

BB

NOVEMBER 2025 ISSUE

BRADFIELD BRIEF



October and December may steal the spotlight with Halloween and Christmas, but don't neglect November —it's one of the most underrated (and intriguing) months of the year! For one, it marks that cozy shift into cooler weather. It is also the bridge between spooky season and turkey time, as the excitement for Thanksgiving really starts to build.

But don't be fooled! Thanksgiving isn't the only reason to celebrate in November. The month is packed with unique holidays and fun observances

- Native American Heritage Month
- National Diabetes Awareness Month
November 16-22
- World Kindness Day - November 12
- Veterans Day - November 11

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Not For Ourselves, But For Others.



Greetings Sorors and SHADs, Eta Phi Beta Sorority, Incorporated has chosen to focus its advocacy and support on a very special segment within the disability community - individuals with Intellectual and Developmental Disabilities (IDD). This focus reflects our ongoing commitment to service, compassion, and inclusion.

As you listen to and learn more about the statistics surrounding this population, take a moment to reflect on your own individual efforts - how you can make a difference in the lives of those with IDD through your time, talents, and influence.

While every effort to support any sector of the disabled community is meaningful and commendable, our primary focus remains on the IDD community.

This message is not intended to align with WaWability, but rather to inspire and encourage each of us to channel our energy, efforts, and resources toward empowering individuals with Intellectual and Developmental Disabilities.

You are both needed and appreciated—by the Sorority and by the IDD community we proudly serve. Together, we continue to make an impact that reflects the true spirit of Eta Phi Beta.

In Sisterhood and Service,
Eta Phi Beta Sorority, Incorporated

Always Moving Forward!
Sonda Bradfield
Grand Basileus

[CLICK HERE](#)

Diabetes Awareness Month: Breaking Myths and Saving Lives American Red Cross www.redcross.org October 22, 2025

Diabetes affects millions of Americans and is a leading cause of serious complications, including kidney failure, lower-limb amputations, adult blindness and an increased risk of heart disease and stroke. Yet many people remain unaware they're at risk.

Why Everyone Should Pay Attention

Many people are at risk of developing type 2 diabetes and may be unaware of their condition. Factors such as genetics, lifestyle habits and limited access to healthcare contribute to this increased chance.

Diabetes remains a leading cause of kidney failure, lower-limb amputations and adult blindness — and adults with diabetes face twice the risk of heart disease and stroke compared to those without it.

Dispelling Common Myths

Misinformation often prevents people from seeking help. Here are some common myths about diabetes—and the truths behind them:

- Myth: Herbs or home remedies can cure diabetes.
- Truth: Diabetes needs medical care and ongoing management.
- Myth: Only older people get diabetes.
- Truth: It can affect anyone, including kids and young adults.
- Myth: If you feel fine, you don't need testing.
- Truth: Diabetes can be silent for years; fatigue may be the only sign.
- Myth: Diabetes is a death sentence.
- Truth: With treatment and healthy habits, people can live full lives.
- Myth: People with diabetes can't donate blood.
- Truth: If well-managed, they can donate safely

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National Parliamentarian
Dorothy J. Oliver

Parliamentary Myths

Meeting Myth: If an amendment is "friendly," you need only to have the maker of the original motion agree to it.

Fact: "Once a motion has been stated by the chair, it is no longer the property of the mover, but of the assembly. Any amendment, 'friendly' or otherwise, must be adopted by the full body, either by a vote or by unanimous consent." -- Robert's Rules of Order Newly Revised in Brief, p.116.

Meeting Myth: The chair cannot speak in debate.

Fact: "The chair can speak in debate in small boards and committees (those with about 12 or fewer in attendance); see RONR p. 470-471. In other cases, 'to participate in debate, [the chair] must relinquish the chair' to the highest ranking vice president possible, or if necessary, to some other member approved by the assembly. The presiding officer "should not return to [the chair] until the pending main question has been disposed of" (RONR p. 382 383)."

Meeting Myth: It isn't necessary that a motion be written.

