

— NOVEMBER 2023 —

# BB BRADFIELDFIELD BRIEF



## The Difference Between Gratitude and Thankfulness

by Psychiatric Medical Care Communications Team

### **Thankfulness is a Reaction/Gratitude is a Chosen State of Being**

- Thankfulness fades-Gratitude remains: Gratitude often begins as thankfulness, but the difference happens when you keep your focus on everything that remains as thankfulness fades. Gratitude will stay with you.
- Gratitude deepens our inner connections-Thankfulness is external: We feel thankful when something happens externally. When we practice gratitude, we rely on our inner voice to stay positive and remain appreciative in all circumstances.
- Thankfulness is about the present interaction-Gratitude improves the long-term relationship: You may feel thankful to someone at the moment, but gratitude is an ongoing showing of appreciation in your relationships. Practicing gratitude in your relationships will bring you closer to the ones you love.

Although gratitude and thankfulness are closely related, gratitude provides you with a longer-lasting feeling of satisfaction and improved well-being. Expressing gratitude is beneficial in many ways. Thankfulness is also an important value to cultivate. Together, they make the world a kinder and happier place.



“NOT FOR OURSELVES BUT FOR OTHERS”

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# Thankful Sisters



**Sonda Bradfield**

“I’m thankful for my family including Sister, Jackie (not pictured)”.:



“I am thankful for family. My brother and sister are alive and well and we can still be silly, reminiscence, laugh, enjoy, and kick it with each other, 'just because'.” Weenonah Chambers

“Grateful, thankful, and blessed to be 72 years of age, in good health, have the love and support of family, friends and sorors, but most of all to be a child of God.”

Juanita D. Jones

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

OPRAH WINFREY



“I would like to take a moment to say thank you to my sisters. We have built a bond of true sisterhood, and I wouldn’t let this opportunity pass without saying Thanks. Ladies I love you”

Natasha Spearman



**There is still time for you to WIN !!**

## **Good Health WINs Challenge**

Become eligible for fantastic prizes when your Good Health WINs activity is completed by December 31, 2023.

Let's get busy and ready to **WIN!**



# **GOOD HEALTH WINs**

NATIONAL COUNCIL OF NEGRO WOMEN, INC. & VACCINATE YOUR FAMILY



## **We are the "Trusted Messengers"**

*Get the word out, don't get left behind!*



Go to our Eta Phi Beta Sorority, Incorporated National Website

- *Log in to Member only access*
- *Good Health WINs Member Information*

*Or*

*See Good Health WINs Toolbox below*

### **Good Health WINs Toolbox**

[Good Health WINs Event Request Form](#)

[Good Health WINs Post Event Reporting Form](#)

[Good Health WINs Reimbursement Checklist](#)

[Good Health WINs Reimbursement Invoice Request Form](#)

[Good Health WINs Branded Event Flyers](#)

[Good Health WINs Branded Logo](#)

Dear Madam Parliamentarian:

I would like to make some changes to the National Constitution and Bylaws. How do I do that?

Sincerely,  
Honey B

-----  
Dear Honey B:

I think you mean you want to amend the National Constitution and Bylaws (No offense, but I'm a stickler for correct wording).

Well, except for a couple of exceptions, the National Constitution and bylaws may only be amended at the Boule and 2/3 of the active members present at the Boule must vote to approve the proposed amendment.

However, there are some things that must happen before an amendment proposal makes it to the Boule. First, you need to use the right form on which to submit your amendment – and there are two! You can find samples of the two forms in the member files (Administrative forms) on the Eta Phi Beta website.

Example 1: You want to propose an addition to the National Constitution and Bylaws adding a new article, section, or subsection that establishes a requirement that all officers attend two days of mandatory leadership training by a specific date after they are elected. In this case you will use the sample Resolution Form. Make sure your resolution is well researched, clear, concise, and specific. When you fill it out make sure you're able to justify why you think the amendment is necessary.

- In the first part of the Resolution form - the Heading – carefully complete the information requested.
- In the second part - the Preamble or “Whereas clauses”, state the facts and data, based on your research, that supports your proposal.
- In the third part – the Operative or the “Therefore be it resolved clauses”, you will call for the specific action that you are proposing. Operative clauses are the heart of the resolution - they recommend the actions you want the Sorority to take. They are fully debatable and amendable and will sometimes go through a series of revisions before reaching final form.

- In the fourth part you will state your convincing “Rationale”, i.e., why your proposal is important.

Example 2: You want to propose a change to current wording in a provision in the Constitution and bylaws

For example, a proposal to increase the amount of national dues. In this case, you will use the Proposed Constitution and Bylaws Amendment Form.

