

# SEPTEMBER 2024

## BB BRADFIELD BRIEF

“September” is a song by the American band Earth, Wind & Fire released as a single in 1978 on ARC/Columbia Records.

Turn up your volume and enjoy



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#### Please Note

We want to share your chapter and regional activities and events in our monthly Bradfield Brief. Please submit clear photos and detailed information by the 10th of each month to [bbriefnews@etaphibetasorority.org](mailto:bbriefnews@etaphibetasorority.org)

Publication of all properly submitted information will be considered at the discretion of the Natinal Journalist and the Grand Basileus.



# 10 Reasons to Keep Moving Forward

Psychology Today by Barton Goldsmith Ph.D.

Staying on course and moving forward can be a challenge. Here are some tools to help you get to where you want to go and shake off what has held you back.

1. **Don't give up.** Once you quit, it is never quite the same. Whether it's a relationship, a job, or your life, you are in charge of your choices. Giving up may enter your mind, but find some way to keep going, even if you have to do things a little differently.
2. **Take it one day at a time.** It can be tough going in this world we have created. Former lovers sue each other, companies fire people to increase the bottom line, and there are evil people out there who get their kicks by hurting others. You can't let all this get to you. Try talking first, because you don't always need a lawyer, and get your personal support system involved.
3. **Love and prosperity** can come in a New York minute, so be ready. You really never know what tomorrow will hold. I have seen things change drastically, and for the better, overnight. And even if it takes a little longer, that is better than hiding from the world.
4. **Stay positive.** The world is not your enemy. Albert Einstein once said, "We all need to see the universe as friendly." This is true wisdom from a great man who knew more about the nature of things than almost anyone.
5. **Go at your own pace**, but don't stop moving forward. You may have been beaten down, but you are not broken. Even if you have suffered and lived through a life-altering trauma, if you still have a beating heart and air in your lungs, you can get back on your feet.
6. **Remember, it's not a race.** If you do just one thing a day, you will reach your goal. Sometimes even doing that one thing can seem overwhelming, and if so, just get started and you can always give yourself the weekend off. Pretty soon, you will find that doing this work to get to the next level of your life is actually rewarding, and you will start to feel better.
7. **Making progress can go a long way.** The key is to stick with what you've started. It's kind of like writing a book. In the beginning, you have an idea, or maybe several, but by writing one page at a time, you will complete the book and feel pretty great about yourself. Progress is a great healer.
8. **Recognize that what you are going through now is not permanent.** Sadly, there are things we can do nothing about, but we have a lot more control over our own moods and actions than most people think. Whatever circumstance you are dealing with, your job is to nurture the strength within you. Doing this will bring you greater stability and success in all areas.
9. **Think about your thinking.** If you don't think you will make it, it could become a self-fulfilling prophecy. Research says that up to 80 percent of our thoughts are negative, and that needs to change. When you learn to recognize your negative thoughts, you can begin to think more positively, which will make you feel better about yourself and your life. Imagine having 80 percent positive thoughts!
10. **Learn to deal with disappointment.** When Murphy's Law is in full force, you may wonder why you are even trying. The truth is that successful people in all walks of life have to deal with disappointment sometimes. It's part of the deal. *The trick is to not let disappointments stop you. Ever!*

*"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."*

Walt Disney

# August 8-10, 2024 Leadership Summit

Grand Basileus Bradfield held the first Leadership Summit in Lithonia GA.

The Summit was held to help develop leaders by providing them with the knowledge they need to lead; to build relationships; to provide a space for leaders to share and debate ideas; and to develop proposed solutions and action plans to address issues that affect the Sorority.

A variety of topics were examined - including implementation of QuickBooks; finalizing the Boule Amendments for distribution to members; Updating the Grand Chapter History; Membership Intake review; Workshops and Voting Awareness campaign.

Thank you to every Soror who attended in person and virtually.



### Attendees

Lisa Tiller, Elsie Jefferson, Shedonica Ashworth, Dorothy Oliver Juanita Jones, Mary Braziel, Lisette Williams, and Jeanette Haynes



### Virtual Attendees

Ann Harris, Kimberly Shoulders, Andrea Foy, Linda Dove McIntyre, Alicia Lancaster, and Kerri Sadler

## Chapter Programs

Amended Grand Boulé 2016

- Setting Up Conference
- Annual Meeting
- Soirée, Intake Ceremony
- Thanksgiving Project
- Scholarship Affair
- Founders Day
- Cultural Affair (Tea, Seminar, Concert, etc.) Black Awareness or Black History
- Vesper Service
- Memorial Service
- Rededication Ceremony
- Career Day
- Emblem Service



# FOOD FOR THOUGHT

Are you results oriented or relationship oriented, and how well do you get along with others?

