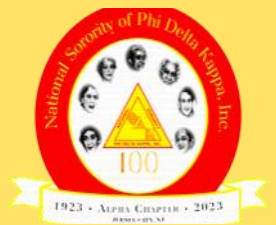




**National Sorority
of Phi Delta Kappa, Incorporated
Alpha Chapter**
In Jersey City... Where It Began May 23, 1923

Volume 9 Issue 1
November 2021



Sharing and Caring the Alpha Way! We have the Spirit!

We began our sororal year with the planning of every committee focused on the goal of sharing, caring, and giving thanks with every activity or event planned for the chapter to execute.

In September, several Alpha Chapter sorors gathered with our sisters of Cluster I, hosted by Epsilon Chi Chapter to experience a day of sharing in workshops led by the Eastern Region Officers, as well as additional workshops for our own self-improvement. This professional development was selected from a collaborative survey.

To begin our morning at the Chestnut Ridge Middle School in Ramapo, NY, each chapter participated in a challenge of decorating their table with items reflecting a fall theme. One lucky chapter received a gift for their creative efforts. We departed from the meeting with ideas to add to our chapter's sisterhood and service for the fall and winter months.

Alpha Chapter shared a considerable amount of vital information to benefit people in the community by inviting sorors and citizens to learn about Human Trafficking, which was the emphasis of our virtual Teach-A-Rama. The event was well received and was added to the Eastern Region's archive of leadership videos. Our Comedy

Cabaret was quite enjoyable and a first-time event of this nature for us. We were entertained by our articulate Mistress of Ceremonies, our Soror DJ and two comedians. The recipe for special 'mocktails' was shared with everyone to enjoy. Prizes were given to two lucky winners.

Caring is what we do in the Alpha Chapter spirit. As a tax-exempt organization, our charitable contributions were our primary focus during the month of October. Because we care about scholarships, the chapter celebrated forty-two members joining the Perpetual Scholarship Foundation; a great commitment in supporting the education of our youth. We also celebrated with our own Soror Anona Huntley who received a Citation Award from Delta Pi Chapter.

As educational support and advisors of our youth, Xinos, Kudos and KOT, we provided a virtual Financial Aid planning workshop for the high-schoolers and their parents.

The youth continuously share in the purpose of our organization as they executed service activities that showed outreach to the community with several projects. They raised money for the American Cancer Society and participated in the Breast

Cancer Walk for a Cure in October. Additionally, they prepared Halloween treats for a local day care center and volunteered at the Hillside, NJ Community Food Bank. The young people also provided many items, prepared ten Thanksgiving food baskets for families less fortunate, and volunteered their assistance at Monique Techniques and Mo'Hair Foundation's preparation of meals that were handed out on Thanksgiving Day.

Each chapter member makes a sacrifice by committing to do the work necessary in executing our mission. Sometimes we have to juggle our schedules, but it turns out that we have managed to accomplish our goals. The sharing and caring shines through our youth, each other, and the people whom we serve. The Alpha Spirit works!



Perry L. Jackson, Basileus

- Esteemed Founders**
Gladys M. Ross
Gladys C. Nunery
Julia A. Barnes
Florence S. Hunt
Ella W. Butler
Marguerite Gross
Mildred M. Williams
 Not Shown-Edna McConnell
 *All are in Omega Chapter

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Perpetual Scholarship Foundation Soror Gwendolyn Jackson

As a newly elected board member, Alpha Chapter Soror Gwendolyn Jackson, attended the Perpetual Scholarship Foundation Board of Directors meeting in Chicago, IL October 14-16, 2021.

Each of the five regions elects three sorors as representatives on the Board of Directors. These members, along with the remaining incorporators, set the operating policies for the Foundation whose purpose is to provide funding for national scholarships. Scholarships are awarded in each of the five regions to female and male high school graduates entering the area of education, KOT members pursuing a degree in education, and sorors who are doctoral candidates.

Following introductions and other formalities, Board members worked on updating the Foundation's By-Laws, reviewing the list of Red Letter Chapters, of which Alpha Chapter shares the distinction, and voting for the budget. Other Items discussed were ideas and ways to raise funds.



(L) Soror Lisa Frierson (SE) President
(R) Dr. Cynthia Warren (MW) Vice President



Supreme Basileus
Soror Margarette Galloway (SW)
Ex-Officio member



Dr. Patsy Squire (E)
Eastern Region Director



Soror Yvonne Ben (SE) Treasurer



Soror Shelia Evans (E)
Financial Secretary

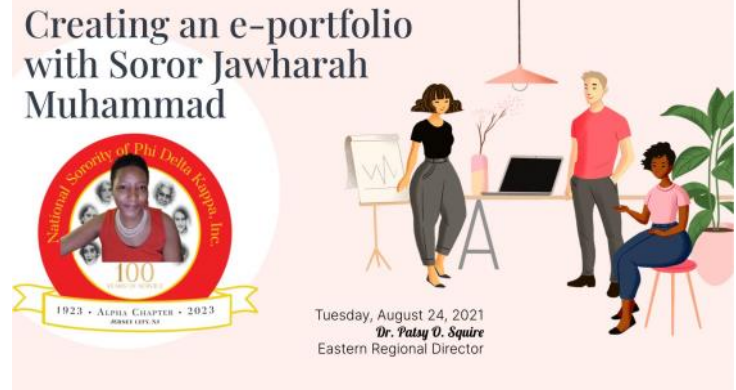


Soror Jackson reviewing Perpetual
Scholarship Bylaws

E. R. Staff Development Soror Jawharah Muhammad

Summer is a time of rest for educators, but it is also a time for learning about new ideas, resources, and methods to be implemented in our classrooms. Soror Jawharah Muhammad answered the call to serve as a presenter for two workshops during the Eastern Region Virtual Summer Professional Development series in August. Soror Muhammad presented valuable tips and resources for sorors to use, including Google Jamboard, a collaborative whiteboard application. She provided sorors with colorful templates and useful ideas to take back to their classrooms, youth groups, faculty/staff meetings, and sororal meetings.

