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October 2024

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Bradfield Brief OCTOBER



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“NOT FOR OURSELVES, BUT FOR OTHERS”

A DEDICATION TO OUR FOUNDERS

by

Pat Reed Grisby, Chi Chapter *, New York City

(Soror Pat Reed Grisby later located to Dayton, OH and became active with Lambda Chapter)

copied from

“The History of Eta Phi Beta Sorority, Incorporated”

First edition printed July 1990 - Second edition printed July 1996

**Inactive Chapter*

One glorious day in September
In the year nineteen hundred and forty-two
Eleven beautiful women met together
to decide what they had to do.

They felt a need of togetherness
In the business and professional community
They wanted to obtain for Black women
The highest standards that could be

They felt some sort of Sisterhood
That worked toward specific goals
Like scholarships and civic projects
That feed the mind and feed the soul.

So they had a meeting of the minds
September the fourth was the exact day
In the town of Detroit, Michigan
Eleven women met to have their say

What would be the purpose?
How could we select a name?
Who would we select for membership?
And how would we rise to fame?

These and a million other questions
Went through their efficient minds
They were striving for perfection
An organization to lift mankind

Can't you picture Merry Green Hubbard,
Ann Porter and dear Lena Reed
As they discussed ideas
That would benefit our needs.

And sweet Earlene Carter, Ivy
Burt Banks and Dorothy Sylvers Brown
As they thought of the selection
Who would wear a sisterhood crown.

Ethel Madison was in attendance
And Mae Edwards Curry was there too,
Katherine Douglas, Mattie Rankin and
Atheline Shelton rounded out the crew.

And thus our dear sorority
Eta Phi Beta came to be
Through dedication, effort and devotion
By these eleven women you see.

And this is why we're dedicating
These few precious words to you,
Because you founded for us a sisterhood
That has proven to be forever true.

We're glad that you took time
On that eventful day
To create for us our sorority
That has come to have its say.

We help mentally challenged,
Urban League, and NAACP,
The handicapped, Golden Age groups
And help college students pay their fees.

Thanksgiving baskets, Christmas Vespers,
NCNW, The March of Dimes,
United Negro College Fund
We help educate all mankind.

And this wouldn't have been possible
Without your faith and your foresight
Knowing love had to be the foundation
And God would make things right.

So thank you again dear founders
The world is now striving to be sisters and brothers
Because you, Founders of ETA PHI BETA
Have always insisted,
“NOT FOR OURSELVES, BUT FOR OTHERS”.

Note!

Actual Founder Day - October 4, 1942

“NOT FOR OURSELVES, BUT FOR OTHERS”

Presiding Over a Meeting

So, you've been elected Basileus and now it's time to preside over your first meeting! Well, don't panic! Presiding for the first time may be stressful, but if you know some basic rules, you can be successful.

Without knowing how to preside over a meeting, you might accomplish nothing more than wasting time and putting your attendees to sleep. If it sounds tricky, don't panic. Successfully presiding over a meeting is a skill that, like anything else, develops over time and with a few hiccups along the way.

First, it is important that you understand the role of a presiding officer. During a meeting, the presiding officer has several duties and responsibilities, including:

- Begin the meeting on time.
- Remain impartial during debate.
- To introduce business in proper order per the agenda.
- To recognize speakers who are entitled to the floor.
- To determine if a motion is in order.
- To keep discussion germane to the pending motion.
- To put motions to a vote and announce results.
- To maintain order.
- To vote only to create or break a tie (or 2/3 for matters requiring a 2/3 vote) – exception: the presiding officer may vote on any vote by ballot.
- Protect the assembly from obviously frivolous motions by refusing to recognize them.

The presiding officer must relinquish the chair to debate the merits of a motion and may not chair the meeting again until a vote has been taken on the motion and the motion has been disposed of.

The chair needs to know the type and method of voting for certain motions. Some motions require a majority, while others require two-thirds; some votes may be made while seated, while others require standing; others may be handled by unanimous consent; and a few are by ruling of the chair.

