



# Alpha News

VOLUME IV ISSUE 2

NOVEMBER 2016

## Purpose

- To stimulate professional growth among teachers.
- To foster a true spirit of sisterhood.
- To promote the highest ideals of the teaching profession.

**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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## INSIDE THIS ISSUE:

- Eastern Region Retreat** 2
- Hail, Hail, the Gang's All Here** 2
- Gifts and Good Will** 2
- Alpha Anthropos Fall Excursion** 3
- Hub Parents on the Move** 3
- Retired Sorors on A Mission** 3
- A Bit of African American History** 4
- Exploring the Area of Caregiving** 4

Happy Thanksgiving Sorors! I do hope this season brings you peace, hope, and renewed friendships as we approach the Holiday Season.

Many Thanks to our Xinos, Kudos, Sorors, Hub Parents, Anthropos, and members of the Krinon Club for their participation in the annual 'Walk for A Cure' Breast Cancer Walk which took place in Newark, New Jersey on October 16, 2016. The weather was sunny and cool and it was truly a wonderful experience to see the camaraderie of all groups standing together for a worthy cause.

Our annual Teach-A-Rama, was held at St. Peter's University October 22. This years theme, "The Leader in You," was successfully presented through a variety of workshops. It was well attended by our youth, sorors, friends, and parents who enjoyed opening remarks by our guest speaker, Lily Sanabria-Hernandez on Interpersonal Skills and

Alpha Chapter's annual Teach-A-Rama was held on October 22, 2016 at St. Peter's University, Pope Hall in Jersey City, NJ. Sorors, Hub Parents, Xinos, Kudos and guest were in attendance from 9:30-1:30 to hear guest speaker, Lily Sanabria-Hernandez speak to the theme: "The Leader in You" and attend relevant workshops.

Ms Sanabria-Hernandez was also presenter of a workshop titled 'Color Code Interpersonal Skills.' Other workshops included the following: 'Shake Up Your Teaching' with Soror Leisa Brown presenting; 'A Healthy You: Healthy Choices' presented by Ms Linda Ivory-Green; 'Are You Afraid of Your Cell Phone?' presented by Soror Stacey Abdul-Qawi; 'Make and Take

## Moving Right Along

Leadership. A sincere Thank you to all the participants and presenters who supported Alpha Chapter.

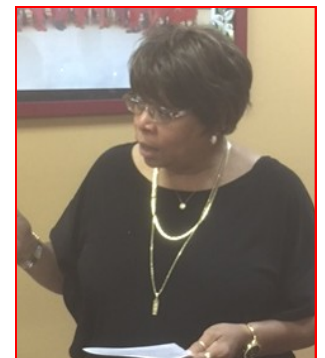
As we prepare for the holiday community services and gift-giving by our sorors and affiliate groups, let us be mindful of the reason for the season and keep the meaning of Sisterhood in all of our Monthly Activities and Sorority Meetings. We need everyone to participate and support all of the chapter's endeavors and sororal plans.

Let us continue to support the members of our Krinon Club in their activities of pledging, and help them to accomplish the final goal of becoming members of this fine organization. They are scheduled to be initiated on Sunday, December 4, 2016, 3:00pm at the Alpha Chapter Office. It is hoped that as many sorors as possible will be in attendance.

Sorors, please work with chairs of your committees and share your

expertise in completing the goals of the Y.E.S. Program. We need you!

As we move forward in this sororal year, let us remember our Eastern Regional Director's goals: Recommit to Sororal Purposes, Reclaim the Sisterhood, and Renew the Spirit of NSPDK, Incorporated.



Sisterly,  
 Gwendolyn L. Jackson  
 Basileus

## Teach-a-Rama

Cards101' presented by Soror Kerri Denise Williams. In addition, there was a special youth workshop for our Xinos and Kudos; 'College Confidential-Secrets They Don't Want You to Know. College Is A Business!!' presented by Soror Francenia Britton-Sheppert, Kudos Advisor.

Gifts presentations to our presenters, door prizes to lucky attendees and lunch ended an extraordinary fun-educational experience.