Soror Muhammad also provided a useful workshop explaining the benefits of creating an e-portfolio using Google Sites. In this workshop, she reviewed the user-friendly setup of Google Sites, showed samples of e-portfolios created by students, and showed a sample of her own e-portfolio for sorors to see how it can be used for their teacher-evaluations. These presentation videos, along with all of the other amazing presentations from the week, will soon appear on the Eastern Region's website: <https://www.nspdkeasternregion.org>.



Health, Nutrition and Hypertension Soror Frances Harold

For the Sororal Year 2021-2022 the Health, Nutrition and Hypertension Committee will be focusing on Mental Health.

As we know, October is Breast Cancer Month. Some of the risk factors to know are the following: being female, getting older, family history, dense breast, being overweight, drinking alcohol. Be sure to schedule your annual mammogram and check your breasts regularly.



Nutrition Tip for the Month: **“An Apple a day will keep the doctor away.”** Apples are a good source of dietary fiber. They contain vitamins B6, B12, C, K, magnesium, potassium, and manganese. The organic compounds present in apples are of real value. The health benefits of apples include prevention of stomach disorders, improved digestion, liver disorders, dental health, gallstones, constipation, diabetes, heart disease, skin diseases, anemia, cancer, gout, and eye disorders. Moreover, they also help to prevent the initiation of Alzheimer's and Parkinson's disease. Apples are low in calories and contain no saturated fats or cholesterol. This fruit is rich in dietary fiber, which helps prevent absorption of bad cholesterol in the gut.

The fall of the year is the time to plan trips to the orchards or farmers' markets to discover new local varieties of apples. Some favorite brands include Cortland, Golden Delicious, Red Delicious, Granny Smith, and Honey Crisp.



Gifts and Good Will Soror Adrienne Lofton

November Birthdays

Soror Gwendolyn Jackson, 3
Soror Adrian Braker-Davis, 5
Soror Sandra Webster, 26
Soror Muneerah Barnes-Marshall, 30

December Birthdays

Soror Gail Andrew, 8
Soror Marilynn Jones, 16
Soror Donna Scott-Motley, 19
Soror Anona Huntley, 23

January Birthdays

Soror June Day, 1
Soror Jasmine McTague, 5
Soror Shawnte Williams, 22
Soror Gussie Dudley, 29

February Birthdays

Soror Mary E. Ennon, 9
Soror Perry L. Jackson, 11

Soror Jessie Wilkerson, 11
Soror JoAnn Alston, 12
Soror Audra Fields-Chisolm, 12
Soror Mildred Dorsey, 21

Amenities:

Words of encouragement and condolences have been sent to Soror Mary Ennon on the passing of her brother. Soror Lauren Brown also received condolences on the passing of her aunt. Condolences are extended to Soror Jamila Bass on the passing of her dear niece.

We remember our Red and Gold sorors and members who are unable to attend meetings with cards, phone calls, or text messages. We respond to sorors in the Region who are grieving a loss or experiencing an illness.



Flashback!!!! a photo of Soror Alice Waters (L) with Rev. Rudy Daniels, his wife Dorothy and Founder Gladys Cannon Nunery. Rev. Daniels was a former minister at Claremont Lafayette Presbyterian Church in Jersey City, NJ where Soror Waters and Founder Nunery were members.

Save the Dates !!!!

November 2021-February 2022 - Red Hot Sock Drop
Third week of January 2022 - Read Across NSPDK
February 2022- African American History and Heart Health Month
February 18-20, 2022 - Eastern Region Planning and Y.E.S Meeting
March 18-20, 2022 - 74th Eastern Region Youth Conference
April 28-May 1, 2022 - 82nd Eastern Region Conference
May 22, 2022 - Founders' Day Observance: May 23, 2022, official Founders' Day

May 19-21, 2023– Alpha Chapter's 100th Anniversary Celebration!!!!

Hub Parents' Paint and Sip Soror Marilyn Jones

The Alpha Chapter Hub Parents had their first Paint and Sip on Sunday afternoon, October 10, 2021 at 151 Dr. Martin L. King, Jr. Drive. Several parents of Xinos and Kudos along with chapter Basileus Soror Perry Jackson and chapter sorors joined the guests supporting this event. There was a large selection of items to paint which included something for the young artist.

The Hub Parents with the most guests were recognized by President Miller and Vice President Holland. The winners were D. Mainor-Davis, S. Sims and L. Smith.

Soror Alston raffled off a Breast Cancer basket that was won by Hub Parent Mainor-Davis. The menu included finger food pasta salad, wing flings, slider sandwiches, fruit, cheese and crackers, wine, soda and desserts. The day ended with everyone taking home a finished picture which was great closure to an afternoon with new friends.

Soror Jones, Hub Parent Committee chair extended special thanks to Soror Eleanor Worrill of Epsilon Alpha Chapter for spending her afternoon with Alpha Chapter and lending a "SISTERLY" hand in more than one way.



