

NOVEMBER 2022

BB Bradford Brief



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Thanksgiving - A time of reflection for all our blessings (good health, good food, good friends, and good times). Out of everything, I am so very thankful for this Thanksgiving season; you – my Sorors are on my list.

Thinking of you during this special season and hoping your Thanksgiving is as wonderful as you are.

Sandra Bradford



"NOT FOR OURSELVES, BUT FOR OTHERS"

Small Business Saturday Coalition Virtual Shopping Day Saturday, November 26, 2022

Coalition of Business and Professional Women's Sororities



Virtual



#CoalitionSmallBusinessSaturday

POP UP
SHOP



10:00 am - 2:30 pm (EST)



Saturday, November 26, 2022

10:15 a.m. to 2:30 p.m. EST

Great Shopping opportunity just in time for the holiday gift giving. Shop in over 40 stores

- sorority paraphernalia
- jewelry
- candles
- apparel
- and more

Register under [Eta Phi Beta Sorority, Incorporated](#)

Shoppers Register for FREE !

To register, click link below

<https://SBCCoalition2022.eventbrite.com>

Share this link on your , facebook pages, personal social media platforms, email to family and friends. Spread the word!

"NOT FOR OURSELVES, BUT FOR OTHERS"



Article 1 - From the desk of The Grand Director of Education

Greetings my Sorors!

It is with immeasurable pleasure that I present to you a series of articles about the Educational and Charitable Foundation of Eta Phi Beta Sorority, Incorporated. Many of us are aware that we have an Educational and Charitable Foundation but how many of us know more than that? This series will hopefully answer some of the questions that you may have about our Educational and Charitable Foundation. I would like to thank the three Presidents Kirk-Adair, Robinson, and McCurdy-Jackson for providing me with the valuable needed information to complete this series.

Foundation as defined by Merriam-Webster: an institution financed by a donation or legacy to aid research, education, the arts, etc.

What is the official name of our Foundation? Educational and Charitable Foundation of Eta Phi Beta Sorority, Incorporated, Grand Chapter.

Who is on the Board and why? Most of the members are on the Board because of their leadership position in the Sorority. This includes the National President of Eta Phi Beta Sorority, Incorporated, all past National Presidents for life, National 1st Vice President, the National Director of Education, and the six currently sitting Regional Directors. Other directors of the Foundation include the Recording Secretary, Treasurer, Financial Secretary, the Executive Director of the National Headquarters. All of the directors must be active members of Eta Phi Beta Sorority, Incorporated, except the six external directors from the business sector and communities. At least one director must be a member of the National Council of SHAD.

How is the Foundation Funded? Directors' Fees, Endowment Proceeds, Donations from Regions, and Chapters, General Donations, Queen Bee - net proceeds, Foundation Fundraising Events - net proceeds, Walk-a-Thons, Per Capita Tax, Grants and Gifts from outside agencies.

Educational and Charitable Foundation of Eta Phi Beta Sorority, Incorporated

Thankful For My Sisters

Click the pumpkins, then press play to view non-verbal expressions of thankfulness
(turn up the volume)



Favorite Fall Recipies

Squash Casserole by Weenonah Chambers SR

Ingredients

2 tablespoons butter
4 cups sliced yellow squash
1 medium onion chopped
2 large eggs
1 cup grated cheddar cheese
1 cup milk
2 tablespoons butter
1/4 teaspoon cayenne pepper (optional)
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 sleeve Ritz crackers



1. Preheat oven to 350 F
2. Melt 2 tablespoons butter in medium skillet or saucepan over medium heat. Add squash and onion and cook until tender.
3. To a large bowl, add eggs and lightly whisk. Add cheese and milk and whisk into egg until well-combined. Add cooked squash and onions to egg mixture and stir well to combine. Melt remaining 2 tablespoons of butter in skillet used to cook squash and onions. Add to squash casserole mixture. Add cayenne pepper, if using along with salt and pepper. Stir well to combine.
4. Spray a 9x13 casserole dish with cooking spray and pour mixture into the baking dish. Top evenly with crushed Ritz crackers. Place in preheated oven and bake 45 minutes, or until top has lightly browned and casserole does not jiggle when the dish is moved.
5. Allow to sit for about 3 minutes before serving.

Servings: 12

RICH HOT CHOCOLATE Weenonah Chambers SR

2/3 cup heavy whipping cream, 1 cup 2% milk, 4 ounces dark chocolate candy bar, chopped, 3 tablespoons sugar, Vanilla rum, optional, Sweetened heavy whipping cream, whipped



Directions

In a small saucepan, heat heavy whipping cream, milk, chocolate and sugar over medium heat just until mixture comes to a simmer, stirring constantly. Remove from heat; stir until smooth. If desired, add rum. Pour into 2 mugs; top with sweetened whipped cream.

BLACKEYED PEA SALAD

SE Region Director Esmeralda Knowles



INGREDIENTS

1. 2 (15 ounce) cans of blackeye peas, drained
2. 1/2 cup onion, diced (about 1/2 of medium onion)
3. 2 cups diced or sliced cherry tomatoes
4. 1/2 cup green bell pepper, diced (about 1/2 of pepper)
5. 1/3 cup cilantro leaves, rough chopped
6. 1/4 cup canola or olive oil
7. 1/4 cup rice wine or red wine vinegar
8. 2 tablespoons of lime juice
9. 1/2 teaspoon brown sugar
10. 1/4 teaspoon salt
11. 1/4 teaspoon pepper

INSTRUCTIONS

1. Begin by draining the peas.
2. Dice the tomatoes, onions, green pepper, and rough chop the cilantro
3. Mix together the black-eyed peas, onion, pepper, and cilantro in a bowl.
4. In a small bowl whisk together the vinegar, lime juice, oil, brown sugar, salt, and pepper, pour over the black-eyed pea/onion/pepper combo, mix well to combine.
5. Serve right away or refrigerate until ready to serve.



“Have Tea With Me”

Let each and every conversation with a “new face” turn into a recruitment endeavor. Be sure to ask for her contact information, telephone and email address. Before you depart invite them to an “at home tea” with you to further share information about the sorority. Place an herbal tea bag in a cute silk favor bag along with your contact information. An Eta Phi Beta Sorority business card would be perfect (Favor bags are easily available at your local dollar store).



Upcoming for the month of December

- Article 2 Educational and Charitable Foundation facts
- Recruitment Tips - Idea Box Submissions
- Chapter and Region Christmas Celebrations
 - *Submit 1 clear JPG photo of your celebration*
 - *Include soror's names, date and location of your celebration*
 - *Deadline December 17, 2022*
 - *Submit to Bbriefnews@etaphibetasorority.org*
- Movie and Book Reviews

Upcoming for the month of January 2023

Are you a SMALL BUSINESS OWNER?

January 2023 we will be highlighting sorors who are small business owners.

Please provide the following regarding your business no later than January 10., 2023 to: Bbriefnews@etaphibetasorority.org

Please include -

Name of your business

General (concise) list of your products or services

Number of years in this business

How you may be contacted (email or website)

Spring Grand Executive Board Meeting *Planning still underway*