



OCTOBER 2022

BRADFIELD BRIEF



Change is in the air. This change reminds us that we are made and beautifully sculpted by the same power that orchestrates the change of season. Let this be the season you embrace and align yourself with this change.

Steve Maraboli

CULTURE of COMMUNICATION

October can be considered the start of our busy holiday season. With all of the upcoming festivities, don't forget to love on family and friends and don't forget the reason for the season.

Now, on to the topic at hand. Effective communication enables positive experiences in both professional and personal realms. I consider it so important that it is the October topic for Bradfield Brief. To sum it up, we all need to share, confirm and understand when we communicate with each other. Throughout our meetings and discussions with others, up, down, and across the leadership hierarchy, consider the following communication checklist to ensure you are communicating in a way that is:

1. Responsible – Every Sorors should take ownership of communication to ensure successful information transfer. This includes asking for feedback from the recipients and assuring their understanding through appropriate follow-up discussion.
2. Honest/Earnest – Communicate with trust, openly and factually, while also acknowledging unknowns and failures.
3. Transparent – Be direct, clear and unambiguous in your communication.
4. Timely – Deliver communication/feedback as soon as it is appropriate for the situation. Reach agreement on the timeframe.
5. Complete/Thorough – Communication impact in specific terms, invite Sorors to challenge your thinking and confirm mutual understanding.
6. Relevant – Ensure communication is relevant to the subject at hand and avoid discussing irrelevant issues or points.
7. Listen – Make sure all parties involved have the opportunity to provide additional information and feedback to promote clarity.

Utilizing this checklist will show the power of communicating and help ensure effective and impactful communication.

Sonda Bradfield
Grand Basileus

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"NOT FOR OURSELVES, BUT FOR OTHERS"



Domestic Violence Awareness month is being observed in October. Everyone can participate in Purple Thursday on **October 20th**, by wearing purple and starting a conversation about domestic violence.

“Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return. It is estimated that approximately 3 million incidents of domestic violence are reported each year in the United States.” — Dianne Feinstein

Survivor

Soror Dorothy Lewis (Epsilon Chapter) SR

A 25+ year cancer survivor.



For the past 24 years she has offered encouragement to newly diagnosed women. She has volunteered with the American Cancer Society as a Peer Mentor and chaired a host of events educating women in local communities of color, who are most at risk of dying from breast cancer.

5 myths about breast cancer

Can deodorants cause breast cancer? We've got the answer

When it comes to matters of health, it's easy to get misinformation. Breast cancer has a ton of awareness, but yet, there are still things about it that people get wrong. Here are five myths about cancer debunked:

MYTH No. 1: Drinking dairy causes breast cancer. **TRUTH:** American Institute for Cancer Research studies over the span of decades have shown that consuming dairy does not increase your risk of breast cancer.

MYTH No. 2: Finding a lump in your breast means you have breast cancer. **TRUTH:** According to the National Breast Cancer Foundation, Inc. while lumps should never be ignored, especially persistent ones, there are only a small percentage of lumps that actually turn out to be breast cancer. Be sure to see a physician for a breast exam.

MYTH No. 3: Having a family history of breast cancer means you're more likely to get it. **TRUTH:** Here's the thing, even though women who have a family history of breast cancer are in a higher risk group, most women who get breast cancer don't have a history of it in their family. According to **NationalBreastCancer.org**, only about 10% of people diagnosed with breast cancer have a family history.

MYTH No. 4: Deodorants and antiperspirants cause breast cancer. **TRUTH:** National Cancer Institute researchers have not found any conclusive evidence that links the use of deodorant or antiperspirant and breast cancer.

MYTH No. 5: Mammograms can spread breast cancer. **TRUTH:** Mammograms use tiny doses of radiation, so the risk of harm from this is extremely low, according to the **National Cancer Institute**. Additionally, breast compression from a mammogram can not cause cancer to spread. Mammograms remain the gold standard for early detection of breast cancer and are recommended for women 40 and older.

Dawn Johnson, Graham Medical Group, Published September 30, 2021

Gamma Iota Chapter Meets the Call

The Bible refers to the Golden Rule in the Gospel of Matthew (7:12): "In everything, do to others what you would have them do to you. . . ." This scripture exemplifies the true meaning of our motto, "Not for Ourselves, But for Others." According to Southeastern Assistant Region Director, Dianne Greene, when the call for assistance reached the Gamma Iota Chapter, we immediately jumped into action. Our sisters knew that the circumstances that our fellow Mississippians were facing, during this water crisis, demanded our urgent attention. Without hesitation, the appeal for assistance was shared and answered within hours. We were happy to collect and distribute cases of water to families in the Jackson area. We partnered with the City of Greenville and the local fire department to transport them to Jackson, MS. Again, "Not For Ourselves, But For Others".



