

THETA TALKS

Volume
2022-23

Issue 2:
NOVEMBER-
DECEMBER 2022

NATIONAL SORORITY OF PHI DELTA KAPPA, INC.

Margarette Galloway, National President
Dr. Patsy O. Squire, Eastern Region Director
Donna M. Sowerby, President Theta Chapter
Mary Jimmerson, 1st Vice President
Sharon Oliver-Henderson, 2nd Vice President
Theta Chapter Brooklyn, NY

A Message from our Basileus

Holiday Greetings to you Sorors,

As we approach the last two months of 2022, let us reflect and be thankful for the many blessings in our lives. During the month of November remember to "VOTE" (11/08), honor our veterans (11/11), celebrate Education Week (11/14-11/18), and gather with your loved ones during Thanksgiving. During the month of December enjoy the chill of winter and the crisp fresh air. Celebrate Kwanzaa and Christmas with loved ones while you continue to be a blessing for others.

THANK YOU for carrying on the legacy of our Founders. **THANK YOU** for your dedication to our chapter.

THANK YOU for your ongoing support and May God continue to shower each of you with His unending Blessings.

Stay Humble, Stay Focused, Stay Blessed!
Sisterly,

Donna M. Sowerby

Basileus



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FROM THE DESKS OF THE **THETA TALKS** CO-EDITORS

Greetings Sorors,

In June 2022, my line sisters and I joined the elite group of female educators representing NSPDK, Inc. While I had some moments when I wanted to back out of this assignment, my sisters held me steadfast until we crossed.

Now, just 3 months in and still learning the protocols, the light from that torch we pledge to carry shines brightly. The outpouring of gifts and words of support from our big sisters has settled me into this life-long commitment.

Yes, I said "life-long." I will let my words here in the **Theta Talks** vineyard be a testimony that I'm in this with YOU for the long haul. We got this Soror Jewel!

Educationally yours,

Janice E. Bruce

Greetings Sorors,

As I approach the holiday season, my heart and mind are full of craft ideas, yummy recipes and a new, fresh twist on upcoming celebrations.

As I reflect on our eight founders, their minds and hearts moved as one. Let us never forget their tenacity, during a time where women weren't seen as equals.

On their wings, I fly. If they can imagine, create and preserve back in 1923, then so can I in this 2022-2023 school year. May the upcoming year be more than the dreams, ideas and your mind could even imagine.....we serve a great God!

Sisterly Yours,
Jewel Caston-Mendoza

NSPDK MISSION STATEMENT

"To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession"



CHECK OUT HOW THETA CHAPTER UPHOLDS THE NSPDK MISSION

Sister-to-Sister Gathering

Monday, September 25, 2022

We happily gather for sisterhood and great food. Thanks Amarachi!



AMARACHI
MODERN AFRICAN CUISINE

DAYS
MONDAY - SUNDAY

ONLINE
AMARACHIBROOKLYN189.COM

HOURS
11:00AM - 11:00PM



CHECK OUT THETA CHAPTER





NATIONAL SORORITY OF PHI DELTA KAPPA, INC.
THETA CHAPTER
Anniversary & Scholarship
PRAYER BRUNCHEON
 THEME: "SOARING TO GREAT HEIGHTS WITH GOOD FRUIT"
Sunday, October 30, 2022
1:00 P.M. - 4:00 P.M.
 Southern Baptist Church
 820 Stanley Ave, Brooklyn, NY 11207
 SPECIAL GUEST(S)
 USE THE LINK BELOW TO RSVP BY OCTOBER 24th 2022
<https://forms.gle/9matCGTJmVcVdZPo6>
 Donation: \$60.00 Adults
 \$35.00 Children 11 years and under
 For information:
 Vanessa Parkinson - (917) 593-3246 Mary Jimmerson - (917) 744-7157

Zelle Payments to Theta Chapter:
 nspdktthetachapter02@gmail.com

Mail Checks to:
 Yvette Wilds, Treasurer
 725 Warwick Street, Brooklyn, NY 11207
 Payable to NSPK, Inc- Theta Chapter

VISIT OUR POP-UP MUSEUM

Margaretta Gallowsy - National President
 Dr. Patsy G. Squire - Eastern Region Director
 Donna M. Sowerby - Theta Chapter President



A grand time was had by all! A fundraiser that delivered great food, special guests, and a whole lot of sisterhood!



