



As we bid farewell to the roller coaster that 2023 was, a year filled with its fair share of highs and lows, it's time to start looking towards the future with hope and determination.

2024 is a blank canvas, an opportunity to turn the page and embark on a new chapter. So, it's good to start with a fresh perspective that says, "Hey, 2024, I'm ready for whatever you throw my way!" And what better way to kickstart the New Year 2024 than with some inspirational quotes that are not just lofty affirmations but practical reminders to make it a year of growth, resilience, and joy?

We are sharing 5 uniquely inspiring 2024 quotes to help you kick off the 2024 new year with a positive mindset that's all about personal growth, unshaken determination, and blooming optimism.

Every sunrise comes with a new beginning. It's like having a magic reset button pressed every single day. You can decide to learn something new, take up a hobby, mend broken relationships, or chase after those dreams you've been keeping in the back of your mind.

And even though life will still throw curveballs at us, no doubt about it, but hey, today is a new day, and don't forget that we always have another shot at making it awesome.

After all, these 365 chances aren't just days on the calendar; they're opportunities to live, to grow, and to become the best version of yourself. So, grab onto these chances with both hands before they become a thing of the past.

Anonymous

INSPIRING QUOTES FOR 2024

"The past is a ghost, the future a dream. Only the present is real, so make the most of it."

Leo Tolstoy

"The present moment is the only moment you have any power over."

Eckhart Tolle

"Cheers to a new year and another chance for us to get it right."

Oprah Winfrey

"Whether you think you can, or think you can't, you're right."

— Henry Ford

"Take a leap of faith and begin this wondrous new year by believing."

— Sarah Ban Breathnach

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Boulé Boulé Boulé Boulé

Saturday Pre-Boulé Activities: July 20, 2024

10:00a.m. – 1:00 p.m. - Educational and Charitable Foundation of Eta Phi Beta Sorority, Incorporated Fundraising Golf Outing
(your support is appreciated);

3:00 p.m.-5:00 p.m. - Workshops

6:00 p.m. - 8:00 p.m. - Chapter Basilei "CHAT and CHEW" with the Grand Basileus .

Group hotel room rate for standard room type extends two days pre/post Boulé start date, based upon rate and inventory availability.

~Details for the Educational and Charitable Foundation Fundraiser~

Click below for the registration form and marketing flyer to share with your chapter, your family, and your friends - especially those in the Atlanta area and on your social media platforms. There are several ways to give financial support, including clicking the link in the attached information.

If you are not attending our Boulé, please donate by clicking the link in the

[Click here for Sponsorship Opportunities](#)

attachment

[Click here for Top Golf Fundraiser Flyer](#)

Here's your Hotel Reservation Link for Eta Phi Beta Sorority Convention 2024

Book our group rate for Eta Phi Beta Sorority Convention 2024

Click here for the new Hotel Reservation Link



If you have questions or need help with the link, please contact Soror Maude Holt at (202) 262-8051 or mregeniaholt@aol.com.

Thirty Sixth Biennial Grand Boulé
Atlanta Airport Marriott Gateway Hotel
Atlanta, GA

[CLICK HERE](#) for Boulé Registration Form

36th Biennial Grand Boulé: Committee List

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

“NOT FOR OURSELVES, BUT FOR OTHERS”



Reminder

Boulé Reminders from the National President

Good Evening Sorors,
Many of you are well underway with developing your committee activities. Our members eagerly wait communications regarding all the great activities being planned. Thank you for your dedication and commitment to making this an enjoyable week for everyone.

Special Request: Please provide the below information;

First – if your committee will be requesting the use of any audio/visual equipment, or need assistance from the National Information Technology team, please communicate this need to Soror Lisette Williams, email – zettiesctx@yahoo.com – no later than January 26, 2024.

Second – if your committee has any Boulé communication (letters, flyers, videos, etc.) that will be distributed to any external resource, agency, etc. – the proposed communication must be submitted to the National Publicity Committee Chair, Soror Weenonah Chambers for review and approval prior to distribution.