**Soror Kerri Williams with Basileus Jackson and Teach-A-Rama Chair Sandra Webster**



**L-R Soror Webster, Basileus Jackson, Guest presenters Sanabria-Hernandez and Ivory-Green, Sorors Brown, Abdul-Qawi and Britton-Sheppert provided an excellent Teacher-A-Rama**



**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**

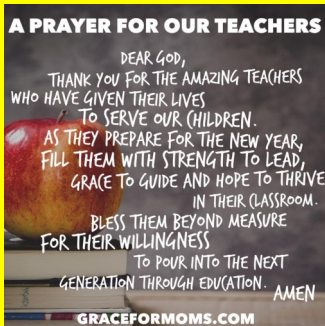
**Y.E.S. Planning Meeting**, February 17-19, 2017, Christiana Hilton Hotel, Newark, DE

**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**

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Bryant, S. Webster,

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The Eastern Region Retreat took place October 7-9, 2016 at the Kalahari Resorts and Conference Center, Pocono Manor, PA. The “Strengthening PDK through



**ER Retreat Committee**

“Sisterhood” theme was carried out in the various activities utilized during the four sessions of the retreat weekend.

Soror Cathleen Snyder was chairperson and worked diligently with her committee consisting of Regional Director Noreen Little, Sorors Sharon Oliver Henderson, ER Tamiouchos, Veronica Sawyer-Boyd, Diane Hewitt Annette Long, ER Parliamentarian, Carolyn Gibson, Marilynn Jones,

Sandra Webster, ER Tamias Sheila Evans, and ER Executive Adviser Drusilla Kinzonzi.

Registration took place on Friday followed by Session 1 which included greetings by Regional Director Little (Beta Omicron) and Chairperson Snyder, (Theta) followed with game playing led by Soror Annette Long (Delta Pi) and wine /cheese and finger foods.



**Winner!!**

Session 2 on Saturday morning began with a plated breakfast. An Ice Breaker by Soror Veronica Sawyer-Boyd (Beta Omicron) was next and Protocol



**Sorors working on “Make and Take” Hobo Bags**

**Situational Activities**

for groups to discuss and present to attendees. Blood pressure, Hypertension, Diabetes was discussed by Soror Sharon Oliver-Henderson (Theta). Soror Marilynn Jones (Alpha) conducted a Make and Take activity followed by “Sister to Sister” with Soror Sandra Webster (Alpha). The session concluded with Sisterhood Activity–Beach Ball Questions with Soror Diane Hewitt (Beta Omicron)

Sorors took a break for lunch and spent time enjoying the numerous fun activities offered by the resort. and gathered for dinner at 6:30pm and additional bonding activities, line dancing and games. Session 4, Sunday morning consisted of a continental breakfast followed by an Inspirational Message by ER Executive Advisor Drusilla Kinzonzi.

Several of the registered sorors were unable to attend because of extreme weather conditions in some areas, but those who were able to attendance

**Hail, Hail, the Gang’s All Here** Soror Doreen Bryant

Alpha Chapter is on the move reclaiming sorors. This year we would like to extend a warm welcome back to Soror Dr. Lavetta Ross. How many sorors are still active from your pledge line? How many can say “The gang’s all here”? Two out of three isn’t bad, but four out of four is a wonderful score.

Four ladies were recruited in 1996; Marilynn Jones, Lavetta Ross, Bernadette Robinson,

and Verna Sims. Soror Sandra Webster was their Dean of Pledges. Sorors Jones and Sims have been working in the vineyard for the past twenty years and will become Life Members at the 94th Anniversary Conclave in Little Rock AR. They have met the 20 year membership requirement and have paid or, are currently paying for their Life memberships. Soror Bernadette was reclaimed last year and Soror Lavetta returned this year.

Once again, four out of four is a wonderful score.



**Sorors Sims, Jones, Robinson and Ross with Soror Webster, Dean of Pledges in 1996**

**Gifts and Good Will** Soror Adrienne Lofton

Send condolences to the following: Our own Soror Perry Jackson on the passing of her brother; Rho Chapter on the passing of Soror Ann Andrews; Alpha Pi Chapter on the passing of Sorors Deloris Williams and Blanche Crim; Eta Chapter, Soror Anita Ricks; Delta Pi Chapter, Soror Delores Shaw on the passing of her sister, Soror

Doris McNeil on the passing of her God brother, Soror Da’Chery Thomas on the passing of her uncle.

Sorors during the holiday season, please send greeting cards to our Red and Gold Sorors; Sorors Edith Phillips, Sueretta Wright, Dorcia Berry and Mildred Dorsey.