Soror Parkinson, we salute you for seeing this through with soror Jimmerson. Here's to an awesome event!



CHECK OUT THETA CHAPTER



HEALTHY BODY, HEALTHY MIND

What's So Good About Lentils and Not Split Peas?

It can reduce the risk of colon cancer, high cholesterol, heart disease, diabetes and prevents constipation. Due to the potassium level, its benefits are lowering the sodium (salt) and lowers blood pressure. In addition, lentils assistance with serotonin that makes you feel good.

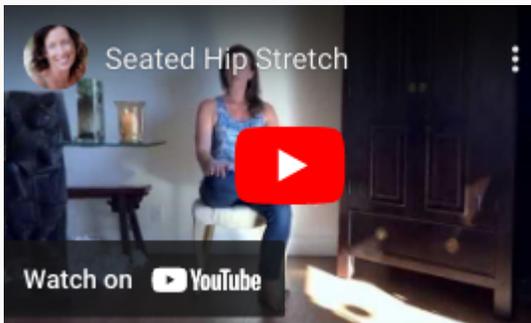


- 1 Cup uncooked lentils (Black or Red are the said to be the best) NOT SPLIT PEA In a large mason jar
- 1 tsp Paprika (regular or smoke)
- 1 tsp Garam Masala seasoning
- 2-3 cloves of garlic
- 1 shallot
- 4-5 leaves of fresh Basil
- 1 Bay leaf
- 2 tb of tomatoe paste (comes in tube or small can)
- Black pepper and sea salt to taste (sea salt has less sodium/salt)
- Read your labels
- 2 tbs Extra Virgin Olive Oil (less processed than light)

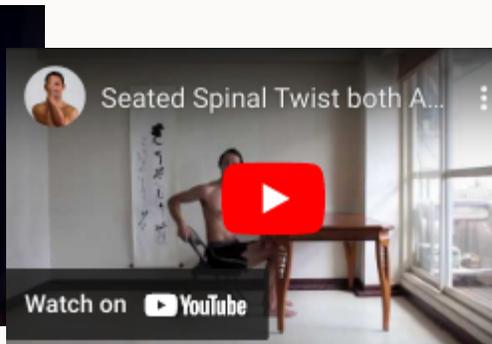
) Soak lentils in large mason jar (as shown in picture) in the morning or overnight in refrigerator. Use stove pot, stove pressure cooker, Insta Pot or Ninja. Add all ingredients and stir a little. Cook as instructed for pressure cookers. Stove pot cook for about 20-30 minutes or until soft. Please watch carefully and don't forget to remove the bay leaf.

BON APPETIT

HEALTHY MOVEMENTS



A Seated Figure Four



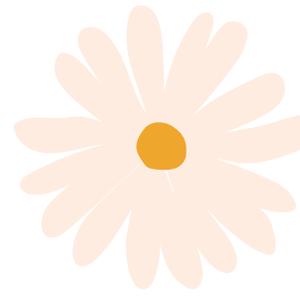
The Seated Twist



Small Spinal Roll

As educators, whether retired or not, one of the ideals we want to nurture is movement for life. Try these three moves recommended by the Long Island Spine Specialists. These are just 3 of 5 suggested so [click here](#) to connect to more of their resources.

OUR YOUTH. OUR FUTURE.



**Breast Cancer Awareness
Girls Day Out
October 22, 2022**



**Guided by soror
Dorvil, our Xinos
are always in
great hands.**



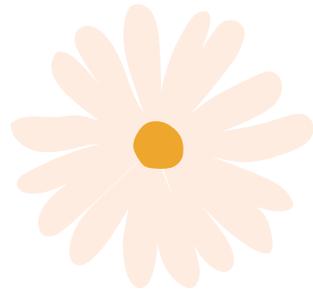
**Black
College Expo
at Medgar
Evers
College**



**In honor of her girls, soror Dorvil
eloquently reads an essay at the
Prayer Brunch.**

History of the Xinos and Kudos

OUR YOUTH. OUR FUTURE.



iHOP Outing on September 27, 2022

Our young men had the opportunity to fellowship over breakfast. Sorors Bull, Lee and Parkinson, with soror and hub parent, Cook, are so proud of them.



Kudos to our kudos for their presentation at the Prayer Bruncheon. Sorors Bull and Parkinson, you've done well!