Guests had a variety of items from which to choose



Visiting Soror Eleanor Worrill assists with color selections



Soror Alston and Basileus Jackson got down to business right away



Staying focused



Breast Cancer basket winner Hub Parent Mainor-Davis



The youngest artist painting a Sugar Skelton on Latin X



Soror Worrill, Hub Parent Tina Amo-Krah and President Candance Miller showing Tina's painting



The only male present, Hub Parent Mr. Brown joins in on the fun



Hub Parent President and Vice President with winners of the most guests, D. Mainor-Davis, S. Sims and L. Smith

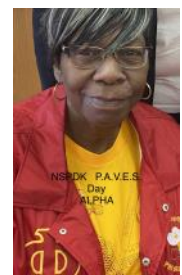
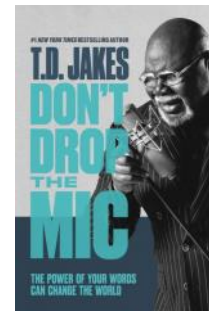
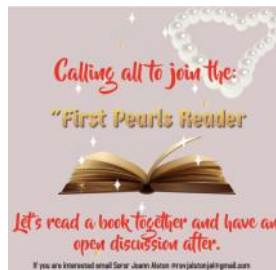


Some of the finished paintings were displayed

First Pearls Book Club Soror JoAnn Alston

Alpha Chapter's **First Pearls** Book Club had excellent participation for their first meeting on October 13, 2021. Sixteen members tuned in to join the discussion. The book they are discussing is **Don't Drop the Mic THE POWER OF YOUR WORDS CAN CHANGE THE WORLD, by T. D. Jakes** The group will be meeting twice monthly culminating in December with an in-person fellowship. The Zoom link for the meetings is sent to the members the evening before each session.

Soror JoAnn Alston is the chapter's Literacy Committee chairperson.



Soror Alston, discussion leader

Cluster I Meeting *Dr. Daphney Civil-Acosta*

As a new Soror of Alpha Chapter, I was reluctant and nervous about the whole process. After going through the motions and my induction into the sorority, I knew I had made the right decision. On September 18, 2021, I attended the Cluster 1 Meeting at the Chestnut Ridge Middle School in Ramapo, New York and signed up for the Culturally Responsive teaching workshop. This workshop resonated with me because when writing my dissertation, it solidified what I researched and how important it is as educators for us to be culturally aware. I promised myself going forward to look at my students and focus on teaching them through their eyes.

Attending this workshop showed me that NSPDK is a sorority like no other. The amount of sparkle that filled the room was felt as sorors from other chapters joined in to welcome new and seasoned sisters. I had an opportunity to unite with my sisters during the pandemic and my line sisters joined me, which meant a great deal. I learned plenty new information, laughed, ate good food, and most importantly, came out of the meeting rejuvenated and ready to do the work. I know it may not be easy, but my sisters have my back! And that is what I love about NSPDK, Inc.



Regional Director, Dr Patsy Squire greets three sorors from Alpha Chapter's Spring 2021 Line



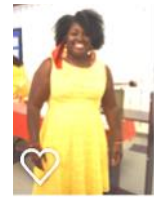
L—Eastern Region Director, Dr Patsy Squire
R—Eastern Region Member-At-Large, Soror Tiffany Ladson-Lang



Members of Alpha's 2020 and 2021 Lines are ready to learn at their first Eastern Region Cluster I Meeting



Executive Board members with Cluster I Basilee

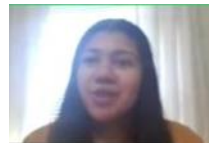


Human Trafficking *Dr. Tamika Pollins*



Alpha chapter is dedicated to raising awareness to various social justice related issues that impact the African American community. Therefore, Teach A Rama which was held on October 2, was focused on Human Trafficking as there are active cases of Human Trafficking in the state of New Jersey.

This topic is of importance because we are an organization of educators who work with youth in our careers and within our organization. Alpha Chapter partnered with Fair Girls to deliver a session that defined Human Trafficking, shared the description of commonly used terms, high-lighted the signs of individuals who may be at risk or in danger of being trafficked for sex or labor. Fair Girls works to help provide long-term therapeutic interventions, including safe housing, for exploited and trafficked young women and girls.



Presenter: Kimberly Crawford, Outreach and Prevention Specialist

Human Trafficking

FAIR Girls
Kimberly Crawford, Outreach and Prevention Specialist



FEDERAL DEFINITION

The use of force, fraud, or coercion to recruit, harbor, transport, provide or obtain any person for labor or commercial sex or to cause a person under the age of 18 to engage in a commercial sex act (even if force, fraud or coercion aren't used).



Teach-A-Rama Chairperson: Dr. Tamika Pollins

AWARENESS, POLICIES, AND PROTOCOL

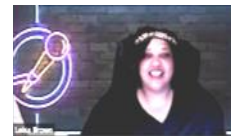
Schools have several responsibilities regarding child trafficking.

1. They must increase staff awareness and educate staff on indicators and the nature of the crimes.
2. They must increase parent and student awareness of the risks and realities of trafficking.
3. They must develop and clearly articulate district or school-wide policies on and protocols for identifying a suspected victim or responding to a disclosure from a suspected victim.

Alpha's Cabaret *Dr. Tamika Pollins*

On October 22, Alpha chapter hosted its first Comedy Cabaret. The headliner for the evening was Comedian Hank Denson. Soror Leisa Brown had everyone dancing on their feet and in their seats as our DJ for the evening. Soror Cartayah Hawkins-Reid served as our Masterful Mistress of Ceremonies and kept the virtual crowd of 61 people engaged throughout the evening.