Third – Prior to soliciting any Boulé Sponsorships, please submit the information to Soror Weenonah Chambers, (weenonahdchambers@gmail.com or 210-240-6230) for review and approval. Provide your name, committee name, your request to the person/company.

If you have any questions, please let me know.

Thank You
Sonda Bradfield
Grand Basileus



NCNW Affiliates Assembly

**Title: 2023 NCNW Affiliates Assembly
& GHWs Summit – Takeaways**

Theme: “Forward Together”

Date: December 7–8, 2024

Sonda Bradfield - National President

(1) EPB can benefit from developing and implementing a Social Justice Committee. Sorors interested in developing and serving on the committee should contact Grand Basileus at (770) 365-3348. (2) Discussion of the legal issues to protect Eta Phi Beta and the Educational & Charitable Foundation (i.e. compliance training) by Attorney Artis Hampshire Cowan.

Juanita Jones - National 1st Vice President

My takeaways are: 1) The importance of transitioning information from the outgoing leader/officer to the incoming. 2) Strong organizations have a variety of levels of members (intergenerational) and are not fearful of the suggestions given by the younger members which will bring about needed changes.

Lisette Williams- National Technology Team Leader

The Importance of preserving Organizational effectiveness through positive actions and behaviors:

- Manage your emotions and stay focused on the mission.
- Treat people the way you want to be treated.
- Organizations with multigeneration are stronger organizations.
- There is POWER in partnership.

Kimberly Shoulders - National Director of Education /Workshops

1. We are greater in numbers than we think we are and there is power with our numbers to make changes.
2. Although we are individual organizations we all share a common cause.
3. Diversity in membership and affiliations are imperative.
4. Remember your goals.

Pamela Barrett Rain - National Director of Fine Arts/ Communications/NCNW Liaison

“We truly are “Better Together”

Together we have the opportunity to use diverse talents and idea. We limit our organizations growth when we concern ourselves with race, color, religious beliefs, and a person's choice for other personal preferences. We are stronger when we totally train our members and utilize the strengths that we have.

Dollie Whittle - Communication Resource

A great inspiration and an intricate member of the GHWs leadership team - not in attendance.

Mary S. Braziel - National Financial Secretary

As a collective group of individuals working together (the Sorors of our organization) . . . speak volumes into the importance of each individual role.

- We are an organization of an organization and NCNW is founded on partnership.
- When partnering with an organization, we are change agents on a mission in life.
- As partners coming and working together, we are considered winners on a mission. We must value life, collectively collaborate, identify the needs, while setting standards, sharing knowledge, building trust, educating the community, getting solutions, and staying connected.

Shadonica Ashworth - GHWs Data Reporting

I had the pleasure of attending the youth session of the Summit. The young leaders represented NCNW college sections across the country. They were poised, articulate, and outspoken. To kick the session off, the young women were presented with word of encouragement from the NCNW President Shavon Arline-Bradley, NCNW National Board Chair Lois Keith, and the Honorable Dr. Jeanetta Cole, who chartered the group during her presidential tenure. The young women participated in a SWOT analysis exercise presenting forwarding thinking ideas for future youth leadership development. They are the future leaders of NCNW

President Lorette Kirk Adair - GHWs Project Manager

The Wednesday dinner for Project Managers gave me an opportunity to meet Good Health WINs staff, receive information from our National Project Manager Synovia Moss, meet and collaborate with so many other project managers, and prepare us for our assignment to facilitate the tables during the summit.

The CBO Summit was definitely a working think tank session. Individuals from NCNW Sections, Affiliates and Community Partners coming together with synergy; sharing our stories and offering ideas and suggestions to advance the Good Health WINs goals and objectives.

- The speakers, the sessions, the joint luncheon with the National Affiliates were all excellent.
- The session on Exemplar Projects and Best Practices from the Field was very informative and provided outstanding examples of Good Health WINs programs, activities and events.
- The Community of Practice 65, Live from the Gaylord was superb. Good Health WINs could not have found better Power Panel presenters.
-

The day was fast paced. Every minute of the day was used effectively. The participant at our table was able to tell our individual stories about the importance of Good Heath WINs and some of the challenges that we face as we do our part to educate our communities and advocate for vaccination equity.