History of the Xinos and Kudos

SORORS IN THE COMMUNITY



The Adelaide L. Sanford
Speaker Series
Saturday, October 15, 2022



SOROR AYEISHA SPEAKS ON HER PROMOTION TO PRINCIPAL

"My title is Teacher Leader because I still spend significant time in the classroom as well as run the school. My school's name is Bronx Chrysalis Montessori School. We are a neighborhood-nested, public Montessori micro-school serving African, Latinx and African-American families. Becoming a Principal means having a greater impact on the children and families you serve daily and having more autonomy on how that's done."



CONGRATULATIONS



SOROR JIMMERSON GETS HER
REDUCED FARE CARD. WELCOME TO
THE REDUCED FARE CARD CLUB!



DECEMBER BIRTHDAYS

14TH - KAREN BULL

28TH - JUANITA RANDOLPH

Holiday Time!!

5 Things You May Not Know About Kwanzaa



1. KWANZAA WAS CREATED IN THE 1960S.

Maulana Karenga, a Black nationalist who later became a college professor, created Kwanzaa as a way of uniting and empowering the African American community in the aftermath of the deadly Watts Rebellion. Having modeled his holiday on traditional African harvest festivals, he took the name “Kwanzaa” from the Swahili phrase, “matunda ya kwanza,” which means “first fruits.” The extra “a” was added, Karenga has said, simply to accommodate seven children at the first-ever Kwanzaa celebration in 1966, each of whom wanted to represent a letter.

2. MANY PEOPLE CELEBRATE BOTH KWANZAA AND CHRISTMAS.

Though often thought of as an alternative to Christmas, many people actually celebrate both. “Kwanzaa is not a religious holiday, but a cultural one with an inherent spiritual quality,” Karenga writes. “Thus, Africans of all faiths can and do celebrate Kwanzaa, i.e. Muslims, Christians, Black Hebrews, Jews, Buddhists, Baha’i and Hindus, as well as those who follow the ancient traditions of Maat, Yoruba, Ashanti, Dogon, etc.” According to Karenga, non-Black people can also enjoy Kwanzaa, just as non-Mexicans commemorate Cinco de Mayo, for example.

3. KWANZAA CENTERS AROUND SEVEN PRINCIPLES.

The seven principles of Kwanzaa, as determined by Karenga, are umoja (unity), kujichagulia (self-determination), ujima (collective work and responsibility), ujamaa (cooperative economics), nia (purpose), kuumba (creativity) and imani (faith). Kwanzaa also has seven symbols—mazao (crops), mkeka (mat), kinara (candleholder), muhindi (corn), kikombe cha umoja (unity cup), zawadi (gifts) and mishumaa saba (seven candles)—that are traditionally arranged on a table. Three of the seven candles are red, representing the struggle; three of the candles are green, representing the land and hope for the future; and one of the candles is black, representing people of African descent. Some families who celebrate Kwanzaa dress up or decorate their homes in those colors.



4. HOMEMADE AND EDUCATIONAL GIFTS ARE ENCOURAGED.

In order to avoid over-commercialization, gifts handed out to family members on the last day of Kwanzaa are often homemade. Alternatively, some participants buy books, music, art accessories or other culturally themed products, preferably from a Black-owned business.

5. U.S. PRESIDENTS HABITUALLY WISH THE NATION A HAPPY KWANZAA.

Despite not observing the holiday, former president Barack Obama and his wife, Michelle, issued a statement in 2011 “to all those celebrating Kwanzaa.” “We know that there are still too many Americans going through enormous challenges and trying to make ends meet,” the president said. “But we also know that in the spirit of unity, or umoja, we can overcome those challenges together.” Presidents Bill Clinton and George W. Bush released similar statements during their time in office. The holiday also has made inroads with the U.S. Postal Service, which has issued Kwanzaa stamps since 1997.

Source:

<https://www.history.com/news/5-things-you-may-not-know-about-kwanzaa>



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NATIONAL SORORITY OF PHI DELTA KAPPA, INCORPORATED
DONNA SOWERBY, BALISEUS

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Local, Regional & National Communications and Events



5th - THETA CHAPTER's 95th ANNIVERSARY

10th - Family Game Night hosted by Xinos and Kudos

25th - Coat Drive Begins

November National Newsletter

November Eastern Regional Newsletter



10th - Xinos/Kudos Crossover

13th - Reading at Domestic Violence Shelter

20th - Coat Drive Drop Off at Shelter