**Alpha's Anthropos Fall Excursion** Soror Perry Jackson



**Alpha Chapter Anthropos at the Nordic Lodge, Charlestown, RI**

The Anthropos held their November meeting utilizing conference calling. President, Richard Jackson noted that the members had business to take care of and contributions to make, but work schedules required the need of using conference calling during the evening of November 2. The year for the men started with great success as they

sponsored their September 17th trip to the Nordic Lodge, "All you can eat, more than you can imagine" in Charlestown, Rhode Island. Following the enjoyable eating and scenery of Charlestown, the bus moved the guests to the Foxwoods Resort and Casino in Mashantucket, CT. for time to try their luck with the many casino games. For those who did not try the games of chance, certainly found the Tanger Outlets to be just the place to shop and did they drop bags and bags in the stowaway under the bus.

On Thursday, October 27, Anthropos Brother, Dr. Elnardo Webster was honored by the Dan Finn Foundation Charity which aids in sponsoring at risk youth in a National Guard Program and college scholarships through the Dan Finn

Basketball Classic. The event was held at the Newark Club on Raymond Blvd, Newark, NJ. A Scholarship fund raising Event took place, November 12th honoring the late brother Charles Ennon, former Anthropos president with the Christ Church Outreach ministries. The Anthropos supported through ticket sales and contributions as Christ Church does many support services to the community. The Anthropos' next effort is presently under research. The men plan to sponsor an "Oldies but Goodies" Dance. Fun will be had by all! The details will follow in the next newsletter.

Please look forward to supporting the men in our lives as they sponsor and accomplish activities in support of Alpha Chapter's programs.

**Hub Parents on The Move** Soror Perry Jackson

The first meeting of the Hub Parents was held October 4, 2016. The members present made decisions for fundraising to attain their goal of providing transportation for the youth to attend their conference. The 2017 Youth Leadership Conference will be held in Virginia Beach, VA so the cost will be greater.

The Hub Parents' first event was a raffle selling throughout the month of October with the drawing taking place November 1. The raffle was entitled TGIF for 'Thank Goodness It's Friday. A winner was chosen for each calendar Friday during the month of November. The raffle drum was filled to the brim with the stubs to be mixed. After the parents took turns spinning the drum the lucky winners were announced. November 4, Steve Stile

II, Karena Bennett was the winner of \$75 cash; November 18, Susan Fisher was the winner of a \$75 gift card to IHOP Restaurant and November 25 winner of \$75 cash went Jeremiah Sheppert, President of the Alpha Chapter Kudos. All winners had to be notified by telephone and were pleasantly surprised. Financially, the event was a success, but the goal of providing transportation to the Leadership Conference will call for an additional fundraiser. The parents decided to conduct a selling bakery products produced by Hadley Farms. The closing date will be February 7. The parents took order forms for cinnamon buns and carrot cakes. The November 1 meeting gave the parents an

opportunity to select the two co-chairs for 2016-2017 Sororal Year. Ms. Sherrill Terry and Ms. Candace Miller were happy to accept the position. They will be the additional link with supporting communications and carrying out the details of our fundraising efforts. As always, the Hub Parents are excited and working hard to meet their goals and having a great year.

**Hub Parents smile as they wait for the drawing to take place.**



**Retired Sorors on A Mission** Soror Hazel Williams

Several retired sorors in the Jersey City area are still very busy at the "Soup Kitchen." The ladies meet every second Saturday at Monumental Baptist Church kitchen located at 171-174 Lafayette Street, Jersey City at 7:30am They prepare a breakfast with a menu consisting of grits, scrambled eggs, bacon, sausage and biscuits. Coffee and tea are also provided.

Sorors Lofton and Williams usually prepare the sausages and biscuits. The tables are decorated with an array of flowers along with the utensils and condiments. The feeding begins at 10:30-am. Approximately 75-80 men, women and children are feed each month.

Several other retirees are working in their areas assisting with feeding homeless and food pantries.



**Sorors Hazel Williams and Adrienne Lofton, Retired Sorors**

## A Bit of African American History



**Marie M. Daly Clark** was born on April 16, 1921, in Queens, New York.

Daly came from a family who believed strongly in the power of education. Her father, Ivan C. Daly, came from the West Indies and her mother, Helen, grew up in Washington, D.C., After graduating from Hunter College High School, an all-girls institution in New York City, Daly attended Queens College in Flushing, New York, choosing to live at home in order to save money.

