMEN ANCHORED IN TRUST**

NATIONAL THEME: PURSUIT OF EXCELLENCE: A CHALLENGE TO PURSUE



Hear Ye! Hear Ye!

The **23rd** of each month has been
designated as:

P.A.V.E.S. Day

Providing Avenues of Visibility for our Educational Sorority

Sorors are asked to wear red and gold on this
day to remind us of our 2023 Centennial
Celebration.

*Please share photos of you wearing your red and gold to
be posted in the next newsletter.*

NSPK, INC. NATIONAL NEWSLETTER JARLAN K. GRAHAM, M.Ed. NATIONAL PUBLIC RELATIONS DIRECTOR

OCTOBER

2	INTERNATIONAL DAY OF NON-VIOLENCE We celebrate the birthday of a man who helped bring forward the notion of “non-violence”. We look back on the influence of an Indian activist known over the world as Mahatma Gandhi .
4	NATIONAL CHILD HEALTH DAY We show our support of children’s health, family, and those that work hard to help them.
5	***WORLD TEACHERS’ DAY*** One and a half years into the covid-19 crisis, the 2021 World Teachers’ Day will focus on the support teachers need to fully contribute to the recovery process under the theme “Teachers at the heart of education recovery” .
7	NATIONAL DEPRESSION SCREENING DAY 5 SIGNS IT’S DEPRESSION, NOT JUST SADNESS 1. You feel empty 2. You’re way more irritable than usual 3. You’re getting really thin 4. You’re thinking about death 5. You’re having trouble concentrating
11	INDIGENOUS PEOPLES’ DAY This day draws attention to the pain, trauma, and broken promises that were erased by the celebration of Columbus Day. Before his arrival, the indigenous folk were successful self-sufficient communities. Indigenous Peoples’ Day celebrates, recognizes, and honors the beautiful traditions and cultures of the Indigenous People.
15	GLOBAL HANDWASHING DAY The global pandemic has really shone a light on the importance of handwashing.

15

**NATIONAL
MAMMOGRAPHY DAY**
**Sorors, have you scheduled
your next appointment???**

15

NATIONAL BOSS'S DAY
A chance to celebrate or do a little something for the boss in your life.

20

WORLD OSTEOPOROSIS DAY
Osteoporosis renders bones so frail and brittle that any slight action even a sneeze or fall can be life-threatening, causing never-ending pain and discomfort from bone breaks and fractures.

Editor's Pen



Clarena S. Jones

Thank You, Sorors

You have made producing this edition of the newsletter a blessing for me as the Regional Public Relations Chair. First, I reached out to the sorors asking for articles and your input. You were there and you came through. Making my job a lot easier. Next, to the women, our sisters, who shared their stories (journeys and testimonies), God Bless You. We serve an awesome God.

The East Rocks