



*“Not For Ourselves, But For Others”*

**July 2024**

# **BRADFIELD BRIEF**



JULY  
NATIONAL  
*minority*  
mental health  
AWARENESS  
MONTH

*Each year millions of Americans face the reality of living with a mental health condition. Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.*

*National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.*




**Dr. Kia Rai Prewitt**  
shares information  
on National  
Minority Mental  
Awareness Month  
[you tube.com](https://www.youtube.com)  
1 year ago



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## When You Can “Suspend the Rules?”

Question: I've always heard that bylaws cannot be suspended. Is that true?

Answer: The short answer is no. Many people believe that bylaws can never be suspended but this is not totally true. When the assembly wishes to do something that cannot be done without violating its own rules, and yet it is not in conflict with its constitution, or by-laws, or with the fundamental principles of parliamentary law, it “suspends the rules” that interfere with the proposed action. Nothing that requires previous notice and a two-thirds vote for its amendment can be suspended by less than a two-thirds vote.

Bylaws define the make-up, governance, rights and responsibilities of a given organization and its members. They also define specific rules, which may be unique to an organization, which cannot be suspended, but must be adhered to.

If an organization desires to permit the suspension of any bylaw it should be specifically provided for in its Constitution and or By-laws. However, even if such a provision is included in the Constitution and Bylaws, rules contained in the bylaws (or constitution) cannot be suspended...unless the rule properly is in the nature of a rule of order as described in Roberts Rules of Order (RONR) 2:14. (12th ed.)

*The term rules of order refers to written rules of parliamentary procedure formally adopted by an assembly or an organization. Such rules relate to the orderly transaction of business in meetings and to the duties of officers in that connection. The object of rules of order is to facilitate the smooth functioning of the assembly and to provide a firm basis for resolving questions of procedure that may arise.*

Roberts Rules of Order is the parliamentary authority on all matters not covered by the Constitution and Bylaws of Eta Phi Beta Sorority, Incorporated. (ARTICLE XXXIII PARLIAMENTARY AUTHORITY)

Bylaws should be about the organization, and rules of order should be about meetings, and meeting management. However, before you can say that a rule in the bylaws is in the nature of a rule of order and CAN be suspended there are some added tests that must be passed before you can determine that a rule can be suspended.

The following rules cannot be suspended:

**Constitution and bylaws:** Your bylaws are a contract between members, and they can't be suspended, no matter how great a vote to suspend them may be. Nor can they be suspended because the rule is just too inconvenient. The same goes for any procedural rules written into the laws governing the organization (such as state corporation laws)

**Procedural rules prescribed by statute:** If the law of the land says, with respect to some procedure, that the procedure is required, that the procedure is prohibited, or that it must be done in some particular way, you can't suspend those rules unless, that is, the law itself allows you to do so.

**Fundamental principles of parliamentary law:** Such principles can't be suspended, even if the membership unanimously agrees to a suspension. Fundamental principles include those that

- Allow only one question to be considered at a time
- Limit the right to vote to members present at the time the voting occurs in a legal meeting

**Rules protecting rights of absentees or individual members: These rules include:**

- Quorum requirements
- Requirements for previous notice
- Rules requiring a secret ballot vote
- The right of any member to exercise full rights to participate in a meeting (that is, attending,

voting, speaking, making motions, giving notice, and so on), except after proper disciplinary proceedings (or under provisions of properly adopted motions to limit debate, close the polls, and so on).

**Rules applicable outside meetings:** Policies and procedures not having to do with meeting procedure during a meeting aren't suspendable. They can be changed by rescinding them or amending them, but Suspend the Rules is all about meeting procedure, not how the organization operates day-to-day.

A motion to Suspend the Rules:

- Can't interrupt a speaker who has the floor
- Needs to be seconded
- Isn't debatable
- Can't be amended
- Requires a two-thirds vote
- Can't be reconsidered

Sources: [Robert's Rules of Order Revised \(robertsrules.org\)](http://robertsrules.org)

[Robert's Rules and the Motion to Suspend the Rules - dummies](#)

Information submitted by Dorothy Oliver,  
National Parliamentarian



# GOOD HEALTH WINS

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



Take advantage of many excellent opportunities to continue the Good Health WINS Bridge Access Program throughout the summer months.