Daly graduated with honors in 1942 and, to get around the fact that she didn't have much money for graduate school, landed work as a lab assistant at her old college as well as a hard-earned fellowship. Both were instrumental in helping her to cover the costs of getting a graduate degree in chemistry from New York University. She finished her master's degree in just a year and then, in 1944, enrolled at Columbia University as a doctoral student. Aided by her own ambition and intelligence, Daly was further helped by timing. World War II was at its peak, and employers were looking for women to fill the jobs left by the scores of men who'd been sent overseas to fight. In addition, Columbia's chemistry program was being led by Dr. Mary L. Caldwell, a renowned scientist who helped blaze new trails for women in chemistry throughout her career.

At Columbia, Daly took to the lab, studying how the body's chemicals help digest food. She finished her doctorate—unknowingly making history as the first female African American to receive a Ph.D. in chemistry in the United States in 1947. Fascinated by the human body's complicated inner workings, Daly landed a grant in 1948 from the American Cancer Society. This was the start of a seven-year research program at the Rockefeller Institute of Medicine, where Daly examined how proteins are constructed in the body. In 1955, Daly returned to Columbia, working closely with Dr. Quentin B. Deming on the causes of heart attacks. Their groundbreaking work, which was later relocated to the Albert Einstein College of Medicine at Yeshiva University in New York, disclosed the relationship between **high cholesterol and clogged arteries. That work opened up a new understanding of how foods and diet can affect the health of the heart and the circulatory system.**

In addition to her research work at Einstein, Daly also taught biochemistry courses. Recognizing the importance of her own career path, Daly championed efforts to get students of color enrolled in medical schools and graduate science programs. In 1988 she started a scholarship, in honor of her father, for minority students who want to study science at Queens College.

Daly retired from Albert Einstein College in 1986. Her many honors included induction into Phi Beta Kappa as well as being tapped as a fellow of the American Association for the Advancement of Science. She married Vincent Clark in 1961 and died in New York City on October 28, 2003.

## Exploring the Area of Caregiving

### Helpful Hints for Caregivers

Caring for a family member or close friend is probably one of the most important and complicated duties one might experience. It can happen suddenly, with an accident or sudden illness, or it may start with doing small tasks such as driving a loved one or friend to the doctor grocery shopping. Tasks may increase later as there may be a need to prepare meals, provide more transportation to doctors, treatment, therapy, or assist in handling finances.

Whether one is just beginning to anticipate a need or taking care of a family member full-time, practical information to make the process easier is needed.

It is a good idea to have a conversation with your loved one early on; most times this is awkward and does not actually occur. Find out your loved-ones wishes, values and preferences on things that matter relevant to their health and finances. By waiting until an accident or serious illness diagnosis happens choices may be limited and more difficult to evaluate because stress levels are too high.

Some tips provided in AARP Local Caregiver Resource Guide may be helpful to first time caregivers as well as those who have already begun taking care of a loved-one.

**Look for an opening** as a conversation starter rather than bringing up a hard-hitting topic out of the blue.

**Keep trying**, if the first conversation doesn't go well, gently try again. Sometimes people are reluctant to admit they need help, If each attempt is shut down, consider asking another trusted family member, friend or doctor to approach the loved-one about one's concerns as caregiver.

**Remember to talk about money:** It is at the heart of decisions made by the caregiver. Respectfully ask to review bank accounts, health and life insurances so it will be known how much is available to cover potential costs.

**Listen and respect the desires of the loved one:** If it is possible, the person being cared for should always participate in discussions about their needs and plans for their future. **Bring**

**others into the conversation:** Once the initial discussion has taken place., the caregiver may wish to ask a few other people close to the loved-one; family members or friends, to be part of the process. There may be conflicts, but do not be afraid to address them rather than in a time of crisis.

**Do not go it alone.** Trying to handle the responsibilities of caring for a loved-one alone can lead to burnout and stress-related health problems. It is important to reach out to family, friends and community resources that can form a network of support. Remember to consider the loved-one as part of the team.



**Actress Bern Nadette Stanis cared for Her Mother who had Alzheimer's**