It was a great night of fun and laughter. We had the company of the following sister chapters: Alpha Mu, Beta, Beta Lambda, Delta Phi, Delta Pi, Epsilon Alpha, Epsilon Chi, Gamma, Pi, Theta and Xi. Also, our very own Eastern Regional Director, Soror Dr. Patsy Squire was in attendance for a fun Friday night. We want to congratulate our two raffle winners (Nichelle Knight and Soror Curtisha Wilson) who won 25.00 gift cards to Amazon. Thank you to all who supported this event.



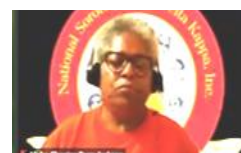
Music- Soror Leisa Brown



M C- Soror Cartayah Hawkins-Reid



Arranger- Soror Dr. Tamika Pollins



Basileus- Soror Perry Jackson



Comedian- Hank Denson

Making Strides Soror Rhonda Baskerville

On Sunday, October 17, 2021, the Alpha Chapter Xinos, Kudos, KOT members, Hub Parents, and Sorors met in front of City Hall in Newark, New Jersey, for the Annual Making Strides Breast Cancer Walk. This is the first time everyone was able to assemble since 2019, due to the effects of the Covid-19 pandemic. Although there was no water to hand out to the walkers, the youth made signs and cheered them on with help from energetic sorors and Hub parents. They also marched down Broad Street displaying their banner with the other walkers, danced in the street to the sounds of the music, and simply enjoyed the fellowship with each other while enjoying the sisterhood and brotherhood.

With the support of Xinos, Kudos, Hub Parents and sorors, a donation of \$1,419 was raised for the American Cancer Society to aid in the search of a cure for breast cancer. It was truly a great day!



Kudos Advisors- Sorors Anona Huntley and Francenia Britton-Sheppert



Xinos Advisors- Sorors Jamila Bass and Rhonda Baskerville



Sorors are all smiles



Dad and Kudos son spend quality time together



Big sister crashed the male bonding day with hugs and smiles



Kudos supporting the cause



Hub Parents with chairperson, Soror Marilyn Jones always ready to support the youth



KOT members and Advisor, Soror Stacey Abdul-Qawi joined the gathering of supporters



Xinos proudly showed their banner and danced in the street



Worthy Donation Soror Francenia Britton-Sheppert

On Monday, October 25, 2021, the Alpha Chapter Kudos and Hub Parents donated six wigs to "Covered with Compassion." This is an event given by Assembly Woman Britnee N. Timberlake of the 34th District in East Orange, New Jersey.

The wigs are given to women who have lost their hair due to cancer, alopecia and other related causes of hair loss. The wigs were presented at the event by Kudos advisor Soror Francenia Britton-Sheppert and Soror Marilyn Jones, who is also a District Leader.



Wigs are donated



Kudos prepare to donate wigs for a good cause



Hub Parents, also donated wigs to the cause

Trunk or Treat Soror Francenia Britton-Sheppert



Following the Walk for a Cure event, on October 21, the Alpha Chapter Kudos gathered at the home of Advisor, Soror Anona Huntley and packed more than 150 bags of goodies for a Halloween Trunk or Treat event that was to take place in East Orange, New Jersey.

The young men completed their task and enjoyed some bonding time over a delicious lunch prepared by their advisor.



Children enjoyed a variety of treats and had fun



Family members and friends were happy to see their children celebrate Halloween in a safe environment



Local Projects Soror Jawharah Muhammad

On October 29, 2021 The National Sorority of Phi Delta Kappa, Incorporated - Alpha Chapter co-sponsored a Trunk or Treat with PS #39 staff in Jersey City, New Jersey. Sorors of Alpha Chapter donated money, candy, and most importantly, their time to ensure that the students from the area of PS 39 were able to come out to a safe environment, and successfully trick or treat throughout the parking lot of the school. All sorors welcomed students with open arms and warm smiles. Soror Bernadette also craftily created a game for students to play at her car. Alpha Sorors donated a total of over 25 large bags of candy and four sorors decorated their cars beautifully!

Sorors also assisted with monitoring 8th graders from PS #17 (Jersey City, NJ) who were present to help with the event and earn their required community service hours. It was a pleasure to work with Ms. S. Robinson, PS #39's Crisis Intervention Teacher. Mr. T. Bates, principal of PS #39, was also present to spread Halloween joy!

Thank you, NSPDK, Inc. Alpha Chapter, for helping the youth of Jersey City have a special Halloween weekend!!



This was a wonderful way to help youngsters celebrate Halloween in a safe and friendly environment!



Thank you to the student volunteers from PS #17



Many tasty treats were provided



Sorors were pleased with their efforts



Youngsters gathered treats as sorors looked on



Soror Robinson provided a game for youngsters to play



A Bonding Event Soror Shawnte Williams

Sorors of Alpha and Delta Nu Chapters joined some NJEA Members-of-Color in a bonding event on Saturday, October 2, 2021. NJEA Members-of-Color Initiative (MOC) is an intentional organizing effort to connect and engage with an underrepresented affinity group within the association.

Their goal is to elevate the advocacy, engagement, and ownership that all NJEA members have in the union. Through targeted conversations, continual advocacy and educational opportunities, they believe it will grow a stronger association reflecting the rich diversity of membership.

