



# Alpha News

VOLUME IV ISSUE 4

JANUARY-FEBRUARY 2017

## 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.

## Chapter Officers

Basileus **Gwendolyn L. Jackson**  
 1st Anti-Basileus **Perry L. Jackson**  
 2nd Anti-Basileus **Mary E. Ennon**  
 3rd Anti-Basileus **Stacey Abdul-Qawi**  
 Grammateus **Gail Andrew**  
 Epistoleus **Francenia Britton-Sheppert**  
 Tamiouchos **Diana Ondande**  
 Tamias **Shawnte Williams**  
 Properties **Doreen Bryant**  
 Executive Advisor **Sandra Webster**  
 Parliamentarian **Verna Sims**

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As we move forward into the sororal year 2017, Alpha Chapter is busy preparing for the Eastern Regional Executive Board Committee Planning Meeting which will take place in Newark, Delaware February 17-19, 2017. This meeting is a wonderful time to prepare for the Regional Conference in April; but also gives us a time to meet and greet colleagues, friends, and new chapter Basilei or committee chairs.

Our Chapter reports for the Regional Conference are finally completed and Alpha Chapter members look forward to receiving additional Leadership Skills from our Eastern Regional Director and as well as reviewing any information from National Headquarters.

During the month of January, the Health, Nutrition, and Hypertension Committee presented a wonderful program about Breast Cancer from the Susan G. Komen Organization. Ms. Tina Jacobs was our speaker for the afternoon with a question and answer session and hand-outs. A donation

## We Are Moving Right Along

from the sorors was presented to the Foundation.

Thank you to all the sorors who participated last month in the Third National Initiative, READ ACROSS NSPDK. We will again submit our pictures and signature rosters to our Eastern Region Literacy Chairperson. Throughout the sororal year we are continually addressing the First and Fourth National Initiatives at our meetings. This month, soror Ennon will present two Ponders for many of us to test our knowledge and thinking skills. The Alpha News will again give us some insights about Care Giving from AARP and other sources.

Thank you to our Youth Advisors for submitting all paperwork for the Youth Leadership Conference in a timely manner. This year the conference will be held March 17-19, 2017 in Virginia Beach, VA. The Youth have been diligently working in preparation to showcase their various talents in Orator, Art and Science, as well as their fancy skills in "Stepping."

This month, February, we look

forward to a fantastic Black History Program in which our Xinos and Kudos will participate with Chapter Sorors of the African American History/Multicultural Activities Committee in providing information on the Harlem Renaissance. What an interesting topic to explore and research.

Our Annual Scholarship Luncheon is March 11, 2017 at the Graycliff in Moonachie, NJ. We hope to again, have a successful event.

Sorors, as we move along, Let's continue to fulfill our goals for the chapter: Increase membership, Participate in all chapter events and meetings, and Foster a spirit of True Sisterhood.



Sisterly,  
 Gwendolyn L. Jackson  
 Basileus

## Alpha Youth Lending A Hand Soror Rhonda Baskerville



Youth at Community Food bank

In November 2016, the Alpha Xinos and Kudos worked vigorously for two hours at the New Jersey Community Food Bank in Hillside, N.J. Hub Parents joined the Xinos and Kudos, along with the committed advisors, to ensure a productive morning. The youth worked in the thrift store,

separating items according to the bins they belonged to and discarding items that were no longer useful. The youth and parents were able to purchase items in the thrift store after their service time was finished. Lastly, this act of service allowed the youth to complete a project that would aid people less fortunate than themselves.



Youth and Hub Parents sorted and placed items in the proper bins.