Two of the main take-aways from the summit is the understanding that we are all weavers, and we are definitely “Better Together”

Our leadership team left the summit, energized with a renewed sense of purpose and a commitment to the Good Health WINs initiative.



GOOD HEALTH WINS

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



Eta Phi Beta Sorority, Incorporated



Community of Practice

Chapter Presentations Thursday, January 11, 2024



Northern Region - Lambda Chapter Dayton, Ohio

4th Sunday Wellness

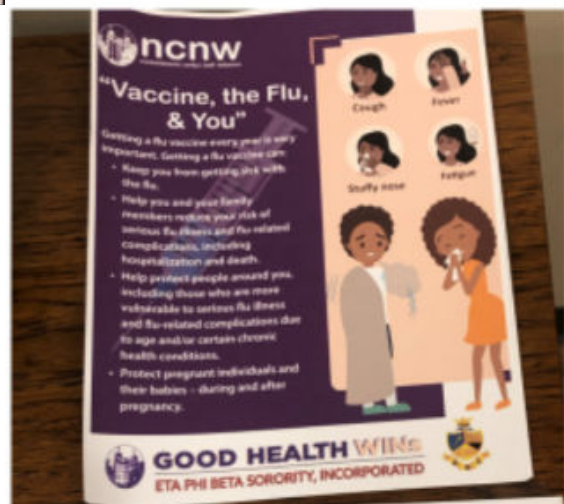
Mt. Enon Missionary Baptist Church
Dayton, Ohio
10/29/23

Featuring
Breast Cancer Prevention
Importance of Adult Vaccines



Vaccines and Prevention

- Used existing branded marketing material on adult vaccines
- Flyers
 - Branded, colorful, simple
 - Used flyers consistent with target audience demographics
- Focus: Fall Season – Flu, Covid, RSV



“NOT FOR OURSELVES, BUT FOR OTHERS”



Southern Region - Delta Kappa Chapter San Antonio, TX



**Deelta Kappa Chapter
Calvary Baptist Church
ANGELWEEN**

Petting Zoo | Bouncy House | Tractor Ride |
Game Truck | Food & More

6:00 PM - 8:00 PM | 31st OCT | TUESDAY
Calvary Baptist Church
6142 FM 78 • San Antonio • TX • 78244
Pastor Kevin L. Nelson



ADDITIONAL CHAPTER ACTIVITIES

- (200) Dellcrest Area Neighborhood Association Newsletter July 17- *Flyers*
- (9) Juneteenth 2023 Executive Meeting - *Flyers*
- (40) Community Food /Clothing Giveaway November 11th - *Emery Boards and flyers*
- (50) Candlelight Vesper Service December 3rd - *Hypodermic Pens and Flyers*

Help Kids Succeed
SCHOOL SUPPLY DRIVE
RUCKER HELPING KIDS AND YOUTH TO THE NEXT LEVEL
P.O. BOX 10907 San Antonio, TX 78210
Telephone: (210) 425-7112
Website: www.ruckerhelpingkidsandyouth.org

BACK TO SCHOOL SUPPLIES GIVE-AWAY 2023

Barbara Jordan Community Center
2803 East Commerce Street
San Antonio, TX 78203

August 8, 2023
10:00 a.m. to 12:00 Noon

**First Come
First Serve
Children must be present**

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

Vaccine, the Flu, & You*
Getting a flu vaccine every year is very important.
Getting a flu vaccine can:

- Keep you from getting sick with the flu.
- Help you and your family members reduce your risk of serious flu illness and flu-related complications, including hospitalization and death.
- Help protect people around you, including those who are more vulnerable to serious flu illness and flu-related complications due to age and/or certain chronic health conditions.
- Protect pregnant individuals and their babies— during and after pregnancy.