The bonding event called **MOC** took place in New York City on October 2, 2021. The walking and subway riding trip included visits to the World Trade Center Memorial, Times Square, Central Park, and Harlem.

The best part of the outing included a visit to see the "InJustice" Exhibition in Union Square. The Confront Art show cased the exhibit from October 1-30, 2021. There were three sculptures displayed: George Floyd, Breonna Taylor, and John Lewis. The purpose of these statues was to bring awareness to social justice causes. This was a day full of laughing, exploring, exercising, and eating as we toured the Big Apple.



Sorors take a refreshment break



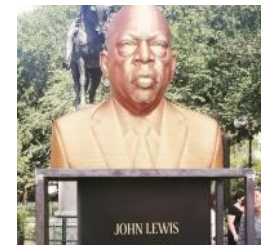
Group photo at the sculpture of Breonna Taylor



George Perry Floyd, Jr.
October 14, 1973-May 25, 2020



Breonna Taylor
June 5, 1993-March 13, 2020



Congressman John Lewis
February 21, 1940-July 17, 2020

Halloween Soror Rhonda Baskerville

The Alpha Xinos are so eager to continue supporting the little children at BabyWorld for the second year at Halloween. On October 24, 2021 the Xinos donated 2 bags of candy each and packed nearly 140 bags of Halloween treats for the children in preparation for their Halloween party.

It is truly a blessing to instill in the Xinos how to serve and put smiles on other peoples' faces. The staff at BabyWorld Day Care center was so appreciative to receive the many goodies for their toddlers and pre-school children for their Halloween party.



Hub parent Soror McTague offers assistance



Xinos work swiftly filling more than 150 bags



Lots and lots of goodies



They make sure all bags have enough goodies



Youth celebrate their completed project



Young ladies with Basileus Jackson and Advisor Baskerville deliver items to Babyland

Xinos Sisterly Activity Soror Rhonda Baskerville

The Alpha Xinos had an amazing sisterly activity on Sunday, October 24, 2021. The Xinos came together with pumpkins of all sizes and colors to carve into their best creations. There was music playing in the background, candy and brownies to be eaten, and sisterly fellowship as well. Many of the Xinos had never carved pumpkins and it was a beautiful sight to see them supporting each other along with Hub Parent and Soror Jasmine McTague, Advisor Jamila Bass, and Committee Member Soror Cartayah Hawkins-Reid moving around to assist.

Once they were completed, the Xinos placed their pumpkins on the table in a row, turned the out lights and marveled over their creations. It was very difficult for Basileus Perry Jackson and Soror Cartayah Hawkins-Reid to make a decision on the top three pumpkins. The winners were Briana Davis, Farida Wahby, and Khyah Craig who won gift cards for their most unique pumpkins.

I would be remiss if I did not give a big shout out to Epsilon Alpha Soror Chaleeta Hines for this amazing idea, especially since she taught me the day before so I would be prepared for the activity with Alpha's Xinos.

The Xinos had a great time and want to do this activity again.



Seriously involved



Interesting and delicate work



She's checking her work



Youth concentrating on doing a good



Assistance from Soror McTague



Little ones join in on the fun



Helpers from L-R Hub parent, Soror Jasmine McTague, Sorors Jamila Bass, Cartayah Hawkins-Reid, Basileus Perry Jackson and Xinos Committee Chair Soror Rhonda Baskerville



The winners: Briana Davis, Farida Wahby, Khyah Craig

Alpha Soror Honored Soror Jawharah Muhammad

On Saturday, October 30, 2021, Alpha Chapter's Soror Anona Huntley was honored at the Delta Pi Citation Breakfast. Soror Huntley is a life member of the National Sorority of Phi Delta Kappa, Incorporated, who has served in numerous leadership roles within Alpha Chapter, the Eastern Region, and on the national level. Alpha Chapter sorors were happy to support Soror Huntley and the rest of the honorees at the Delta Pi Citation Breakfast at the Newark Airport Marriott Hotel in New Jersey. Sorors enjoyed wonderful fellowship, sustenance, and many inspiring speeches from all of the honorees.

In Soror Huntley's speech, she thanked, with pride, her family, sorors, and the youth with whom she has worked throughout her 28 years within the sisterhood. She thanked her parents, who were both educators. She highlighted her father, who was a civil rights activist and community leader, by acknowledging that he "taught his three daughters at an early age about the rewards of service, leadership, and the use of your God-given talents in your service." She continued on to say, "What I am doing, and or have done, has given me personal fulfillment, and I thank God for allowing me to use my gifts/talents to His glory." Her final words were a tribute to her legacy/family mantra: "If I could help somebody as I pass along, then my living should not be in vain."

Congratulations, Soror Anona Huntley, on your amazing achievements and thank you for your many years of dedication and service within The National Sorority of Phi Delta Kappa, Incorporated!!



Soror Huntley shares this special honor with her husband, Anthropos Floyd Huntley, her family and visiting sorors from across the Eastern Region.



Soror Huntley's sister and brother-in-law, daughters and grandchildren



Sorors from several chapters surround newly chartered Zeta Epsilon Chapter sorors



Alpha sorors with Regional Director



Basileus and Alpha Chapter sorors with Eastern Region Director

National Diabetes Month Soror Frances Harold



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. **Diabetes Awareness Day** is November 14, 2021.

This year's focus is on **pre-diabetes** and preventing diabetes. **Prediabetes** is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Several sorors of Alpha Chapter attended a Zoom workshop sponsored by the Union County Chapter of the National Association of Negro Business and Professional Women's Club on Monday evening, November 15. The title of the workshop was **Diabetes: Don't Sugar Coat It!!!** The presenter, Dr. Akia Blandon, Nurse Practitioner, provided a wealth of information on factors that cause diabetes, symptoms of diabetes and ways to decrease the risks of having diabetes.

