



**National Sorority of
Phi Delta Kappa, Incorporated**



Esteemed Founders

**Gladys C. Nunery, Julia A. Barnes,
(Mother Founder) Gladys M. Ross,
Florence S. Hunt, Ella W. Butler,
Marguerite Gross,
Mildred M. Williams
Not Shown— Edna McConnell
*All are in Omega Chapter**

Purpose

- To stimulate professional growth among teachers
- To foster a true spirit of sisterhood
- To promote the highest ideals of the teaching profession
- To encourage the development of the potential of our youth

**Alpha Chapter Office
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Jersey City, NJ 07305
Phone 201-434-3025**

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Alpha News

VOLUME V ISSUE 5

FEBRUARY/MARCH 2018

Spring Has Sprung

Hi Sorors! Spring is just around the corner as we continue working on our Y.E.S. Program components. Despite the cold weather with its dark/dreary mornings, and occasional snow storms, Alpha sorors have worked diligently toward achieving our sororal goals.

During the month of February, we had a wonderful Black History Program, entitled "Our Infinite Origins." This program depicted the histories of several Greek Organizations, the history of Jazz, Gospel, Westerns, and information on the first African American Cowboys. Thank you to the African-American History/Multi-Cultural Activities Committee and our Xinos and Kudos for their participation as they enlighten the audience with pertinent information.

The Y.E.S. Planning Meeting took place in Newark, Delaware at the Christiana Hilton Hotel February 16 -18, 2018. Friday night offered the sorors an opportunity to meet and greet members from other chapters. Various meetings were held as we prepared for the Eastern Regional Conference in April. Opening thoughts and a fun

ice breaker initiated the session for the weekend. The Every member Forum was enlightening as sorors discussed the future of NSPDK and how we might motivate potential candidates into our organization. The meeting concluded Sunday with a wonderful message from Soror Gwenie Burt, Basileus of Delta Nu Chapter. It was quite ingenious, creative and up-lifted our spirits as we prepared for our journey home.

During the month of March, Alpha Chapter held its annual Scholarship Luncheon at the Graycliff in Moonachie, NJ. What a beautiful afternoon for our 2018 Scholarship Recipients as well as the 2018 Citation Award winners! The event included a lovely Fashion Show, gifts, raffles, and Vendors. Thank you to the many sorors for their support and participation. We missed our Xinos and Kudos at the affair this year because they were attending the Youth Leadership Conference in Dover, DE. However, they returned to New Jersey as the exceptional winners in talent, oratorical, step, science, and art.. A Salute of Gratitude is extended to the Advisors for a job well done.

Congratulations to two of our sorors honored during "Women's History Month," Marilynn Jones by the East Orange Senior Center and Jesse Wilkerson by the East Orange City Hall

program titled "Hidden Figures." Both sorors were recognized for their service to Education and work in the community.

Now, we look forward to our Eastern Regional Conference in Durham, NC April 19-22, 2018 followed by our 95th Anniversary Founders' Day Celebration at St. James AME Church in Newark, NJ. The Ritualistic Ceremony, Program and Luncheon will be held at King's Restaurant on Clinton Avenue, Newark following the worship service. I anticipate that all Alpha sorors will be in attendance for this special occasion.

Again, Let us continue to fulfill our goals for the chapter: Increase the membership, participate in all chapter events and meetings, and Foster a spirit of True Sisterhood.



Sisterly,
Gwendolyn L. Jackson
Basileus

Alpha's African American History Program Soror Audra Fields-Chisolm

On Saturday, February 10, 2016 the African American History/Multicultural Activities Committee chaired by Soror Audra Fields-Chisolm presented its African American History program. The theme for the event was "Our Infinite Origins:" which included the origin of the first Greek organizations. When the origins of Sororities and Fraternities were presented the origin of "Stepping" was also, presented.

Kudos Tarik DeFoe reported on the history of 'Step' followed by the Xinos and Kudos both doing step arrangements as part of their presentation.



Xinos Aiyana Andalcio and Chevon Williams smile after completing a beautiful step routine for two.

Alpha's African American History Program con't

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 2nd Anti-Basileus Mary E. Ennon
 3rd Anti-Basileus Stacey Abdul-Qawi
 Grammateus Lavetta Scott-Ross
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Editor: Soror Mary Ennon



Contributors: Basileus Gwendolyn Jackson, Sorors Audra Fields-Chisolm, Adrienne Lofton, Rhonda Baskerville, Francine Britton-Sheppert



Kudos David Ondande, Ryan Salmon, Ruffus Stewart, and Trevon Young were the steppers at the program.



These four young men are just a sampling of the fine group of young men who make up the Alpha Kudos.



Kudos Tarik DeFoe gave an outstanding presentation on the history of 'Step.'



