# BRADFIELD BRIEF

"ETA PHI BETA SORORITY, INCORPORATED: CONTINUING A LEGACY OF EDUCATION, COMMUNITY SERVICE, AND SISTERHOOD""

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Every new year, we make a promise to better ourselves. While we try to stay committed, we tend to fall short of a full year's resolution. So this year, let's make goals for ourselves rather than a resolution.

BETTER YOU TIPS from John Oliva, Corpus Christi Caller times article, December 29, 2022

#### 1. Be creative

Adopt a new hobby

### 2. Become social again

Because of COVID, we isolated our selves, so begin hanging out with friends and family in social gatherings and making new friends

### 3. Eat Healthy

Watch what you eat. Drink more water

### 4. Get a green thumb

Keep a plant alive this year

5. **Less TV**, **more music.** According to a study by Harvard, music helps improve your mental health, alleviates stress and anxiety, and helps you focus on tasks. Read at least one book each month



## Monica McClelland National Queen 2022-2024

Gamma Chapter - Cleveland, OH

Please enjoy a few photos of some of the events that our Queen has participated in since being crowned at the 35th Biennial Grand Boule'.

Photos from the Cleveland Section NCNW Bus Trip Fundraiser to Washington D.C. with Members, friends and family. We visited many museums and monuments while in Washington D.C. Friday through Sunday Oct. 7 - 9, 2022





Photos from Bowling Green State
University 100th Homecoming
Celebration. These photos include various
Greek Organization Members and friends
who traveled from all over to celebrate
and congratulate my achievement as
National Queen.



AMBASSADOR
REPRESENTATIVE
DIPLOMAT
COMMUNICATOR
ADVOCATE

Photos from the 35th Biennial Grand Boule Masquerade Ball and the New Orleans Boardwalk July 29 - 30, 2022 Monday -\$17,005.59 Queen Monica McClleland New Bar Setting Queen







Photos from a Girls Trip to Orlando Florida where we spent a day at SeaWorld amongst many other excursions. The trip included my line Sisters Crystal Evans and Leslie Gates, Soror Crystal Neal and friend Robin.











Recruitment Tips

"Can We Talk?"

Look for potential members during your weekly errands and/or appointments at the hair and nail salons, doctor's office, neighborhood gatherings, child's school functions, church, career- related and business meetings. Consider purchasing personalized purse-size planning calendars with the sorority name and your contact info that can be shared. That would work great here as well as sharing your business cards.



### **Attention Small Business Owners!**

We want to know all about who you are and what you are doing to impact our sorority and communities. Please send the following to bbriefnews@etaphibetasorority.org:

Your headshot, the name of your business, the number of years in business, the services or products that you offer and how your business has or is impacting, helping or benefitting others.

80th Anniversary Lapel Pin \$15.00 plus shipping



Travel/Meeting Bag \$115.00 includes shipping



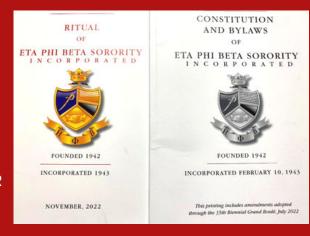
Contact Robbie Rhodes at
(313) 862-0600
National Headquarters
etaphibetasorority1942@gmail.com

Section Sectio

Place your order today!

### CONSTITUTION & BYLAWS / RITUAL

ON WEDNESDAY, JANUARY 18TH, THE LATEST VERSIONS OF OUR CONSTITUTION AND BYLAWS (JULY 2022) AND THE LATEST VERSION OF OUR RITUAL (NOVEMBER 2022 IN BLACK AND WHITE ONLY) ARE AVAILABLE FOR PURCHASE FROM NATIONAL HEADQUARTERS. EACH DOCUMENT IS \$10.00 EACH PLUS SHIPPING. PURCHASE ORDER FORM, REMITTANCE OF FUNDS FORM AND CHAPTER PAYMENT MAILED TO GRAND GRAMMATEUS, MARY BRAZIL. ORDER YOUR COPY TODAY!



### **National Executive Board**

Registration Deadline February 1, 2023 March 3-4, 2023

> Northern Region, Host Hilton Milwaukee City Center

509 W Wisconsin Avenue

Milwaukee, WI 53203

Registration now open using the information below:

Eta Phi Beta 2023 Executive Board Meeting Booking Link

Sorors, you may also make reservations by calling the hotel directly at (414) 935-5940.

Room rate for 2 double beds: \$119 + tax

A credit card guarantee is required with all reservation requests. The card will be charged 1 night's room rate plus taxes. Overnight parking at \$15 per vehicle per day.

Check-In time: 3:00pm Check-Out time: 12:00pm noon

Hotel reservation deadline: February 3, 2023

Hotel reservation concerns, contact Soror Maude Holt at (202) 262-8051 or email mregeniaholt@aol.com

### **Upcoming for February Issue**

Opportunities for sorors to express "what love is to you". Please submit your entries completing the sentence, Love is......

(Please use 1 word to complete the sentence)

Deadline for all submissions is February 10, 2023 to bbriefnews@etaphibetasorority.org List of classic love movies for your watching pleasure

Small business owners information

Getting to know your grand officers

January crossword solution

Any questions regarding submissions to the brief newsletter should be directed to Grand Journalist Weenonah Chambers at (210) 240-6230. Not all submissions are guaranteed to be published. Information is evaluated on content and relevancy in keeping with the practices of Eta Phi Beta Sorority, Incorporated and approval of the Grand Basileus.