Diabetes is a chronic (long-lasting) health condition that affects how the body turns food into energy. Most of the food eaten is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin.

There are two types of diabetes. Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops the body from making insulin. With type 2 diabetes, the body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults. Symptoms may not be noticed so it's important to have blood sugar tested. This test uses a drop of blood to check the A1C. The blood sugar may be high which is called hyperglycemia or low, hypoglycemia.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should, or when there isn't enough insulin or cells stop responding to insulin, causing too much blood sugar stays in your bloodstream. Over time, that can cause serious health

problems, such as heart disease, vision loss and kidney disease. There isn't a cure yet for diabetes. Some healthful hints to control Type 2 diabetes include the following:

1. Take control of the diet. We have power over what we eat. Put a little less on the plate. Eat until you are no longer hungry. It's ok to leave food on the plate. Eat healthy food. Each meal should have 30-45 carbohydrates. Nutrition can change the outcome.
2. Drink at least eight glasses of water a day.
3. Being active can really help. Exercise at least 30 minutes a day (4-5 days a week) Try Walking or doing chair exercises.
4. Get diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.
5. Taking weight down impacts diabetes.
6. If you have diagnosed with prediabetes, you need to carry a snack when going out.

Alpha Chapter's Health, Nutrition and Hypertension Committee chairperson presented Rules for a Longer Life at the November meeting. They are consistent with the hints above: 1. Get regular medical checkups. 2. Let food be thy medicine. 3. Eat more plants. 4. Avoid processed foods. 5. Drink more water. 6. Get moving. Walking counts. 7. Eat dinner meals early. 8. Constantly work on quitting bad habits. 9. Make sleep your super power.

**In addition to Dr. Blandon, additional information was provided by the American Diabetes Association.*



Soror Frances Harold is chairperson of the chapter's Health, Nutrition and Hypertension Committee

Teacher-to-Teacher Soror Jawharah Muhammad

I saw this post in a group for Black educators:



We have meetings during our planning period (Team meetings, data meetings, PLC's, IEP's/504's etc.) So, I'm doing a lot of work at home. (Lesson plans, inputting grades, etc.) Does anyone have advice for getting work done during school hours or how I cannot let work consume my evenings and weekends?



I used to be this way, and I am sure many educators can say the same! Reading this gave me flashbacks to my first TEN years of teaching, and it made me realize that I am now a... gasp... "veteran teacher"! As a veteran teacher, I feel it is now my duty to use my classroom experiences (both failures AND successes) to provide advice to others, just as my amazing mentors provided for me. If you find even one small part of this article useful, please share it with your teacher-tribe! **10 Tips to Better Manage Your Teacher Time and STOP Taking So Much Work Home**

- 1. Don't grade EVERYTHING.** Sometimes, completion is enough and scoring isn't necessary.
- 2. Come in early to do work if you can.** The mornings are very quiet because most of the staff hasn't arrived. The ones who have, are usually there to work. (If they aren't, see tip #4.)
- 3. Designate "presentation and explanation" days** when students have to present and/or explain their work (in person or play their recorded videos from sites like Flipgrid). This live review allows you to grade on the spot and it allows students to reflect on their own and their peers' work. This has become a game changer for me when grading projects.
- 4. Isolate/Seclude yourself!!** I have actually locked my classroom door during my early mornings and prep times because people will develop a habit of interrupting you and throwing you off your schedule. Socialize less at work.
- 5. Pick one or two days a week to stay late.** Usually one hour after school allows me to catch up. I love to choose Fridays for this because I don't have to come right back the next day. (In the first month of school, I tend to stay later due to massive amounts of beginning of the year paperwork.)
- 6. Utilize automatic grading sites and resources.** Google Forms, Quizizz, and Nearpod are just a few resources that you can use. Remember... your curriculum may also have tons of auto-graded assignments since data-driven instruction has become more commonly expected. Don't discard all of those valuable tools you acquired during remote teaching and learning!

7. Lesson plans: Reuse some of your previous year's lesson plans if you can!! The wheel doesn't always need to be reinvented. When I am planning with my co-teacher(s), I now type directly into my lesson plans instead of just making notes on paper. I just started this in 2021 (yes, I know I might be late to this party) and it has been a total game changer.

8. Utilize self-checking assignments more. I love the "Facing Math" activities because you can tell whether the work is correct just by looking at the picture they create. I also love coded message assignments. You can find these on sites like TeachersPay-Teachers.com

9. Employ students as "teacher assistants". I utilize trustworthy students (who are not easily influenced by popularity and opinions) to go around the room to check for students' homework completion. They carry a clipboard with students' names and record daily. This allows me to perform other classroom tasks simultaneously. Once they are finished, it is quick to look at the clipboard to see who did and didn't complete their homework and update my gradebook.

10. Use test days to catch up. But also utilize some websites like EdPuzzle or Khan Academy to provide virtual instruction for easier concepts. Students love youtube and they are very comfortable with learning many things from videos (tiktok dances, etc.) so easier concepts or review of prerequisite concepts can be done with well chosen instructional videos. While they are watching, you can be working... but don't forget to circulate! We know how our scholars can easily stray when in front of an electronic device.

