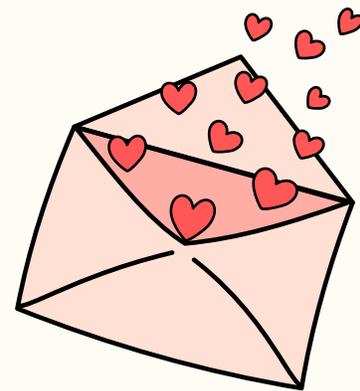


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# Bradfield Brief

February 2025

February  
is the  
Month of  
Love



## FEBRUARY FUN FACTS

Ahhhhh February. What a weird month. Just 28 days long (but sometimes 29 every four years, which is so random when you think about it), February is the most intriguing month on the calendar.

“Leapers” get to celebrate their actual birthdays only every four years. They usually celebrate their birthdays on February 28 or March 1 and use these dates on official documents.

Because of Valentine’s Day, you’d probably think the flower of February is the rose. Well, you’d be wrong. It’s actually the violet and the primrose.

Once every six years, February is the only month that has four, full seven-day weeks. When this is from Monday to Monday for four weeks, it’s thought to be a ‘perfect month’.

<https://www.funfactsabout.com/fun-facts-about-february/>

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“NOT FOR OURSELVES, BUT FOR OTHERS”



### *Charles Edward Hill & Odean Hill*

“The Way We Were”, “Love Story”, “An Officer and a Gentleman”, “Romeo and Juliet”, all of all of these are famous love stories from legend and theater, but we don’t have to go to the movies or read books to enjoy a “real love story”.

by Weenonah Chambers

**Soror Odean Hill, Epsilon Beta Chapter, in the Mid-Eastern Region, recently shared her story with me as she and her husband, Charles were planning their 60th Wedding Anniversary on February 9, 2025.**

Q: *How did you two meet?*

“We met in the cafeteria at Maggie Walker High School in Richmond, VA. He kept following me around, pulling my hair and just doing any and everything that he could to get my attention.”

Q: *Was it love at first sight?*

“Not really, After graduation, he joined the U.S. Air Force and was sent to Italy and I enrolled in Virginia State University in Petersburg, VA.”

Q. *When did the relationship become serious?*

“Charles came home on leave one year and went to my parent’s home. I wasn’t there because I was still in school and was working for North Carolina Mutual Life Insurance Company. My mother told him where I was and he came by my job and that’s the beginning of our serious dating.”

Q. *How long after that did he propose?*

“After writing and seeing each other as often as we could, he returned to the states and was stationed at Lackland AFB in San Antonio, TX. He sent for me and I rode the Greyhound Bus 2 full days and 2 full nights to meet my intended.”

Q: *Did you have a large wedding?*

“No, We were married on February 10, 1965 at the Air Force Base. We lived in San Antonio for 13 months and then Charles was sent to Korea. I returned back home to Richmond and then I received my first teaching job in North Carolina.”

Q. *As a military wife, did you get to travel much?*

“No not really, I stayed in Turkey for a while, then we returned to the states.”

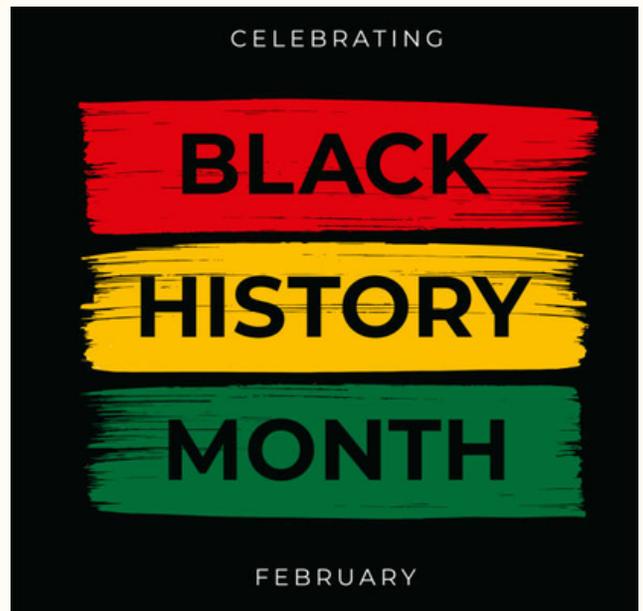
Q: *What do you feel is the secret to a long marriage? What do you think kept this marriage exciting and blissful?*

“Well the secret for me is much prayer and as for Charles, he finds a way each and every day to make me laugh. Two children and 60 years later and every day he continues to make me laugh.”