**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

**Regional/National Important Dates**

**Y.E.S. Planning Meeting**

February 17-19, 2017, Christiana

Hilton Hotel, Newark, DE

**Youth Leadership Conference**

March 17-19, 2017, Holiday Inn Hotel,

Virginia Beach, VA. Alpha Lambda

Chapter hosting

**Eastern Regional Conference**

April 20-23, 2017, Westin Hotel,

Princeton, NJ, Pi Chapter hosting

**94th Anniversary Founders' Day**

May 21, 2017

**94th Anniversary Conclave**

July 15-20, 2017, Little Rock, AR

**Alpha News**

Editor: Soror Mary E. Ennon

Contributors:

Basileus Gwendolyn Jackson,

Sorors Adrienne Lofton,

Frances Harold, Lavetta Ross,

Shawnte Williams, Rhonda Baskerville



**Xinos Bowling for Funds** Soror Rhonda Baskerville

On December 10, 2016, the Alpha Xinos sponsored a Bowling Fundraiser at Hudson Lanes, in Jersey City, to raise money for conference expenses. Kudos, Hub Parents, and sorors supported the youth as they enjoyed a great evening with food, fun, and fellowship, all for a good cause.

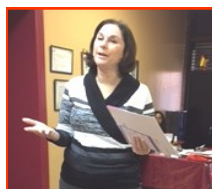
The group plans to have another fun-filled bowling party in January.



Youth group members and Hub parents enjoying the bowling fun

**Lunch and Learn Workshop** Soror Frances Harold

The Health, Nutrition/Hypertension Committee sponsored a presentation by Ms. Tina Jacobs of the Susan G. Komen For the Cure, of North Jersey at the January 14, 2017 meeting. Ms Jacobs, Director of Community Health for the area, spoke on "The ABCs of Breast Cancer. She gave the history of the foundation, which was



started by the sister of Susan G. Komen in 1986 with \$200.

Their goal is to save as many women and men who do not have insurance from breast cancer by providing free mammograms.

Breast cancer can strike anyone. The youngest person to have the disease was three years old. The

average age is 59; the older the person, the higher the risk.

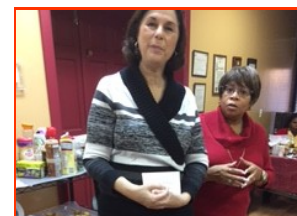
A person with stage one cancer has a 99% survival rate. Breast cancer differences were given: White women have the highest breast cancer incidence rate of any racial or ethnic group, but African American and Hispanic/Latino women are more likely than white women to be diagnosed with later stage cancers. They also tend to have larger tumors. Suggestions for early detection include: having a mammogram annually starting at age 40 if you are at average risk and have a clinical exam at least every 3 years starting at age 20, and every year starting at age 40.

Following the presentation sorors received "Breast Self Awareness cards which contained signs and tips for

early detection, pink bracelets and pens. **The Race for the Cure, North Jersey is May 21, 2017 at Liberty State Park, JCNJ**



Soror Frances Harold is chair and Soror Mildred English is co-chair of Health, Nutrition, Hypertension Committee.



Basileus Jackson presented a check for the Susan G. Komen Foundation to Ms. Jacobs and thanked her for the very informative presentation.

**Gifts and Good Will** Soror Adrienne Lofton

Send Birthday "shout-outs" to sorors born in February: Mary Ennon, 2/9; Perry Jackson, 2/11; Jessie Wilkerson, 2/11; Audra Fields-Chisolm, 2/12; Tamika Depass-Pipkin, 2/13; Mildred Dorsey, 2/21;

Send get well wishes to Soror Mildred Dorsey who is in NC with her daughter and to Soror Apryl Sneed who is still recuperating at home. Please Send condolences to Soror Winifred Jackson, Beta Epsilon

Chapter on the passing of her brother; to Delta Pi Soror Delores Shaw on the passing of her brother and the father of Soror Nicole Smith; to Beta Zeta Chapter on the passing of Soror Deshera Mack.



### Soror Is Honored at Banquet Soror Lavetta Ross



Education is one of the most rewarding professions. Each day we are blessed with the opportunity to

make a difference in the life of a child. Much of what we do as educators goes unnoticed. This was not the case for Soror Lavetta Ross, as she was honored this year at her high school's Annual Football Banquet by the coaches, players, and parents.

She is regarded by the team as their "Number one Fan," but she is more than just a fan. Soror Ross works with the coaching staff to make sure the players remain academically eligible, make right choices and decisions, and have what is needed when a college coach comes for a recruiting visit.