Note: While I utilize these tips I am giving, please know that I, too, still struggle with working from home more than I would like. However, I work from home MUCH LESS than I did 10 years ago, thanks to these actionable steps I have been taking. An attorney friend of mine, who sometimes works in her office until midnight once told me that the difference between a career and a job is that a career's tasks may have to come home with you at times, but a job's tasks never will. Embrace the career you have chosen, but don't let it take over your personal life!

If you found this article useful, please share it with your teacher-tribe! You just might save an amazing teacher from that all-too-familiar "teacher burnout" syndrome.

Soror Jawharah Muhammad has been teaching middle school math for 13 years in Jersey City, NJ and she has been teaching a summer math course to first year college students for 7 years.



Native American Heritage

Native American Heritage Month is celebrated in November. The chairperson of the African American/Multi Cultural Committee provided information on the Native Americans of New Jersey at the November meeting. In doing so, we discovered that Alpha Chapter Soror Frances Harold is a blood member of the Nanticoke Nation of the Lenni-Lenape of New Jersey; both of her parents were members. The Original People (**Lenni-Lenape**) inhabited **New Jersey** long before the Europeans arrived. They were a people with a strong sense of tradition and a well organized life-style.

Soror Harold provided additional information about the Nanticoke Nation to which she belongs. The tribal chairman, Mark "Quiet Hawk" Gould is a high school classmate and has been the Tribal Chair for more than 40 years. The tribal family is divided into the Elders, the Citizens, and New Dawn (teens), and the Little Acorns.

The Tribal Ground is located in Fairfield Township, New Jersey. The Tribal Center where meetings are held and the Trading Post are located there. At Spring gatherings in May the naming ceremony takes place. Traditionally, one was not named at birth. They were gifted a name at an appropriate age based off of elements specific to the that person. Soror Harold's aunt's name was "Sunflower."

During the month of June the pow-wow takes place at the Salem County Fair Grounds. There are arts, crafts, dancing, drumming, story telling and guest speakers.

Soror Harold mentioned that the members of the Tribal dancers have performed at the Museum of the Arts in Newark, New Jersey and have had exhibits there, also. She spoke of her Uncle Oliver Greene who made a teepee that he himself utilized and traveled to schools in the area to give talks about the Nanticoke Nation. Their tribal symbol which is the turtle.

A saying by which the Nanticoke live: *There may be a few things that might momentarily defeat us, but there is nothing that can conquer us.*



The turtle-their symbol



The Trading Post



Tribal Grounds



Soror Frances Harold
Native of the
Nanticoke Nation of
Lenni-Lenape



Mark "Quiet Hawk" Gould
Tribal Chair

The Unveiling Soror Bernadette Robinson

On November 20, 2021, Soror Bernadette Robinson, Anthropos Cornell Robinson, and their family members celebrated the unveiling of the Dr. Mary McLeod Bethune Statue, at the Bethune Park located on Martin Luther King, Jr. Drive in Jersey City, New Jersey. The day was festive, clear, sunny, and crisp; perfect for the celebration with streets lined with vendors, food, and entertainment. The sculpture, created by artist Alvin Petit, showed the youthful beginnings of a woman holding onto her books, because she was told they were not for her.

Soror Bernadette is a direct descendent of Dr. Mary Jane McLeod Bethune, Educator, Stateswoman, Activist, and Entrepreneur. She has found the love for teaching stirred by her great, great aunt's fire for education, which was rooted deeply into the children of her family. Soror Robinson said, "We knew that to be educated was to gain knowledge for whatever you wanted to learn and to do your best in what you were inspired to achieve. We all come to terms that every person's strength does not lie in the form of academia, but we can learn to be the best person we were born to become in our lifetime. Her accomplishments proved, you could transform your life or situations with better communication, decision-making, and application. Dr. Bethune believed, knowledge enabled you to push forward, it gives you a voice to brave through life's obstacles and to trouble shoot when given "No" as an answer."

In attendance were the following: Jersey City Mayor Steven Flop, State Senator Sandra Cunningham, Assembly Woman Angela McKnight, Artist/Director of Bethune Center- Alvin Petit, former Council Person Michele Massey, Light Rail Café Restaurant, Jermaine Robinson and City Council President- At- Large Joyce Watterman. Each attendee delivered words that expressed Dr. Bethune's passions: Courage, Determination, Hope, Inspiration, Pride, Trailblazer and Womanist. The nine foot plus statue on Martin Luther King Jr. Drive will stand as a focal point in the community as a reminder of the importance of education, especially for young girls who dare to dream of becoming more.

Soror Robinson stated, "We (as a family) watched with joy and pride as her statue was unveiled, knowing that our bloodline flows strong as educators, lawyers, judges, doctors, and tradesmen. Mary McLeod Bethune's work was not done in vain, because we continue to live the legacy she left us as we value her love and lessons so much more."



The Robinson family shows delight as they view the unveiling of the statue of their renown family member



Soror Robinson is an active member of Alpha Chapter and her husband is a member of the men's group, the Anthropos.



Backpack Project Soror Bernadette Robinson

Soror Bernadette Robinson, a member of the Local Projects Committee joined in a collaborated effort with Reverend Kevin Williams of Claremont Lafayette United Presbyterian Church, and Principal Robert O'Connor of the Gladys Cannon Nunery School, PS #29, Jersey City, New Jersey, in the distribution of School Backpacks and Thanksgiving Dinners. The event took place on November 20, 2021. Students and their families were greeted with warm smiles and gifted with dinner baskets and backpacks, which embodied the true meaning of thankful and giving.