### Reminder!!

We have a large supply of Good Health WINS bags for your next project. Contact Soror Betty Frederick for your summer project. She can be reached at (561) 876-8402 or [bettyfrederi@gmail.com](mailto:bettyfrederi@gmail.com).

## Wordle

Just for fun!



### How to play

A player must enter a valid word. The game will then highlight the correct letters in the larger word.

> A green letter means it's correct & in the right place.

> A yellow letter means it's in the word but in the wrong place.

> A gray letter means it's not in the word.

# The Reign of a Queen

Monica McClelland  
Gamma Chapter  
Eta Phi Beta Sorority,  
Incorporated  
National Queen and Ambassador  
2022-2024



NAUW Conference in Chicago with my Sorors

Christmas 2023

Girls Trip with my line sisters, Puerto Rico Margaritaville Resort



Northern Region Conference Hospitality



Visiting the Cleveland Section of NCNW meeting



BGSU Homecoming



Ways and Means Jazz Brunch, my guests Gail and Blanchette Hubbard

Congratulations and Hats Off to **Soror Monique Robinson-Poole** who will be honored and awarded a special award as “Outstanding Volunteer” by the Mid-Atlantic Region Bethune-Height Recognition Program (MARBHRD) Committee. The 50th Bethune-Height Recognition Program Luncheon will take place September 7, 2024 in Windsor-Mills, MD.

The celebration recognizes women and men for their work to promote the welfare of African American Communities.

We thank Soror Robinson-Poole for her service and congratulate her on her award.

***Cold Drink to Stir up on a Hot Summer Day***  
***by Samantha Leffler, Senior Food Editor - Real Simple Magazine***  
***Updated on May 31, 2024 Real***

## **Watermelon-Mint Agua Fresca**



Few things are more refreshing on a hot summer day than a slice of chilled watermelon. Except, perhaps, if you blend it, chill it, and sweeten it with a mint-infused syrup. Served over ice with a healthy dose of perky lime juice, this “freshwater” will have you feeling like you just got watered like a plant. You can also make it with honeydew or cantaloupe. Adjust the sweetness to your liking depending on the ripeness of the fruit. Guaranteed to soothe heat-tingling tongues, serve this cooler alongside spicy salsas, tacos, or other chile-smothered dishes.

### **Ingredients**

- For the Mint Simple Syrup:
- 2 cups granulated sugar
- 1 cup water
- ½ cup packed fresh mint leaves, plus more for serving
- For the Agua Fresca:
- 8 cups chopped seedless watermelon (about 2½ lb.)
- 2 cups water
- ¼ cup fresh lime juice (from 3 limes)

### **Directions**

1. Combine sugar and water in a saucepan. Cook over high, whisking occasionally, until sugar dissolves, 4 to 5 minutes. Remove from heat, and add mint. Let stand, uncovered, 15 minutes. Strain into a bowl and discard mint. Chill syrup until ready to use.
2. Process watermelon in a blender until smooth. Strain into a large pitcher (you should have about 4 cups. If you have more, reserve for another batch); discard solids.
3. Stir together water, lime juice, 4 cups watermelon juice, and ½ cup syrup in a pitcher. (Reserve remaining Mint Simple Syrup for another use). Serve over ice, and garnish with mint sprigs.

# next month

**Bradfield Brief August 2024 Edition will feature 36th Biennial Grand Boulé highlights, high points and more.**



## **36th Biennial Grand Boulé Host, Southeastern Region**

**“Eta Phi Beta Women  
Moving Forward – Connecting, Growing and Serving”**

**Sonda Bradfield  
National President**

**Diana Smith Greene  
Boulé Chair**

**Esmeralda “Essie” Knowles  
Boulé Co-Chair**