Fact: "A resolution or a long or complicated motion should be prepared in advance of the meeting, if possible, and should be put into writing before it is offered" (Robert's Rules of Order Newly Revised (RONR), p. 35). "The chair - either on his own initiative or at the secretary's request - can require any main motion, amendment, or instructions to a committee to be in writing before he states the question."

Meeting Myth: A motion adopted by the required vote but which lacked a second is null and void.

Fact: "After debate has begun or, if there is no debate, after any member has voted, the lack of a second has become immaterial and it is too late to make a point of order that the motion has not been seconded."

Meeting Myth: If you don't have a quorum at a meeting, you can't vote on anything but a motion to adjourn.

Fact: "The only action that can legally be taken in the absence of a quorum is to [set the time and place for another meeting], adjourn, recess, or take measures to obtain a quorum" (RONR, p. 330). Emergency action taken in the absence of a quorum must be ratified by a meeting with a quorum to be valid."

Is It Stuffing Or Dressing? Real Southerners Know The Difference

Southern Living.com

Author: **Hannah Hayes**



Updated on November 15, 2024
Reviewed by **Carolyn O'Neil, MS, RDN**
Fact checked by **Jillian Dara**

When Thanksgiving rolls around, Americans love to dish about the essential sides that make up our holiday feast. Stuffing ranks in the No. 2 spot behind mashed potatoes as the most popular Thanksgiving side. But is stuffing the same as what we call "dressing" down South?

Some claim the distinction is whether the dish in question is stuffed inside the bird or baked in a casserole dish, but some Southerners do indeed stuff their birds with cornbread dressing and Northerners bake white bread stuffing in a dish

What Is Stuffing?

The term stuffing comes from the practice of filling the cavity of a bird with a mixture of ingredients before cooking. Stuffing is "a mixture used as a filling for an ingredient," according to the [Larousse Gastronomique Culinary Encyclopedia](#). "Stuffing may be made from bread, rice or other grains, vegetables or fruit. They can be coarse or fairly fine in texture and are usually well flavored."

As food safety and standards have taken hold in our home cooking practices over the past few decades, stuffing turkeys for Thanksgiving is highly discouraged. "USDA does not recommend stuffing your turkey because it can be a breeding ground for bacteria if not prepared carefully," according to the U.S. Department of Agriculture website.¹

Many Northerners still call this side dish stuffing, even though it's usually made separately from their big bird for health-safety reasons. The main ingredient used for stuffing outside of the South is bread.

What Is Dressing?

In the culinary world, dressing is "the preparation of fish, poultry and game for cooking," as the Larousse Gastronomique Culinary Encyclopedia describes when for example a whole bird is plucked, gutted, trussed, and larded (where extra fat is added to keep it moist).

Although dressing and stuffing are interchangeable terms, the signature ingredient of this Thanksgiving side dish in the South is cornbread.

"For Southerners, the foundation of dressing is cornbread, and the variations are endless from there, depending on what part of the South you call home," explains Southern Living Deputy Editor Lisa Cericola.

It Depends On Who's Eating It

If you're a Northerner heading to your Southern in-laws, you should make an effort to call it dressing, and if you're a Southerner heading up North for Thanksgiving, don't be surprised if everyone looks at you like you might as well be from Mars for not calling it stuffing. As for the Southern Living Test Kitchen, we're solidly on team dressing.

Still, no matter where you are and what it's called, the most important thing should be that it tastes great. So whether you're "stuffing" it into the turkey or "dressing" your sliced turkey with it, just make sure it's delicious!

Not For Ourselves, But For Others.

25 Ways to Live a Thankful Life

*“Give thanks to the Lord, for he is good! His faithful love endures forever.” –
Psalm 107:1*

Every day we have a choice. We can live thankfully or we can live dissatisfied. We can be grateful for all the blessings God has brought into our lives, or we can murmur and complain about all that we don't have. Hopefully, we choose to live with thanks. If you need ideas for how to live a more thankful life, here are 25 ways you can get started today.