Ryan Dunlap

Conflict Strategist and Leadership Coach

WATCH VIDEO



## For the Body

### Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

Avoid touching eyes, nose, mouth



Cover your sneeze/cough



Wash your hands



Stay home if you're sick



Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself



Avoid contact with sick people



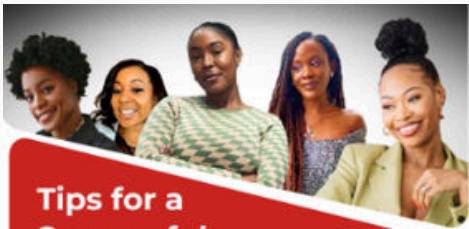
## Food For the Soul

wikiHow Co-authored by [Aly Rusciano](#) Reviewed by [Jason Zuk](#)

Last Updated: [March 7, 2024](#)

*Gratitude, joy, and mindfulness are good foods for the soul. The best foods for your soul aren't actually foods at all; they're states of mind. It's just as important to nourish your soul as it is to nourish your body. You eat a diet full of fruits and vegetables and avoid processed foods to keep yourself physically fit, and the same can be said to keeping your soul in check. Take a look at the list below to learn what "foods" are healthy and unhealthy for your soul.*

- 1. Cultivate positive and healthy relationships.** Fill your cup every day by surrounding yourself with people you trust.
- 2. Move your body.** Thanks to heart-pumping endorphins, [exercise](#) can be an instant mood booster! [6] You don't need to do any hard lifting to feed your soul; simply move your body in a way that feels good. If you're not sure what to do, try these fun methods of movement:
- 3. Meditate, pray, or spend time in nature.** Take a quiet moment each day to reflect. [Meditation](#), [prayer](#), and being outdoors are great ways to feed your soul because they help energize your spirit and reduce stress.
- 4. Do what makes you happy.** At the end of the day, the best way to feed your soul is to [do what you love](#). Focus on doing something you love every day to feel fulfilled and satisfied, as this can help uplift you personally and professionally.



## Tips for a Successful Membership Intake

1. Read the entire Membership Intake Procedures Handbook.
2. Schedule a Soirée which informs all interested ladies about Eta Phi Beta Sorority, Incorporated, our signature program, community service, fundraising, and sisterhood.
3. During the Soirée, inform the interested ladies of the application process including monies due. (Use the increased amount from approved amendment at the 36th Biennial Grand Boulé.)
4. Have all materials for the Intake Pinning Ceremony ready prior to the scheduled date.
5. Ensure you have Intake Pins available and in working order. Red and Gold ribbons are not preferred. Intake Pins must be ordered from Executive Director Robbic Rhodes at National Headquarters. It may take 6-8 weeks to receive the Intake Pins.
6. Do not hold the Pinning Ceremony until you receive confirmation of receipt of monies from the Grand Grammateus.

7. Send an invitation to the Grand Basileus and your Regional Director two (2) weeks prior to the pinning date whether ceremony is in person, virtual, or hybrid.
8. Suealyh Club sets meeting dates, time, and place for their meetings during the first (1st) meeting held on the day of the pinning. Membership Intake Coordinator, after consultation with the Chapter Basileus, sets the Help Week and Induction Date on the Suealyh Club Calendar.
9. Print the checklist and use throughout the Intake Process.
10. Give all assignments at one time. Do not give music to the Sorority Song or Sweetheart Song.
11. Always use the meeting format given in the Suealyh Club Handbook.
12. Follow up with any Hyleaus that misses a meeting or falls behind with assignments.
13. Ensure all chapter members receive the Suealyh Club meeting schedule. Remember members may attend as observers only and have no voice.
14. Give Skills Survey to each newly inducted Soror.