Eastern Region - Alpha Zeta Chapter Waldorf, MD



You're Invited!
Eta Phi Beta Sorority, Inc. Presents Eastern Region Conference
The Gloria Chapman Walk-a-Thon
Saturday, Oct 21, 2023 11:30 am
Seneca Falls Casino & Resort
310 4th Street
Niagara Falls, New York

The Arc
Eric County
New York

GOOD HEALTH WINS

**ETA PHI BETA SORORITY, INCORPORATED
EASTERN REGION
and
NATIONAL COUNCIL OF NEGRO WOMEN
LEGACY AWARDS LUNCHEON
FRIDAY, OCTOBER 20, 2023
12:30 PM
SENECA NIAGARA RESORT
LUNCHEON TICKETS \$40.00
**LADIES WEAR YOUR FINEST PURPLE
FASCINATORS.
ATTIRE IS PURPLE AND RED**

ncnw
Eta Phi Beta Sorority, Incorporated
NCNW Affiliate

ncnw
"Vaccine, the Flu, & You"

Getting a flu vaccine every year is very important. Getting a flu vaccine can:

- Keep you from getting sick with the flu.
- Help you and your family members reduce your risk of serious flu illness and flu-related complications, including hospitalization and death.
- Help protect people around you, including those who are more vulnerable to serious flu illness and flu-related complications due to age and/or certain chronic health conditions.
- Protect pregnant individuals and their babies— during and after pregnancy.

GOOD HEALTH WINS
ETA PHI BETA SORORITY, INCORPORATED

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

**GOOD HEALTH WINS
COMMUNITY TRUSTED MESSENGER
TRAINING CERTIFICATE**

VACCINE ADVOCACY FOR COMMUNITY TRUSTED MESSENGERS.

THIS CERTIFICATE IS AWARDED TO
Monique Robinson-Poole

1.0 HOUR NON-CERTIFIED CONTINUING EDUCATION FOR COMMUNITY TRUSTED MESSENGER
ISSUED MARCH 16, 2023

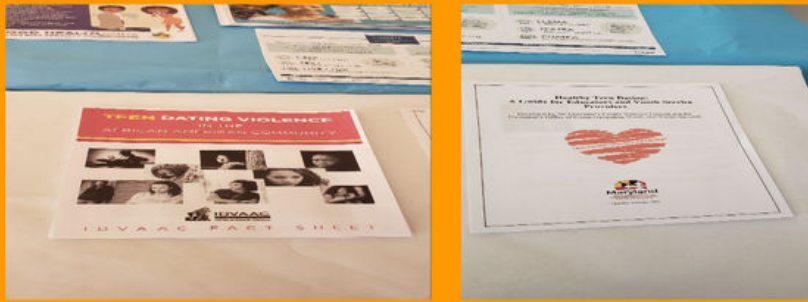
Sharon Arlene Bradley
SHARON ARLENE-BRADLEY, MPH, M. DIV.
PRESIDENT & CEO
NATIONAL COUNCIL OF NEGRO WOMEN, INC.

Synovia Moss
SYNOVIA MOSS, MPH
NATIONAL PROJECT MANAGER
NCNW GOOD HEALTH WINS



Eastern Region - Epsilon Iota Chapter Mt. Ranier, MD

Information fliers on Teen Domestic Violence /GHW's



Epsilon Iota Sorors McEachern & Callahan helping out



Western Region - Alpha Psi Chapter Rialto, CA



GOOD HEALTH WINS
OUTREACH RED HATTER
EVENT



GOOD HEALTH WINS OUTREACH
THANKSGIVING'S DINNER WITH FAMILY
AND FRIEND



GOOD HEALTH WINS OUTREACH
ALPHA PSI CHAPTER CHRISTMAS
PARTY



**Southeastern Region - Alpha Omega Chapter
Huntsville, AL**



Items in bags:
Fan
Hand Sanitizer
Fact Sheet
Tissue
Book Marker

Lakeside United
Methodist Church

June 2023



Soror Brenda Bennett



Soror Tara Walker

**Southeastern Region - Delta Psi Chapter
Atlanta, GA**

**50 attendees received Good Health WINS
CVS Pharmacy immunization information at the
Briarwood
Florist grand opening in Douglasville GA.**



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



"NOT FOR OURSELVES, BUT FOR OTHERS"

In Partnership with Antioch AME Church
STONE MOUNTAIN GEORGIA

151 Goody/Swag Bags distributed along with information about

Good Health WINs along with information about Eta Phi Beta Sorority, Incorporated and Delta Psi

The Delta Psi Fundraising Committee hosted a Bowl-a-thon, June 11, 2023.