- In the first part of the form, carefully complete the information requested.
- In the second part of the form, you will state the wording exactly as you wish the amendment to appear. This is similar to any other amendment, i.e., you will be:
  1. Inserting (or adding, if placing at the end) words, sentences, or paragraphs,
  2. Striking out words, sentences, or paragraphs,
  3. Striking out and inserting words (with the words inserted replacing the words struck out),
  4. Amending by substitution (a form of strike out and insert applied to paragraphs or entire motions).

*(Keep in mind that some sorors are not going to have a copy of the Constitution and Bylaws in front of them if your proposed amendment comes up for a vote, so it's a good idea to include the current wording of the bylaw provision you wish to amend.)*

- In the third part you will state your convincing “Rationale”, i.e., why your proposal is important.

Honey B, I know that's a long answer to your short question, but I wanted to make sure I covered the most important parts of submitting a proposed amendment of our Constitution and Bylaws. Oh, one other thing – make sure you submit your proposal to your Chapter Parliamentarian so she can submit it to the Regional Constitution and Bylaws Committee by the submission deadline set by your regional director! It will have to be voted on and passed during your regional conference before the regional parliamentarian can submit it to the National Constitution, Bylaws and Resolutions Committee.



ETA PHI BETA SORORITY, INCORPORATED

#GIVE TUESDAY

November 28, 2023

Sorors, please consider a gift of \$25 to match National President Sonda Bradford's gift, with hopes to meet a Goal of \$7,500 (300 Members).

"Give and it shall be given to you...."

This campaign is to raise funds to support our efforts toward the intellectually and developmentally disabled (IDD), educational, economic and other charitable programs and contributions to the community.

Click [HERE](#) or scan to make your donation or visit our website at [www.etaalphasorority.com](http://www.etaalphasorority.com) and click Foundation - 501(c)3.



Created by the National Technology Team

Exciting News...



Eta Phi Beta Sorority, Incorporated presents International Day of Persons with Disabilities



National President Sonda Bradford

and



Director of Education Kimberly Shoulders

will join

Mr. Robert L. Gatewood, MBA President and Founder of Marketing Pulpit International and host of



Marketing Pulpit Radio Show

Friday, 10:30 am EST Dec. 1, 2023



Online: <https://woldcnews.com/>

Streamed on Facebook, YouTube, LinkedIn, Twitter, and [www.marketingpulpit.com](http://www.marketingpulpit.com)

DC Area - Radio-One WOL 95.9 FM & 1450 AM



## Apple Cider Punch

### INGREDIENTS

- 6 cups apple cider
- 1 cup orange juice
- 1/2 cup lemon juice
- 1 cup rum - (or whiskey) \*optional\*
- 1 liter ginger ale - (about 4 cups)

### Apple Cider Punch Garnishes

2 apples - sliced, 1 orange - sliced, 10 cinnamon sticks

### INSTRUCTIONS

- Place apple cider, orange juice and lemon juice in a large pitcher or punch bowl. Stir to combine. If making spiked apple cider punch, add your rum (or whiskey).
- Toss in sliced apples, oranges and cinnamon sticks. Refrigerate to chill at least one hour.
- When ready to serve, add ginger ale and pour over glasses filled with ice.

## Alpha Psi Chapter Honors Breast Cancer Awareness Day

On October 22, 2023 Alpha Psi Chapter Member Bettie Bell, and Joyce Woodbury Harris, participated in the "Making Strides Walk for Breast Cancer Disease", held in Anaheim, California. It was an inspiring collaborative event, that will always be remembered. Chapter's members that were not present made donations to various Breast Cancer Organizations.





# Boulé Watch

- Committees working
- Plans being made
- Registrations & Reservations coming
- Looking forward to your arrival in Atlanta



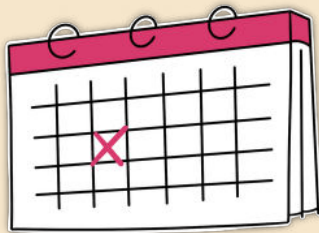
## ***36th Biennial Grand Boule: Committee List***

Sorors,

Thank you for volunteering to chair or serve on a Boule Committee. Several committees have a large number of volunteers. While all volunteers will be considered, the Committee Chair will have upcoming committee meetings and will have the opportunity to make assignments for everyone and/or reduce the number of volunteers for her committee.

Sonda Bradfield  
Grand Basileus

Click [here](#) for the **UPDATED** and **FINAL COMMITTEE LIST**



Reporting and Due Dates

Click [here](#) for a list of important dates for reporting and events.



## **Thanksgiving Trivia**

**Text your answer to me, the first to respond with the correct answer gets a drumstick.**

**Who was the first president to pardon a turkey?**

**Text your answer to (210)240-6230, good luck!**