“NOT FOR OURSELVES, BUT FOR OTHERS”

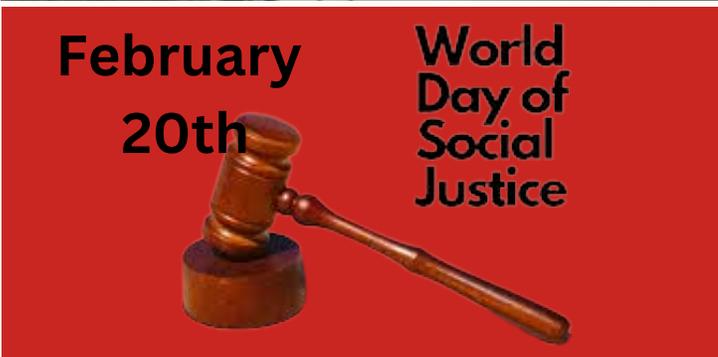


# February



## 7 Steps to a Healthy Heart

- Read it - check food labels to make healthier choices
- Eat it - oily fish twice a week for omega-3 healthy fats
- Cut it - reduce excess salt in your diet to lower blood pressure
- Work it - get 150 minutes of aerobic exercise per week
- Get it - 5 portions of fruit and veg a day
- Lose it - being overweight increases risk
- Quit it - smoking causes heart disease



"NOT FOR OURSELVES, BUT FOR OTHERS"



## National Random Acts of Kindness Day

Make Kindness the Norm, Not the Exception  
In a world full of opportunities to connect and uplift one another, kindness has the power to shine brightly. What if we made kindness the norm—the foundation of how we live and interact every day?

National Random Acts of Kindness Day is February 17! This annual celebration is an opportunity to perform acts of kindness and instill a habit of kindness and generosity in our everyday lives. Through simple gestures, words of support, and actions, the goal is to make the world a better place

Perhaps the best way to celebrate Random Act of Kindness Day is to, well, do a random act of kindness.

Information shared from a website operated by The Random Acts of Kindness Foundation, a 501(c)(3) nonprofit (“RAK,” “us,” “our,” or “we”).

### JUST A FEW SUGGESTIONS

1. Share a snack - Pack an extra snack and make time to enjoy it with someone else.
2. Pick up litter - Garbage isn't meant for the streets, do your part for your city and community by picking up pieces of trash every now and again.
3. Give others the benefit of the doubt - “I know my life is better when I work from the assumption that everyone is doing the best they can.” – Brené Brown, Dare to Lead
4. Drink a glass of water - If you didn't already know, you're 60% water. So for your body to function at its maximum potential, you need to drink 64 ounces of water a day (or eight 8-ounce glasses, for an easy way to remember).
5. Donate blood - Safe blood saves lives. One blood donation can save up to three lives.
6. Thank a teacher - There is nothing better than letting this group of superheroes know they are appreciated for what they do.
7. Read with a child - at any age — will boost their brain development, your bond, and so much more. All it takes is a few books, motivation, and a little time.
8. Compliment with reckless abandon - Don't ever waste an opportunity to exercise your kindness muscle. If you see something, say something.
9. Acknowledge someone who deserves praise - This simple act can make people feel noticed, worthwhile and listened to
10. Support locally owned businesses - Eating locally greatly impacts local farmers and businesses. This seemingly simple act of kindness helps keep local business owners successful and farmers prosperous.
11. Open doors for others - Holding the door open is an act of common courtesy that you can show to anyone. And if someone opens a door for you, smile and say, “Thank you!”
12. Smile - “If you see someone without a smile, give them one of yours.” – Dolly Parton
13. Use a reusable water bottle - Every year, 38 billion plastic water bottles are wasted and not recycled—and that's just in the United States! Drinking water is a daily occurrence so using a reusable water bottle is an easy way to be kind every day.
14. Text someone a positive message - Kick-start someone's day and/or make sure it ends on the right note.
15. Go for a long walk - Day or night, rain or shine, walking can always improve your mood.
16. Share your favorite song with someone - the brain generates strong emotions from musical stimuli. Sharing your favorite song is sharing a big part of who you are.
17. Give an unexpected gift - When you take the time to select the perfect gift and go to the effort of making it a surprise, you express how much you care. If you can bring a little bit of joy to someone's day, then they might feel inspired to bring joy to another person's day.
18. Leave an extra big tip - Paying it forward never goes out of style. If you had service that went above and beyond (or you're just having a good day), you owe it to your server to tip well.
19. Encourage a friend - Take time to reach out and check in on your friends. Mark important dates on your calendar or planner so you can remember to reach out during those special times (as well as the not so special times).
20. Love who you are - Say something positive about yourself. There's only one you.

