

# THETA TALKS

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

SEPTEMBER/OCTOBER 2022

VOLUME 1



We had a blast at our summer retreat! Soror Marsha showed off her dance moves and we planned for the upcoming sororal year.

## A Message from our Baliseus, Donna Sowerby

Dear Soror,

Welcome to the 2022-2023 Sororal Year. This year is a monumental year for our sorority. In 1923, 8 young women envisioned a sorority for African American female educators. This vision has come to fruition and grown into nationwide membership. As we embark on our 100th Anniversary Centennial, there will be much to celebration and activities that will culminate with our Conclave in Orlando, Florida from July 17, 2023 - July 20, 2023. It is an event that you will not want to miss! I am humbled to be the president of this amazing chapter. I am encouraged by your willingness to actively work in the NSPDK Inc. - Theta Chapter vineyard as you uplift, humanity and carry the torch of enlightenment everywhere you go.

As we march into the 2022-2023 school year I wish each of you **faith** to push through even when times are tough; **wisdom** to make the right decisions; and **love** to show patience. Remember as educators, we inspire and open up the world of possibilities to our students and staff.

Continue to be a light for those you serve.

Sincerely,  
Donna M. Sowerby  
Basileus

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# CHECK OUT THETA

**LIT DAY**



**PARTICIPANTS WERE ABLE TO CHOOSE FROM HUNDREDS OF TEXTS. THANKS TO THETA, ALL BOOKS AND MATERIALS WERE FREE! THAT'S HOW WE SHOW UP FOR OUR COMMUNITY.**



**CHECK OUT THETA CHAPTER**



# ILIT DAY



**THETA SORORS  
ARE SHOWING  
UP AND OUT**



**CHECK OUT THETA CHAPTER**



# Oatmeal Muffins

2 ripe bananas  
1/2 cup peanut butter  
2 1/2 cups of milk of choice  
1/2 cup maple syrup  
6 cups gluten free rolled oats  
2 tsp baking powder  
1 tsp cinnamon  
toppings: strawberries, sliced banana,  
chocolate chips, and jam

## Instructions:

- Preheat oven to 350F
- In a bowl, mash the bananas add in the other ingredients and stir together well. You want to use a spoon or spatula, not a hand mixer. This makes 24 cups.
- Spray 2-12 cup muffin tins with nonstick spray.
- Add about 3 spoons of oatmeal to each cup. You want them to be about 3/4 full then add toppings!
- Bake for 25-28 minutes, let cool for 10, remove and enjoy!



## HEALTHY MOVEMENTS



DANCE DANCE DANCE  
TO THE BEAT  
OF 3 of YOUR FAVORITE  
SONGS

PLUS 1 Slow Song to cool down 😊  
This could be equal to one plus miles.  
Always make sure of your safety and go at your  
pace.

# WHAT'S HAPPENING

## XINOS & KUDOS



Theta Chapter Hub Parents Soror Ayeisha Seawright-Moses (left) and Marissa Morgan (right) at the 74th Youth Leadership Conference.



Theta Chapter Youth (left to right) Jayden Ball, Meagan Vanzie, Melissa Vanzie, Lauren Whaley, Amina Moses, Marrisra Parris, and Bakari Moses.



### Book of the Month

*September* - Wrath

by Victoria Christopher Murray

*October* - Finding Me

by Viola Davis

### COMING UP

10/2 - BREAST CANCER WALK  
SUNDAY



11/5 - POP UP MUSEUM FOR  
THETA ANNIVERSARY



SOROR SPOTLIGHT:  
TEAM TOO MUCH



**SOROR CHRISTIE E. PAUL**

My name is Christie E. Paul. I was born in Brooklyn, NY of West Indian parentage. I am a Special Education Teacher at the Elementary school level. I have been teaching for 22 years. I am passionate about educating the whole child. I love reading, traveling and listening to music.



**SOROR JANICE E. BRUCE**

Janice is the proud mother of arecent college graduate, a globe trekker, and a tea enthusiast. Born in Venezuela, raised in Trinidad & Tobago, and moved to Brooklyn 30 years ago. Now in my 23rd year as a NYC educator, I'm preparing for another year of service to 300 middle school kids and their families.



**SOROR ROXANNE THOMAS**

Roxanne Thomas is a Jamaican born mother of three who loves to dance and travel. Educated in the public schools of Flatbush, Brooklyn teaching is her second career. She was a banker for 14 years until after September 11th when she found her calling as an educator. Now in her 15th year of serving students through National Heritage Academies, she looks forward to exposing students' gifts, talents, and abilities through the arts while incorporating new technology.



**SOROR YVONNE DOUGLIN**

My name is Yvonne Douglin and I have been an educator for the past 35 years. I have taught grades 3k-5th at PS3K In Brooklyn. I love reading ,cooking and traveling. I am a wife ,mother and grandmother.

# Travel 101

HOW THETA CHAPTER TRAVELED THIS SUMMER



Soror Roxanne Thomas riding her cares away in Negril, Jamaica



Soror Janice Bruce and her daughter in Key Largo, Florida waiting for their Reef Tour



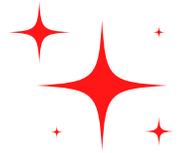
Soror Renee Cook in Virginia celebrating with the 40th Family Reunion for GLOVERS Family members



Soror Annette Durham-Wilson enjoying the beautiful scenery in Connecticut



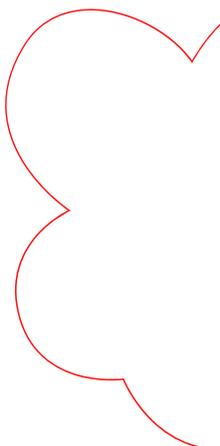
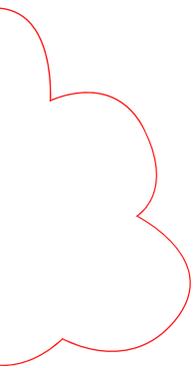
**CONGRATULATIONS ON  
YOUR RETIREMENT**



**CONGRATULATIONS ON  
YOUR RETIREMENT**

**KAREN BULL  
YVETTE GRANT  
TRACEY LEE  
VANESSA PARKISON**

**WELCOME TO THE CLUB**



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## HAPPY BIRTHDAY TO YOU!!!

### AUGUST

- 1- FLORENCE O KING
- 3 - FAIZA ONQUE & CATHLEEN SNYDER
- 8 - SANDRA LOUISE MOORE
- 13 - VALERIE ALSTON
- 14 - NATASHA HARBIN
- 18 - PEARL WARE
- 28 - DOROTHY MURPHY
- 31 - RENEE COOK

### SEPTEMBER

- 11- JANICE BRUCE
- 26 - MARSHA LANE & DOROTHY WYNN

### OCTOBER

- 9 - KISHA BANYAN
- 14 - SHIRLEY NEVILLE
- 16 - CHRISTIE ELIZABETH PAUL
- 30 - ANNETTE DURHAM-WILSON

## IN MEMORIUM



**Marguerite Powell**