1. Say please and thank you regularly.
2. Send thank-you cards to those who bless you.
3. Pray regularly for those in need.
4. Give in secret.
5. Volunteer in your community.
6. Reach out to someone who is struggling.
7. Make a homemade dinner for someone who can't.
8. Collect cans for a food pantry.
9. Keep a prayer journal and record answered prayers.
10. Keep a family prayer journal and record answered prayers.
11. Hug your family every day.
12. Take a walk/hike.
13. Play a game with your family.
14. Ask each of your family members to name something/someone for which they are thankful.
15. Start and keep a journal of the things you're thankful for.
16. Play with your pet.
17. Schedule regular family dinners.
18. Invite friends to dinner.
19. Set a goal and meet it.
20. Run a race for a cause.
21. Remember something God has done for you.
22. Ponder the gift of your salvation.
23. Join a book club.
24. Become active in a community project
25. Keep a list of something you are thankful for each day.

Kenneth Copeland Ministries
Taken from Real Help Life & Work Topic

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Thankfulness from Eta Phi Beta Youth

THANKFUL



"I am thankful for family, friends, and holidays because I get to spend time with my family and friends. I also get to play more with my friends, and we get to talk more with each other on the phone. I am also thankful for the Christmas, holiday season because we get to celebrate Jesus and his birth."

Olivia Dassie
Alpha Omicron Chapter



Taylor Gilchrist
Alpha Gamma Chapter



"I am thankful for my mother, family and for the people in my life because they have all helped to shape me in some way. I am also grateful to God because of his grace and mercy I am alive today."

"I am thankful for my family, my friends my house and having reliable transportation."

Erielle Bowleg
Alpha Omicron Chapter



"I am thankful my family. I am thankful to have a mom that loves me too!"

Sydnei Johnson
Alpha Gamma Chapter



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Thankfulness from Eta Phi Beta Youth

THANKFUL



Santavias Bruno
Alpha Gamma Chapter

"I am thankful for the love and support of my family and friends gave me all these years. Especially, my mom, my dad, Ms. Gilchrist, and my brother."



Jadan Swindle
Alpha Gamma Chapter

"I'm thankful for my family who always supports me, especially my mother whose love and strength guide me every day. I'm grateful to God for blessing me with life, health, and the courage to keep moving forward. I appreciate the opportunities I've been given to grow, learn, and chase my dreams, and for the people who continue to believe in me along the way."



Lauren-Brooke McDonald
Alpha Gamma Chapter

"I'm thankful for my family and their endless love and support in everything I do. I'm also grateful for my friends, who fill my life with great memories. I appreciate the opportunities I have to learn and grow, as well as the small moments that make life special. I'm truly thankful for the many blessings that surround me every day."



Nia-Joy Ducksworth
Alpha Gamma Chapter

"I am thankful for my family!"



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Thankfulness from Eta Phi Beta Youth

THANKFUL



Niara-Hope Ducksworth
Alpha Gamma Chapter

"I am thankful to be alive because many people didn't make this far."



Kyle Sweeting
Alpha Gamma Chapter

"I am thankful for my parents and the love they have given me."



Regaé Shelby
XI Chapter

"I am thankful for the life I've been blessed with and the many talents that have gotten me toward a great future."



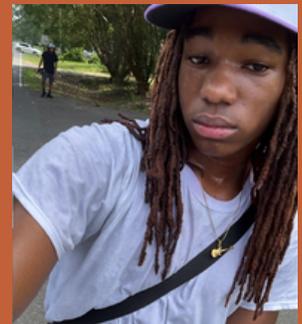
Gabby Schoneck
Delta Chapter

My name is Gabby and I am thankful for my mommy and being a part of Girl Scouts where I can learn many things and sell lots of cookies."



Damion Short
Delta Chapter

"I am thankful for my mom, food to eat and a warm comfortable home where I can play with my Xbox and my PST."



Rhyan Mekye Newby
XI Chapter

"I am thankful for my family and friends."