The undertaking brought a connection between our organization and community outreach programs for the people in the area. Soror Bernadette took part as a dual member of this team's efforts. She is an active member of both Claremont Lafayette United Presbyterian Church and NSPDK, Inc. Alpha Chapter. Additionally, she had the opportunity and pleasure of knowing Dr. Gladys Nunery, who was one of the organization's founding Sorors and a member of the church, which made this mission even more special.

This event provided a perfect opportunity to connect with the families in the community and share the history of the woman that bore the name of their school. Students and their families discovered that the person who, at first was only a name on a building, is now known as an educator, a founding member of an educational sorority, and the person behind the name whose selfless efforts supported the children and the community with resources to improve education.

Thank you, Local Projects Committee, Soror TaTanisha Wright-Mays and Zion Baptist Church, for their contributions of school supplies.



Soror Bernadette is all smiles as she fills a backpack with school supplies and COVID 19 items. As an active member of Alpha Chapter, she is chair of the Anthropos (men in our lives) Committee and a memberserving on several other committees.



Service with a Smile Soror Rhonda Baskerville

It was truly a pleasure to support Monique Techniques and Mo’Hair Foundation on Thanksgiving Day. Thank you to our Alpha Chapter Xinos and Kudos (Alumni), former and current Hub Parents, and Sorors for waking up early to assist families in need. The volunteers packed more than 700 meals that would be given out to anyone in the community between the hours of 12 noon and 2pm Thanksgiving Day. It was wonderful observing the young people “jump right in there” and do whatever was asked of them in their efforts to help those less fortunate. Yes! We will be back next year!!!



Hub Parent assists with food set-up



Kudos preparing food items



Xinos prepare to fill take-out containers



Advisor and Hub Parent share a proud moment



Kudos Listening to directions



Former Kudos lending a hand



Loading take-out containers



Thanks for a job Well-done

Community Outreach Soror Rhonda Baskerville

Alpha Chapter and the youth leaders are extremely grateful to the Xinos and Kudos who contributed items and prepared 10 baskets to help needy families enjoy Thanksgiving. The Xinos gave two baskets to Founder Julia A. Barnes School, two baskets to Baby World Day Care Center and two baskets to PS#37 where Soror/Hub Parent Jasmine McTague teaches. The Kudos donated four baskets they prepared to families in the Hudson and Essex County communities.

It is always a pleasure to partner and serve at Thanksgiving.

A special shout-out is extended to Alpha Chapter’s Anthropos, Sorors, Hub Parents and Basileus Perry Jackson for assisting with the deliveries.



Xinos preparing baskets



Basileus Perry Jackson assisted by her Anthropos deliver two baskets to Baby World Day Care Center



Kudos display four overflowing baskets which they delivered to families in Hudson and Essex Counties



Soror Williams and two Xinos present baskets at Julia A Barnes School



Soror/Hub Parent McTague with her Xinos and Anthropos deliver two baskets to PS #37



Xinos and Kudos prepared ten Thanksgiving Baskets for needy families.



Community Service Soror Rhonda Baskerville

On November 20, 2021, the Alpha Xinos, Kudos, and select KOTs, Hub Parents and Sorors met at the NJ Community Food Bank in Hillside, New Jersey to serve in whatever capacity assigned. On this specific day, everyone assembled, sorted items, checked for expiration dates and packed the boxes. We also weighed the boxes, and packed them for delivery to the various locations for distribution. The groups worked swiftly, but were meticulous in checking for accuracy.

This was a special day because everyone was reminded of how fortunate they were. They realized that many people in need and desperation have come to know the Food Bank as one of the food sources for their family especially during the pandemic which caused numerous job losses.

The team leader was so proud of how diligently everyone worked, how much we accomplished while serving and hoped that we would return soon.



Xinos advisor working hard

Youth checked labels and packed



Preparing boxes for delivery



Each box had to be weighed



Hub Parent and son work together



Hub Parents working with the youth



KOT and Advisor strike a job well-done pose



Kudos with advisor show pride in their accomplishment



Kudos share the responsibilities



Xinos, Kudos, KOT, Hub Parents and Advisors Make Alpha Proud

Sorors on the Move!!!



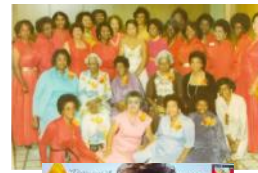
Dr. Tamika A. Pollins presented to the West Orange School Board the results of an Equity Audit and one of the School District's goals to create an Equity Scorecard and Data Dashboard. She shared the importance of curating events for the student body, school community and the importance of the equity audit to drive strategic planning. The overall goal is to ensure that we are creating the space for diversity, equity and inclusion so that everyone feels that they belong.



Soror Rhonda visited her daughter's school for Breakfast Over Books



Congratulations! Soror Lauren Brown 2021-2022 Teacher of the Year PS #38



Soror Ennon and Dr. High (Iota) attended the virtual 40 year Charter Day Celebration of Delta Nu Chapter



A Financial Aid Virtual Workshop was presented for Alpha's youth and their parents



WHEW!!! A Teacher's Work is Never Done!



Several sorors attended the NJEA Convention in Atlantic City



Soror Ennon visited the Brooklyn Museum to view the Obama Portraits



Stay Woke, People!



Alpha Chapter Wishes Everyone a Joyous Holiday Season and a Happy, Healthy, and Prosperous New Year!!!

P.A.V.E.S.

Providing Avenues of Visibility for our Educational Sorority! Preparing to celebrate 100th Anniversary, May 19-22, 2023