Sorors Donna Scott-Motley and Leisa Brown presented history on the beginning of Jazz and spoke of several original great Jazz singers.



Sorors Audra Fields-Chisolm and Mary Ennon presented information on the origin of the West-erns citing names of several African American cowboys; past and recent. Also, mentioned were the names of several on screen African American Western movies.



The origin of Gospel music and singers such as the famous Thomas Dorsey, Dorothy Love Coates and Marion Williams were presented by Sorors Mary Webb-Miller and Anna Burch who led the attendees in several classic gospel songs.

Gifts and Good Will Soror Adrienne Lofton

There were no birthdays for March. Birthdays for April include the following: Sorors Mary Webb-Miller, 4/18 and Monica Johnson, 4/23.



Please send condolences to Soror Helen Brooks on the passing of her daughter, Doriane. Also, send messages of comfort to the following: Soror Mary Faulkner of Alpha Mu Chapter on the passing of her daughter in February; Soror Cristy Davis, Beta Zeta Chapter on the passing of her uncle; Soror Joan Robinson, Rho Chapter on the passing of her sister; Soror Susan Brown Young, Alpha Pi Chapter on the passing of her sister; Delta Nu Chapter on the passing of Dr. Elnora C. Smith, Charter Member.

Official Notice

This is to serve as Public Notice that the sorors whose names appear below have been inactive in Alpha Chapter for ten (10) or more consecutive years. The chapter Membership chair has not been able to contact them. Their names will be submitted to the National Membership Chairperson to be placed on the National Inactive list, if they do not contact Alpha Chapter at 155 Dr. Martin Luther King, Jr. Dr, Jersey City, NJ 07305 or call 201-343-5393 with their intent to be reinstated by May 23, 2018. Inactive sorors desiring reinstatement must have their membership restored to active status by a two-thirds (2/3) vote of the National Executive Council upon recommendation from the National Membership Committee. **Bylaws, Article III, Section 3(m) and MPP, Reinstatement Fee, A(1)**

Vera Allen	Fatiyyah Mott	Shirley Pryor-Scott
Shirley Brewton	Leslie Redd	Jaiquetta Sumter
LeVon DeHebron	Sherri Robinson	Diane Tanis
Tayra Joyner		

2018 Youth Conference Sorors R. Baskerville and Francine Britton-Sheppert

The Alpha Xinos and Kudos had an exhilarating time at the Eastern Region Youth Conference which took place March 9-11, 2018 at the Dover Downs Casino, Dover DE. Both groups did exceptionally well in the various area of competitions.

The Xinos placed second in step competition. Jaida Richardson won first place for art and Brandi Davis placed second for science. The Kudos placed first for step and third place for their scrapbook. Ryan Salmon placed third for science, Jarrett Pinckney was second in oratorical and Daniel Jenkins came in first for talent-dance. Alpha Xinos and Kudos scholars of the year were Alexis Amo-Krah and Trevon Young.



ER Director Noreen Little, Xinos Chair Chaleeta Hines and Kudos Chair Marilyn Jones



Xinos Advisors Shawnte Williams and Rhonda Baskerville



Hub Parent Diana Ondande and Kudos Advisor Francine Britton-Sheppert



Nat'l Youth Coordinator and Alpha Kudos Advisor Anona Huntley



Ready for the day's activities

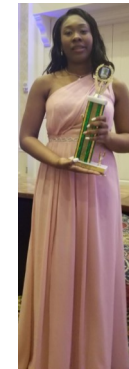


Xinos Scholar Alexis Amo-Krah

Kudos Scholar Trevon Young



Kudos Preparing to place First in step



1st Place Art Jaida Richardson



Oratorical participants Danielle Jenkins and 2nd Place Jarrett Pinckney



3rd Place Kudos Scrapbook



Xinos stepping out strong



Step Masters Trevon Young and David Ondande



Dressed for Saturday Evening Awards' Banquet



Happy travelers stopped to smile for the camera as they prepared for their trip



Scholarship Citation/Luncheon/Fashion Show Soror Verna Sims

The Annual Marie A Bagby Scholarship Citation Luncheon and Fashion Show took place on Saturday, March 10 at The Graystone in Moonachie, NJ. Two of the three 2018 scholarship recipients were in attendance and received certificates. The First place winner will receive \$1,000 a year for four years. The second place winner will receive \$1,500 and the Third place recipient will receive \$1,000.

Following lunch, nine distinguished ladies and gentlemen were awarded citations for their outstanding service and contributions to education and the community followed by a beautiful show of fashions by Dressed to A "T" with some of our own sorors modeling. The afternoon concluded with raffle drawings and Silent Auction.