For this, Soror Ross was presented a plaque which reads, **"Presented to Dr. Lavetta Ross For your untiring efforts and dedication in making this season a great success for all of our athletes."**

### Alpha Supports Sister Chapter

Sorors Mary Ennon, Francenia Britton-Sheppert and Marilyn Jones attended Delta Nu Chapter's Real Guys Cook on Saturday, January 28, 2017 at The Ballroom at St Leon in Fairlawn, NJ. The food Festival featured local amateur and professional male chefs who prepared their special dishes for all to taste.

In addition to tasting the delicious food items, the chapter also, had a Tricky

Tray, a 50/50 raffle, and people were able to get their "move" on dancing to the up-beat sounds provided by the DJ. Soror Ennon won one of the Tricky Tray prizes.



Alpha sorors and guest enjoying Delta Nu Chapter's hospitality

### Red Hot Sock Drop - Donated to Homeless Soror Shawnte Williams

Alpha Chapter donated almost 100 pairs of socks to The Bread to Life Kitchen's 1st Christmas Dinner which was held December 17, 2016. The church sponsored event was held on Prospect St, Bayonne, NJ. This ministry serves the homeless a hot meal monthly. The guests were excited and grateful when they walked into the room because they knew a delicious hot meal had been prepared for them. However, the decorated gift bags were a huge and more pleasant surprise.

Our Soror Shawnte Williams is a part of this ministry and assisted in preparing the socks for distribution.



Soror Williams and her team serving their guests desserts



Alpha Sorors were happy to present socks to Soror S. Williams for her church's ministry to the homeless.



### Respite for Caregivers

Even though more than 39 million Americans provide unpaid care for an adult loved one, many family caregivers tend to feel isolated and alone. This is not surprising since most face these responsibilities with little to no help from other family members or outside supports. If the majority of your loved one's needs falls on your shoulders, it is important to realize that you are probably overloading yourself and need to take some steps to safeguard your physical and mental well-being.

There is no doubt that care giving involves hard work and dedication day in and day out. But even the most demanding jobs give employees vacation days and holidays off in order to ensure quality work and to keep up morale. Nevertheless, so many caregivers take it upon themselves to provide around-the-

clock hands-on care with minimal respite. This dedication is admirable, and many have no other choice due to a lack of support, but are these personal expectations realistic? What sort of long-term implications will this kind of care plan have on your health and the quality of the care you provide?

You deserve a break, but how can you avoid spending your respite time worrying about what's happening at home?

Consider giving yourself the gift of respite, or rest, temporarily, from your care giving duties. If you are able to manage it financially, many senior living facilities offer short term care for an elder so that family caregivers can take a break, get away, or just have freedom from the responsibility for a bit. Often, the senior living facility will care for your elder for a weekend, or a week, without further obligation to

move in or sign on for any other services. A nice place to stay, meals, socialization and sometimes special events are all made available to the elder. You pay by the day, or weekend, or week, according to how the facility creates respite care for those who do not live full time in the facility.

The same kind of respite care may be available at assisted living, skilled nursing facilities, and adult day care services, if these are in your area. The cost is often reasonable, though it varies a great deal among states and regions. It is certainly worth asking about. If you are a caregiver, either part time or full time, you deserve a vacation now and then, just as everyone does from any other job. Find a way to take it, and there is no need for guilty feelings.

**Information taken from Article by Dr. Markol Davis, *Time for A Break.***

## A Bit of African American History



**Kenneth and Mamie Clark, Psychologist**  
1914-2005 & 1917-1983

**Kenneth Bancroft Clark** (July 1914 – May 2005) and **Mamie Phipps Clark** (April 1917 – August 1985) were African-American psychologists who as a married team conducted important research among children and were active in the Civil Rights Movement. They founded the Northside Center for Child Development in Harlem and the organization Harlem Youth Opportunities Unlimited (HARYOU). Kenneth Clark also was an educator and professor at City College of New York, and first black president of the American Psychological Association.

