



Omega Psi Phi Fraternity, Inc.

Rho Phi Chapter

New Orleans, LA



“Friendship Is Essential To The Soul”

December, 2019

In This Issue

Chapter News

- Achievement Week Banquet
- Founders Day Celebration
- Thanksgiving Baskets Giveaway
- Initiation Anniversaries
- Healthy Living Tips From Dr. Tursha
- Brother Spotlight
- Congratulations
- Upcoming Chapter Events

Ninth District News

- 83rd Annual District Meeting
- Ninth District KRS' Monthly Message
- Rho Phi Articles in Source Magazine



Greetings From Basileus, Bro. Jerome Tingue

By the grace of God, we have made it to the end of another year.

The recent fire at the CCQ Clubhouse has caused the chapter to adjust and adapt to a new paradigm, but nothing will stop the Rho Phi Train from rolling, because as Omega Men, **“The difficult we do immediately...the impossible takes a little longer”**.

Our monthly business meetings will continue to be held on the first Tuesday of each month. The meetings will be held at the Gamma Rho Foundation house, which is located on the West-bank of New Orleans. The address is 1600 Franklin Ave., Gretna, LA. Meetings will start at 7:00pm. Attire is coat and tie.

The **Rho Phi Christmas party** will take place on December 7, 2019 from 8:00pm -11:00pm at home of Bro. Clarence Verdin.

On December 19, 2019 the chapter will host its' 11th annual **Tech Tablets for Books** program. The event will be held at Joseph A. Craig Charter School. Program will be from 11:00 am—12:00 noon

The Chapter's inaugural **Toy Giveaway**, in which we are partnering with the Advocate/Times-Picayune will take place on December 21, 2019. at the Xavier University Convocation Center The event will begin at 8:00 am .

On December 23, 2019, the chapter will deliver toys and gifts to several women shelters in the greater New Orleans area.

CHAPTER NEWS

Achievement Week Banquet

Rho Phi Chapter and brothers from the Greater New Orleans Coalition of Omegas held the annual Achievement Week Banquet on Saturday, November 16, 2019. The event was held at Belle Terre Country Club in Laplace and was hosted by Phi Iota Iota Chapter.





2019 Citizen of the Year—Ms. Rhonda Oliver

Founders Day

Rho Phi Chapter and brothers from the Greater New Orleans Coalition of Omegas, celebrated the 108th Founders Day on Sunday, November 17, 2019. The event was hosted by Gamma Rho Chapter.



Thanksgiving Baskets Giveaway

Rho Phi Chapter brothers held its annual Thanksgiving Basket Giveaway on November 25-26, 2019. Brothers donated and distributed baskets of food and hundreds of dollars in gift cards to needy families and shelters in the Greater New Orleans area.





Initiation Anniversaries

Congratulations to the following Rho Phi chapter brothers on the anniversary of their Initiation into **Omega Psi Phi Fraternity** in December.

December 01, 1973 — Bro. Almore Cato — Beta Theta

December 07, 2013 — Bro. Bobbie Smith — Rho Phi

December 07, 2013 — Bro. Willie Wilson — Rho Phi

December 08, 1978 — Bro. Ernest Parquet — Omega Kappa

December 08, 1978 — Bro. Kelmer Steverson — Omega Kappa

December 12, 1970 — Bro. Rhosus Eckles — Beta Theta

December 13, 1968 — Bro. Michael Wingate — Theta Sigma

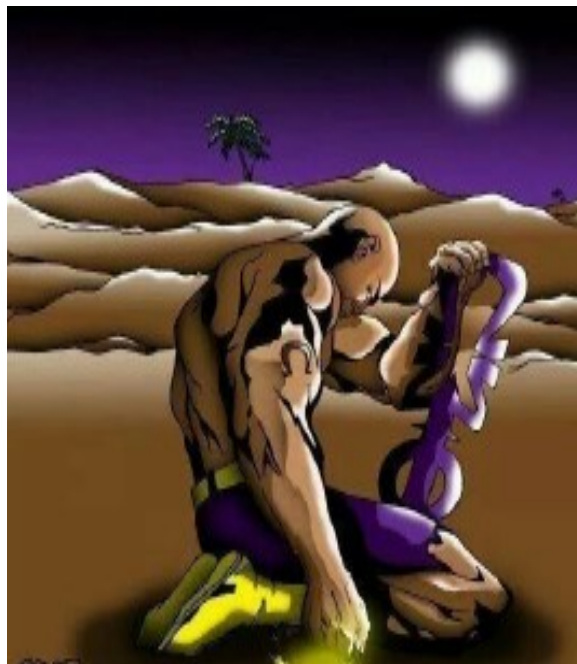
December 16, 1950 — Bro. William Sutton Sr. — Theta Sigma