Robert's Rules of Order Newly Revised (RONR) (12th edition) is written in our Constitution and Bylaws as the parliamentary authority to be used by Eta Phi Beta Sorority, Incorporated. Learning RONR will help you to be prepared to handle business and make decisions in business meetings!

Most presiding officers are familiar with main motions, however, there are other classifications of motions that are not as familiar. One of those is Subsidiary motions.

A Subsidiary Motion is a motion that is used to modify the main motion or affect its consideration and disposition. Subsidiary Motions can be applied to any main motion, and the Assembly has to decide on the Subsidiary Motion first. There are seven types of Subsidiary Motions, which are ranked in the following order:

- Lay on the table.
- Previous Question.
- Limit or extend the limit for debate.
- Postpone definitely or to a certain time.
- Commit or refer (to a committee or the Board).
- Amend.
- Postpone indefinitely.

For more information on Subsidiary Motions, click on the [button](#) below for information shared by Soror Bettie Bell, a member of the Constitution, Bylaws and Resolution Committee.



The logo for 'DOCTOR'S CORNER' features the words in a bold, blue, sans-serif font. A red circular graphic with a white outline is positioned behind the text, partially overlapping the letters 'O' and 'R'.

Respiratory Virus Prevention: Be Ready! Get Vaccinated!

By Karen M. Mathews, MD
Northern Region, Lambda Chapter
September 15, 2024

We are entering the respiratory virus season, so now is a good time to review some important information about seasonal influenza (Flu), Covid, and Respiratory Syncytial Virus (RSV). They can have overlapping symptoms, which may include cough, fatigue, fever, headache, sore throat, and muscle aches.

According to the Center for Disease Control and Prevention (CDC) and American Academy of Family Physicians, **everyone aged six months and above should get both a Covid and flu shot this season.** This is strongly encouraged even if you have received multiple Covid and flu vaccines in the past.

The latest Covid and flu vaccines are developed to match and cover recent strains observed circulating in the community. Some infectious disease specialists suggest if Covid and flu shots are received at the same time, there may be some additional boost to your immunity. Additionally, simultaneous vaccinations reduce the risk of putting off or not getting one or the other shot.

Adults 75 years of age and older, should also receive a Respiratory Syncytial Virus (RSV) shot. Currently, this shot is not given every year like Covid and flu. Some individuals 60 and older but under 75 may also be advised to get an RSV shot before age 75 if they have certain risk factors that make them more likely to have severe outcomes from the disease.

CDC recommendations for RSV shots:

- Anyone aged 75 and older should get the vaccine.
- Those between the ages of 60 and 74, should receive the RSV vaccine only if they have certain chronic medical conditions like heart disease or lung disease, or are living in nursing homes.

The above recommendations are only for adults who did not get an RSV vaccine last year. The RSV vaccine is currently not an annual vaccine.

- Infants younger than 8 months old should receive the RSV vaccine if they're born during this RSV season, which typically begins in October and ends in March, or are entering their first RSV season, according to the CDC.

As you can see, unlike the Covid and flu shots, the RSV vaccine is mainly administered to infants, and adults ages 60 and older who are at a higher risk of severe outcomes from the condition.

Are there additional preventive actions you can do to reduce your risk of getting infected with a respiratory virus? Absolutely.

- Good hygiene: covering your coughs and sneezes, washing or sanitizing your hands often, and cleaning frequently touched surfaces.
- Wearing a mask, especially if you have risk factors that make you more susceptible to respiratory viral illnesses
- Physical distancing

For more guidance, visit https://www.cdc.gov/respiratory-viruses/about/index.html#cdc_disease_basics_overview-overview



GOOD HEALTH WINS

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



Eta Phi Beta Sorority Chapters and Regions Making a Difference...Moving Forward



October 6, 2024
Delta Kappa Chapter
volunteering at Breast Cancer
Awareness Fundraiser
Zumbathon



October 12, 2024
Delta Psi Chapter
Making Strides Breast Cancer
Walk raised \$1,787.00