They were known for their 1940s experiments using dolls to study children's attitudes about race. The Clarks testified as expert witnesses in *Briggs v. Elliott* (1952), one of five cases combined into *Brown v. Board of Education* (1954). The Clarks' work contributed to the ruling of the U.S. Supreme Court in which it determined that *de jure* racial segregation in public education was unconstitutional. Chief Justice Earl Warren wrote in the *Brown v. Board of Education* opinion, "To separate them from others of similar age and qualifications solely because of their race generates a feeling of inferiority as to their status in the community that may affect their hearts and minds in a way unlikely to ever be undone".

### Doll experiments

The Clarks' doll experiments grew out of Mamie Clark's master's degree thesis. The doll experiment involved a child being presented with two dolls. Both of these dolls were completely identical except for the skin and hair color. One doll was white with yellow hair, while the other was brown with black hair. The child was then asked questions inquiring as to which one is the doll they would play with, which one is the nice doll, which one looks bad, which one has the nicer color, etc. The experiment showed a clear preference for the white doll among all children in the study. These findings exposed internalized racism in African-American children, self-hatred that was more acute among children attending segregated schools. This research also paved the way for an increase in psychological research into areas of self-esteem and self-concept.

This work suggests that by its very nature, segregation harms children and, by extension, society at large, a suggestion that was exploited in several legal battles. The Clarks testified as expert witnesses in several school desegregation cases, including *Briggs v. Elliott*, which was later combined into the famous *Brown v. Board of Education* (1954).

## African American Inventors

As was mentioned in the last edition of Alpha News, African Americans have made tremendous contributions that have led to the great life-styles people enjoy today. Here are a few other noteworthy inventors.

William Henry Richardson invented the **Child's Carriage** and received a patent June 18, 1889. John E Purdy and Daniel A Sadgwar invented the **Folding Chair** and received a patent June 11, 1889. The **Fountain Pen** we enjoy utilizing a replica of was invented by William B. Purvis who received a patent for it January 7, 1890. Samuel R Scrotton had several inventions that we utilize today, namely the **Mirror, Curtain Rod, Adjustable Window Cornice** and the **Supporting Bracket**. He received patents for them in the late 1880s and early 1890s.

How about those dry cleaned clothes we wear. Well, the **Dry Cleaning Process** was invented by Thomas L. Jennings and he was the first black man in the United States to be granted a patent, March 3, 1821. Safety Glasses

protect the eyes from flying materials such as metal and wood. The first United States patent for **Eye Protector Glasses** was issued on November 2, 1880 to its inventor, Powell Johnson.

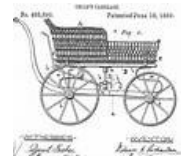
Did you know that Granville T Woods invented the **Furnace Steam Boiler**? He did, and received a patent for it June 3, 1884. Additionally, the **Gas Burner** was invented by B. F. Jackson who received a patent for it April 4, 1889.

For you golfers, the Golf Tee was invented by George Franklin Grant who received a patent for it December 12, 1899. Grant graduated from the Harvard School of Dental Medicine where he took a position in the department of mechanical dentistry, making him Harvard University's first African American faculty member.

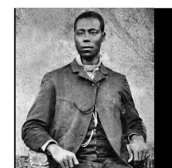
Sarah Boone invented the Ironing Board to improve the quality of ironing sleeves and bodies of women's garments. She received a patent for her invention April 26, 1892. Interesting? Aren't you proud? Please let our children know about our people so they can be proud, too. There's more to come..



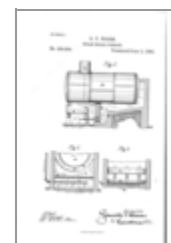
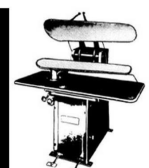
**Fountain Pen**



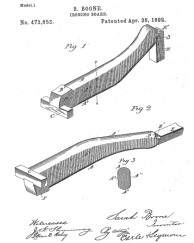
**Child's Carriage**



**Dry Cleaning Process**



**Furnace Steam Boiler**



**Ironing Board**