“NOT FOR OURSELVES, BUT FOR OTHERS”

**SORORS ANSWERING THE “CALL” AND  
SHOWING LOVE TO OUR YOUTH**

thank you

**Soror Rev. Dawn Martin**

Eta Phi Beta Sorority, Incorporated, National Youth Advisor

**CLICK HERE**  to view her photo and bio

*“Thank you for showing love to our youth. We look forward to your leadership.”*



**Soror Paulette Johnson-Davis**

Eta Phi Beta Sorority, Incorporated, National Officer/National Youth Officers Mentorship Development Coordinator

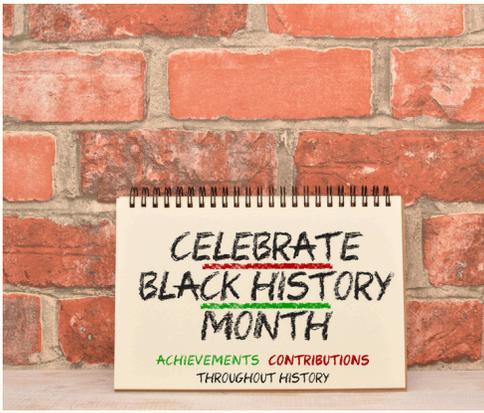
**CLICK HERE**  to view her photo and bio

*“Thank you for showing love to our youth by answering their request for a National Officer to support and serve as a mentor.”*

love



“NOT FOR OURSELVES, BUT FOR OTHERS”



On Monday January 20, 2025, on the late Great Dr. King’s Day, we celebrated his day and also celebrated two of our sisters being sworn in as officers in our local NAACP Chapter. Mrs. Melisha Sawyer and Mrs. Dedra Mills. Epsilon Kappa is so very proud of these two young ladies for being willing to serve in such a great organization and carry out our motto “Not For Ourselves But For Others.”



Monday, January 19, 2025, despite freezing temperatures, Soror of Delta Kappa Chapter of Eta Phi Beta Sorority, Incorporated partnered with members of Theta Eta Chapter of Chi Eta Phi Sorority to support and hand out water to marchers at the the San Antonio 38th Annual MLK March. San Antonio is home to one of the largest MLK Marches in the country.



Sorors of Epsilon Beta Chapter attended a MLK Event. NAACP Officers and at large members, including Soror Odean Hill (third from left), were sworn in by Judge James Davis on MLK Day, January 20th

*“Everyone has the power for greatness, not for fame but greatness, because greatness is determined by service.” Martin Luther King, Jr.*

**“NOT FOR OURSELVES, BUT FOR OTHERS”**



*Those three little words are classic, but there are so many ways to express your love.*

**Saying "I love you" isn't just for romantic partners and crushes. You can also tell your friends and family how you feel with these special words:**

1. I love the way you make every day more cheerful.
2. Being around you is the best. I love you.
3. You bring me so much joy.
4. You're the best friend I could ever wish for.
5. How lucky are we to be partners in crime?
6. No one makes me smile like you do.
7. You mean so very much to me.
8. Thank you for being in my life. I love you so much.
9. We have so much love.
10. You're the actual best, and I love you.

By Kate Miller-Wilson

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Click the hert above, turn up the volume and enjoy

“NOT FOR OURSELVES, BUT FOR OTHERS”



## FOOD OF THOUGHT

I thought that you might find the video to the left interesting. It's called **"Whose Job Is It, Anyway?"**

It's a story that plays out often in our regions and chapters and on many committees and teams—anywhere there is culture that lacks accountability.

*The bottom line is that when no one takes responsibility, nothing gets done.*

*Which are you?*



Upcoming in the month of

# MARCH

- Women's History Month  
Highlighting Business Owners and CEOs within Eta Phi Beta Sorority, Incorporated
- Developmental Disabilities Awareness Month  
Sharing chapters and regions events that embracing our signature focus
- Regional Conferences
- Parliamentary Corner
- Other upcoming events and more