Michael Shepherd
Delta Chapter

"I am thankful for my family, my friends, a roof over my head, and life that has been provided to me."



THANKFUL

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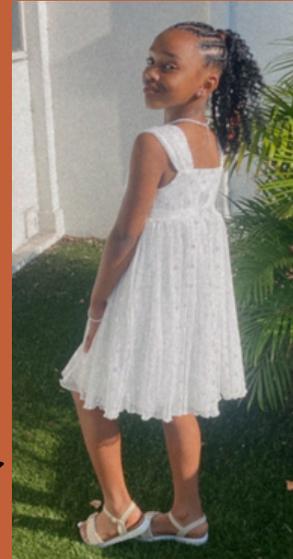
Thankfulness from Eta Phi Beta Youth



Aarya Ge'nae Jacobs
XI Chapter

"I am thankful for my Nana, my family and the earth"

THANKFUL



Mikari Kelly
Delta Chapter

"I am thankful for my Mom and everything she has done for me. I am thankful for my life and living it the best I can. I am thankful for my best friends and their kindness to me. I am thankful for my gratefulness to everyone. I am thankful for the people who are giving and nice to people who are poor. Amen."



Maurie Miller
Delta Psi Chapter

"I'm thankful for my family loving and supporting me. I'm also thankful for my friends being there for me."



Christopher Aleryc Murphy
XI Chapter

"I am thankful life, family, everything."

Editorial Comment Weenonah Chambers

I am amazed and so very proud of the responses that were received to my question, "What are you thankful for?" If you will note, as you read their responses, none of them are thankful for tangible "things". Not one expressed thankfulness for "stuff". They are, on the other hand, thankful for intangibles that are essential and important - the earth, love, family, support, friends, God, and health.

I am thankful for our Eta Phi Beta Youth!

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30th Biennial Eastern Region Conference

First Time Attendees

Epsilon Epsilon

Angel Feemster, Terresa Love, Denise Weeks, Sandra Baxton Rily, and Sandra Thomas

Epsilon Lambda

Sonya Carr, Vernessa Broddie, Bridgette Kendrick, Sheila Barnes Jones, Phyllis Kittrell, Belinda Wiley, Paula Randall Meyers, Deithre Cheatham Brown



Red and Gold Luncheon
Guest Speaker Christi Venable, Founder of SMILE Therapy Services



Presentation of the check to the ARC of Baltimore

HATS OFF! CERTIFICATE OF SUPPORT

presented to

Eta Phi Beta Sorority, Incorporated

Eastern Region

for their generous support of the
2026 Youth Conference in the amount of
Six hundred twenty dollars
and no/100

\$620.00



Eastern Region
presented a
charitable
donation to the
ARC of Baltimore
in the amount of
\$1,000.00

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30th Biennial Eastern Region Conference



GHWs Tables at ER Conference



Sisterhood Workshop by Tamara Causley Robinson of Gamma Phi Delta.



Eastern Region Shad Club 64 - Charter Members
Left to right, National SHAD President Ron Carter, Ronald Holton, Charlie Pole, Jr., Elder Dana Billingslea, Grand Basileus, Leslie Meyers, and Darryl Baugh, Jr.



Financial Workshop by Velma Hart of Epsilon Zeta Chapter



SHADs with their sponsors, along with Grand 1st Anti Basileus Juanita Jones, Grand Basileus Sonda Bradfield, and Regional Director Maude Holt

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Hats off! 🎩



Hats off to the amazing sisters of **Epsilon Epsilon Chapter, out of Baltimore, Maryland**. Under the leadership of Basileus Felecia Weeks, the chapter participated in Mock interviews at the ARC of Baltimore. The interviews were in the “speed dating” format and gave Individuals with Developmental Disabilities the opportunity prepare for real world interviews with potential employers. Well done sisters!

Coming in December Issue



- 30th Biennial Western Region Conference Highlights
- 33rd Biennial Southern Region Conference Highlights
- Kwanza Emphasis
- Boule Watch
- Christmas cheer
- Giving Tuesday
- More

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