- 9 teams signed up with 5 bowlers each
- 20 of the 36 (55%) Sorors participated or supported with family and friends

50 Good Health WINs fans were distributed to guests and customers.



**Mid-Eastern Region - Alpha Theta Chapter
Durham, NC**

We Are The Trusted Messengers



Phoenix Festival



Spaghetti Theatre

Spirit of the Midlands - 8/19/23

Partnered with The Midlands Educational Economic Empowerment Center at Bethel AME Church, Columbia, SC Distributed Good Health WINs and Eta Phi Beta Sorority literature. Nearly 1000 people attended the festival.



Mid-Eastern Region - Epsilon Beta Chapter Elgin, SC



We Are The Trusted Message



Chapter Executive Board
Meeting
8/12/2023
Prepared GHWs Packets for
upcoming event



Red Cross Blood Drive - 9/7/23
Partnered with Zeta Phi Beta,
Incorporated, Beta Beta Zeta
Chapter to
sponsor a Good Health WINS
initiative during their sponsored
Blood Drive.
Distributed Good Health WINS
literature to approximately 40
participants.

“NOT FOR OURSELVES, BUT FOR OTHERS”

From our Director of Education, Kimberly Shoulders



Here's a look at federal holidays, national days to celebrate, major school dates, the 2024 tax season schedule, election year deadlines and other important dates to mark on your calendar.

Federal holidays in 2024

- Monday, Jan. 1: New Year's Day
- Monday, Jan. 15: Birthday of Martin Luther King, Jr.
- Monday, Feb. 19: Washington's Birthday (known commonly as President's Day)
- Monday, May 27: Memorial Day
- Wednesday, June 19: Juneteenth National Independence Day
- Thursday, July 4: Independence Day
- Monday, Sept. 2: Labor Day
- Monday, Oct. 14: Columbus Day
- Monday, Nov. 11: Veterans Day
- Thursday, Nov. 28: Thanksgiving Day
- Wednesday, Dec. 25: Christmas Day



Leap year 2024

In an ordinary year, there are 365 days. But approximately every four years,

February has 29 days instead of 28. This is called a leap year.

The reason for the extra day is the length of time it takes for the Earth to orbit the sun: 365.2422 days, according to NASA.

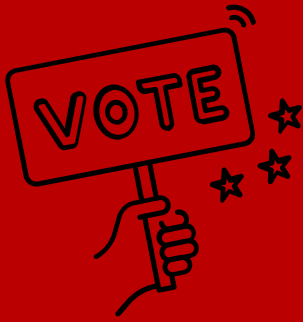

So in 2024, we will have Feb. 29.

If we didn't slip in a leap year once in a while, those hours would add up and seasons could change from what we know them today.



Reporting and Due Dates

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





Let Us Rally The Youth VOTE!

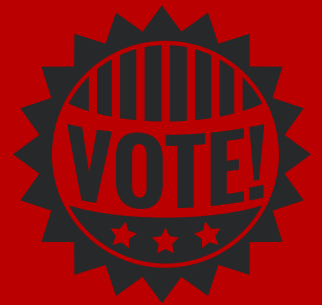
All affiliates are urged to register youth 17-21 for the upcoming election year. Data indicate that youth registrations are low. You can help register youth by:

- ◆ Working with high schools in your area
- ◆ Collaborating with youth programs

Be sure to record the number of registered voters collected and be prepared to present your numbers at the Affiliates Assembly in December.



The Youth Vote is Critical to Our Democracy!



COMING UP IN THE

FEBRUARY

ISSUE

- Black History Emphasis
- #Love Your Chapter Contest
- Movie Watch
- Romantic Recipes for two
- More

“NOT FOR OURSELVES, BUT FOR OTHERS”