Alpha Omicron Breast
Cancer Awareness Breakfast
October 5, 2024

Delta Kappa
Chapter
Sorors
Encouraging
all to get out to
Vote.
Septembr 21,
2024



Gamma Omicron Chapter
Susan Comen Breast Cancer
Walk October 12, 2024



Domestic Violence Awareness
Epsilon Beta Chapter's
delivery to Sister Care
October 16, 2024
Domestic Violence



Thinking Outside the Box
Sorors of Alpha Theta Chapter
preparing for their next project
"Adopt A Highway" clean-up
October 26, 2024



On September 19, 2024, Delta Gamma Chapter participated in the Mississippi Black Women's Roundtable (MS BWR) Power of Sister Vote Boot Camp training.



"NOT FOR OURSELVES, BUT FOR OTHERS"



With the days and nights getting colder, it's time to cozy up with some comforting, hearty meals like soups, stews and casseroles. Here, we take a look at what produce is at its best this month.

Halloween is almost here, so it's the perfect time of year to eat (and carve) pumpkins. A wide variety of squashes, including butternut squash, are available too.

When it comes to greens, look out for broccoli, cabbage, kale, leeks and sprouts, as well as root vegetables like swedes, parsnips, celeriac, carrots, potatoes and turnips, which are slowly starting to come into their own.

It's also a good time to buy and cook with aubergines, celery and beetroot. A lot of hardy herbs like thyme, rosemary and sage are at their best in autumn, as well as chestnuts and hazelnuts.

Wild mushrooms and truffles are arguably at their peak at this time of year but, as ever, make sure you know what you're looking for if you're foraging.



This **Slow Cooker Bacon Cheeseburger Soup** combines the flavors of a juicy burger into a cozy, creamy bowl of fall comfort food that's sure to warm you up. For soup lovers looking for the best fall crockpot recipes, this easy and hearty dish brings together crispy bacon, melted cheese, and tender potatoes to satisfy cool-weather cravings.

- 1 pound ground beef
- 1/2 cup chopped onion
- 1 cup shredded carrots
- 1 cup diced celery
- 1 (28 ounce) package frozen O'Brien hashbrown potatoes
- 1 quart beef broth
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon red pepper flakes
- 1 (2.5 ounce package real bacon pieces) or 6 slices bacon, cooked and crumbled
- 1 cup half and half
- 1/2 cup sour cream
- 16 ounces (2 cups) shredded cheddar cheese
- 1 cup chopped dill pickle slices

In a skillet, brown the ground beef. Add the carrots, onion, and celery to the beef and cook until the veggies begin to soften and the onion turns translucent. About 5 minutes. Drain off the fat and add the beef and veggies to the slow cooker.

Add the frozen hash browns, beef broth and seasonings to the slow cooker. Cover and cook on low for 4-6 hours.

Add the half and half, sour cream, bacon and cheddar cheese. Gently stir until the cheese has melted and everything is well blended.

Serve garnished with more bacon bits, shredded cheese and chopped dill pickles






**Look forward to -
Upcoming Special Publications**

- 36th Biennial Grand Boule Highlights, Events, and Photos
- 61st National Council Of Negro Women National Convention Reflections, Photos, and Tidbits



Ryan Dunlap
Conflict Strategist
and Leadership
Coach

WHAT ARE YOU HANGING ON TO?

[CLICK HERE](#) 


One of the biggest hindrances to getting over conflict is a belief that we can't be made whole until someone else gets what they deserve or pays for what they've done to us. Until that happens we.....
click arrow above for the entire video.

NOVEMBER IS COMING

NOVEMBER IS National DIABETES Awareness Month
FINDING THE CURE STARTS WITH AWARENESS



November is National **Epilepsy Awareness** Month




NOVEMBER IS NATIONAL **CAREER DEVELOPMENT** MONTH

PANCREATIC CANCER AWARENESS MONTH

educate support spread awareness run donate volunteer

NOVEMBER IS NATIONAL **COPD** AWARENESS MONTH



Founder's Word Search Puzzle



<https://puzzel.org/en/wordseeker/play?p=-O9IMdqO5eSTJB5w0RC->