Adrianna La'France Green,
First Place Winner. \$4,000



Jade Gwendolyn Reynolds,
Second Place winner. \$1,500



Dr. Antoine Gayles who has worked in the public, private, and non-profit arenas is an advocate for students and is the first African American Superintendent of Hillside, NJ Public Schools.



Ms. Andreae Harry, (right) with Dr. El-nardo Webster, Soror Gwen Jackson and her mom is Principal of the Dr. Charles C. Polk Elementary School in Roselle, NJ. She is a strong advocate for learning and student achievement



Rev. Annie Rea Jones is an active member of Monumental Baptist church, Jersey City, NJ where she serves in many capacities, including Assistant to the Pastor. This community oriented church opens its doors to Alpha Chapter and its youth groups continuously.



Rev. Joseph L. Jones, Sr. has been Pastor of Monumental Baptist Church of Jersey City, NJ since 1997. He is a strong advocate of promoting the educational pursuits of the congregation, the youth and the church community at large.



Mr. Abdulsaleem Hasan retired from the U.S. Army Reserve in 2016. He has worked for the East Orange and Woodbridge, NJ Police Departments. He has dedicated much time and service to youth and is currently principal of East Orange Campus High School as a "Turn-around Principal."



Ms. Frances Harold is a retired teacher of the Newark School Public Schools. As a member of National Sorority of Phi Delta Kappa, Inc. Alpha Chapter, Soror Harold is chairperson of the Health, Nutrition and Hypertension Committee.



Ms. Monique Andrews (center, left), professional hair stylist, is a philanthropist and founder /CEO of Mo' Hair Foundation, a nonprofit 501(C)(3) organization based in NJ which provides free non-surgical hair replacements for men, women and children who have experienced hair loss due to Cancer treatments, Alopecia, Lupus or any serious scalp conditions caused as a result of trauma.



Ms. Elaine Lane is a retired teacher of the Newark Public Schools and is Adjunct Professor at Montclair State University. She is founder of David's Shoes-a New Jersey Nonprofit Corporation.



Principal Baruti Kefele, a middle and high school principal led the transformation of four different NJ urban schools. Principal Kafele was unable to attend. His son and mother accepted his award.

Visiting Sorors from Beta Omicron Chapter (on each end), Queens, NY and Delta Pi Chapter (center and below), Hillside, NJ joined us for the afternoon. Several sister chapters supported us by purchasing raffle books.





Alpha sorors Cartayah Hawkins-Reid, Donna Scott-Motley, Lavetta Ross and Mildred English were among the models who walked the run-way showing some of the latest spring fashions by Dressed To A 'T'.



Soror Leisa Brown was outstanding as she provided music during lunch and the fashion show. Additionally, a huge Thank You to Jordan and Jade Reynolds, former Kudos Jeremiah Sheppert and all who assisted in handing out gifts and door prizes.



Lucky winners of beautiful gift baskets, the raffle gift cards, money plant and the lottery photo went away carrying their prizes and huge smiles.



Caregiving 101

As a continuation on providing information on Caring for an aging parent or other loved one in your home, be reminded that usually the caring begins with the best of intentions. Over time, however, a good thing can disintegrate into a tough, tense situation. Knowing the top trouble spots can help you make changes that can delay or avoid the need to move on to out-of-home placement.

Sore point #3: Lone-soldier syndrome Caregivers too often fall into "lone-soldier" mode thinking without even realizing it. Feeling responsible for a loved one, they assume the full burden, marching forward without regard to their own emotional needs. Eventual result: one badly wounded soldier who's not much good to anyone. In reality, it takes a whole army to manage caregiving effectively. Failing to have emo-

tional outlets where you can vent and "be yourself," and failing to let others share the practical burdens, results in a surefire recipe for falling down -- or giving up. Find local resources to help you. Closest Area Agency on Aging in your city, county, or state.

Lone-soldier syndrome Solutions: Let go of old ideas that asking for help is a sign of weakness. If ever you needed other people in your life, it's now.

Join a caregiver support group. "I push families to join a support group," says **Caring.com's Ken Robbins**. "It's really hard just to talk to friends. They get tired of listening to you or have little to offer besides a pat on the back." Groups offer a level of emotional support and group-think problem solving and idea sharing that's different from what a mental health counselor provides

in one-on-one sessions. To find a group, ask your doctor or your local Area Agency on Aging, or try an online group. See a counselor if you're experiencing signs of depression.

It's no stigma to get help; caregivers (and especially dementia caregivers) are in fact at higher risk for depression.

Arrange monthly or, more ideally, weekly respite breaks.

Information Provided by: Paula Spencer Scott, author of Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers and much of the Alzheimer's and caregiving content on Caring.

Ken Robbins: Past President of the Wisconsin Psychiatric Association