Eta Phi Beta Sorority, Incorporated  
National Membership Committee  
Juanita D. Jones, Committee Chair  
Sonda Bradfield, National President



"NOT FOR OURSELVES, BUT FOR OTHERS"

## Strategic Plan Goal II Technology Tips

**Soror Paulette Johnson-Davis Goal II Chair**  
**Soror Lisette A. Williams Goal II Co-Chair**

Contact Email: [Strategicgoal2@etaphibetasorority.org](mailto:Strategicgoal2@etaphibetasorority.org)

**1 Hybrid Zoom Meetings**  
Hybrid meetings are encouraged to allow inclusion. For an effective meeting, ensure equipment is available for members to hear and see those in the room and online.

**2 Website and Social Media**  
Regions and Chapters are encouraged to read the National Information Technology Policy to ensure their websites and social media platforms comply with the "Eta Phi Beta Sorority, Incorporated's policy."

**3 National information Technology Policy**  
Remember to post on your website and on your social media platforms to showcase the great work you are doing in your community.

**4 Additional Ways to use Zoom**  
Sisterhood calls. Have a monthly or bi-monthly short call, maybe 15-30 minutes in length, and invite Sorors in your chapter to join in and share how they are doing.

**5 Zoom- Committee Meetings**  
Instead of meeting in person, have a Zoom call for committee meetings for topics such as fundraising plans and chapter event plans.



ETA PHI BETA SORORITY,  
INCORPORATED

Two Reporting  
period deadlines:  
January 2025  
May 2025

## Strategic Goal 1 Membership Engagement



Our Mission:

\*Promote and encourage member's participation in sorority activities.

\* Strengthen your chapter and sorority by actively recruiting, retaining and reclaiming members.

### Suggested Tips For SUCCESS

- 1) During your September or October monthly meeting, set a date for Membership Soirée. Set a chapter goal to recruit at least two (2) new or reclaimed members annually.
- 2) Suggest hosting a Regional Soirée which would support the chapters with small membership rosters and/or limited funds. Regional soirées are held virtually.
- 3) Use social media, Facebook, Instagram etc. to promote chapter activities which will yield increased recruitment, retention and reactivation.
- 4) Host a "Homecoming" activity and invite inactive Sorors to come back "home" and attend a business meeting - make it a party.
- 5) Have a brainstorming session to discuss some ideas of your own to increase engagement.

Two reporting  
period  
deadlines:  
January 2025  
and May 2025

Contact: Linda Dove McIntyre, Chairperson; Cheryl Lewis Edwards, Co-Chairperson  
[Strategicgoal1@etaphibetasorority.org](mailto:Strategicgoal1@etaphibetasorority.org)

## STRATEGIC GOAL 3: LEADERSHIP ~TIPS~



These tips may be used during an ice-braker.

### Tip 1 - Lead by Example

The chapter president sets the tone for the chapter. Demonstrate commitment, professionalism, and ethical behavior in every action taken - lead by example, inspire Sorors to uphold the same standards, fostering a culture of excellence and integrity.

**Suggested Action:** Reflect on recent actions and/or chapter decisions. Do they align with the values and goals of Strategic Goal III? If necessary, adjust and actively show the behaviors you wish to see in your chapter.

### Tip 2 - Foster A Positive Environment In Your Chapter

A supportive and collaborative atmosphere enhances the chapter's morale and productivity. Recognize and celebrate the contributions of your chapter members, encourage teamwork and mutual respect.

**Suggested Action:** Implement a system for regular recognition, such as a "shout-out" board or monthly acknowledgments during chapter meetings. Create opportunities for team-building activities to strengthen chapter relationships.

### Tip 3 - Encourage Open Communication

Transparency and open dialogue is important. It builds trust and ensure everyone is aligned with the organization's goals. Create channels for Sorors to share their ideas and concerns openly.

**Suggested Action:** Set up regular feedback, such as an anonymous suggestion box, to gather and address member input. Actively listen and respond to the feedback received. Show that everyone's contributions are valued. This will help create a more engaged and motivated chapter while reinforcing effective leadership practices.

Soror Mary S. Braziel, Goal III Chairperson;  
Soror Jodie Jenkins Oliphant, Goal III Co-Chairperson  
Email: [Strategicgoal3@etaphibetasorority.org](mailto:Strategicgoal3@etaphibetasorority.org)

Two  
reporting  
period  
deadlines:  
January 2025  
and May 2025

# OCTOBER UPCOMING OBSERVANCES Reminders and Due Dates

September - 4th Quarter Financial Reports Due September 30, 2024

October - National Founders Day Observance - October 6, 2024

**CLICK HERE**

*to access National Founders Day Flyer  
and active link*

*Don't forget*  
IRS Reporting