Sorors of

Epsilon Delta Chapter (WR)
Palmdale, California are happy
to display the new
Eta Phi Beta hand sign



Kappa Chapter (WR)
Los Angeles, CA
Susan G. Komen Walk
October 8, 2022

Sorors of **Epsilon Beta Chapter (SER)** attended the Breast Cancer Awareness Event at Long Creek Church of Christ in Columbia, SC.



"NOT FOR OURSELVES, BUT FOR OTHERS"

SORORS ARE ENCOURAGED TO FAMILIARIZE THEMSELVES WITH THE NATIONAL INFORMATION TECHNOLOGY (NIT) POLICY ESTABLISHED BY PAST PRESIDENT COLETTE MCCURDY-JACKSON AND THE NIT TEAM (JUNE 2022).

ETA PHI BETA SORORITY, INCORPORATED GRAND CHAPTER ESTABLISHED THE POLICIES TO GUIDE CHAPTERS IN THE DEVELOPMENT OF WEBSITES, USE OF SOCIAL MEDIA PLATFORMS, SORORITY LOGOS, AND FORMS OF COMMUNICATIONS VIA ELECTRONIC MEDIA. IN ALL CASES, THIS POLICY AFFIXES ACCOUNTABILITY AND RESPONSIBILITY FOR THE CHAPTERS AND THE INDIVIDUAL SOROR NOT ONLY REGARDING POLICY AND PROCEDURE BUT SORORITY CONDUCT AS WELL, AND MUST, THEREFORE, NOT BE TAKEN LIGHTLY OR IN ANY MANNER BE DISREGARDED



[Click here for NIT Policy](#)

AS WE PLAN TO PLANT OUR FALL VEGETABLE GARDENS,
"LETTUCE" REMEMBER TO PLANT OUR LIFE GARDEN



Plant 3 rows of peas:

Peace of mind
Peace of heart
Peace of soul

Plant 4 rows of squash

Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant 4 rows of lettuce:

Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another

No garden is complete without turnips

Turnip for meetings
Turnip for service
Turnip to help one another

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

To conclude our garden, we must have thyme:

Thyme for God
Thyme for each other
Thyme for study
Thyme for prayer

"NOT FOR OURSELVES, BUT FOR OTHERS"



Chilling in Autumn

Fruity White Sangria

- Ingredients**
- 1 bottle (750 ml) Chablis wine
 - 1/4 cup sugar
 - 2 ounces brandy
 - 1 medium lemon, sliced
 - 1 cup sliced fresh strawberries
 - 1 medium pear, sliced
 - 1 medium peach, sliced
 - 1-1/2 cups club soda, chilled

In a 2-qt. pitcher, stir wine, sugar and brandy until sugar is dissolved; add lemon slices, partially muddled strawberries, pear and peach slices. Chill at least 2 hours. Just before serving, stir in club soda. Serve over ice.



Strategic Plan 1

Send ideas to 2nd Anti Basileus
Linda Dove McIntyre at
strategicgoal1@etaphibetasorority.org

Sorors are encouraged to try not only this recipe but any favorite fall recipe. Please send photos of your culinary and beverage creations and send to Bbriefnews@etaphibetasorority.org

UPCOMING IN NOVEMBER'S ISSUE

DID YOU KNOW ????????

Presenting a series of interviews from our Presidents on the workings and facts of our Educational and Charitable Foundation of Eta Phi Beta. FAQs, facts and figures gained from Grand Director of Education Kimberly Shoulders

"Thankful For My Sister"

"No Words to Express How Much We Love Our Sisters"

Please review flyer with submission information

Thank you,

Grand Director of Fine Arts
Pamela Barrett-Rain
(click the heart below)



COMING SOON TO THE ETA PHI BETA STORE

- Updated Ritual of Eta Phi Beta Sorority, Incorporated (revised Oct. 2022)
- Constitution and Bylaws (revised July 2022)
- Sorority Brochure (updated October 2022)
- Membership Intake Cards (updated October 2022) free

COMING IN THE BRADFIELD BRIEF NOVEMBER 2022 EDITION

- Chapter Thanksgiving Projects
- Educational & Charitable Foundation Facts
- Idea Box Submissions
- Movie and Book Reviews
- Fall Recipies
- More