December 16, 1989 — Bro. Overton Thierry — Rho Omicron

December 18, 1953 — Bro. August James — Rho Phi

December 21, 1987 — Bro. Firmin Brown — Rho Phi

December 22, 1970 — Bro. Freddie Baptiste — Kappa Psi



Healthy Living Tips

From Dr. Tursha

Are You Being Fed??

That is not a rhetorical question. Are you being fed? Are you ACTUALLY eating? Like... food food. I don't mean just grazing or grabbing something on-the-go. I mean, are you actually eating and feeding your body?

Let me ask you this. Would you be ok with your child (or grandchild, or godchild, or elder parent) eating the way you have been eating the last several days? Weeks? Months? YEARS??

If the answer is "NO!" then I encourage you to begin to make some changes to how you feed yourself. Food is necessary, but the way you process the food is even more important because it impacts your digestion and absorption of the nutrients you need. In other words, if your body can't break the food down and get it in, then your cells still can't use it.

Make a resolution to yourself that you will improve ONE aspect of your meals each day. Don't make it complex, but you do need to make some effort. Here are some examples:

- Drink a Large Cup of Water as soon as you wake up
- Eat one meal at a table or at your desk instead of being on-the-go for each meal
- Before you eat, actually LOOK at your food for a couple minutes. Is it pretty? Does it smell delicious? Can you identify all the things?
- TASTE your food. Slow down while eating, don't just scarf it down quickly
- Eat (at least) one veggie a day.

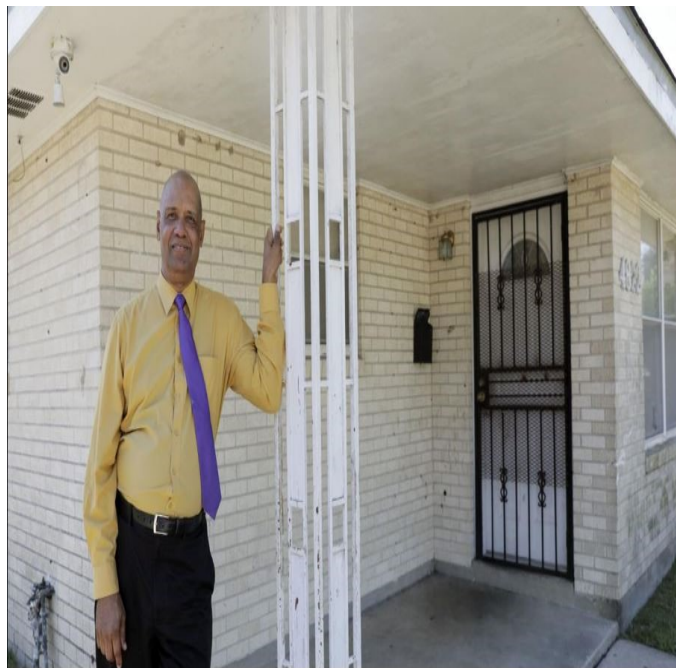
These are simple, but they can be a great start to getting you and your body FED.

Until next time,

Live Better!

Brother Spotlight

Congratulations to **Bro. William Sutton Jr.** as he returns home to New Orleans to accept a position as a columnist for The Times-Picayune | The New Orleans Advocate. **Bro. Sutton** has worked as an editor and reporter in Pennsylvania, Indiana and North Carolina and will write columns and editorials along with serving on the board that helps decide the newspaper's editorial positions. In addition, he will be a professional in residence at Loyola University New Orleans' School of Communication and Design, teaching and helping diversify the news industry in Louisiana by recruiting high school and college students into the profession.



Congratulations

Rho Phi Chapter extends congratulations to the following brothers:

Bro. Walter Martin Jr. — birth of his grandson, **Ali Jones**.

Bro. Foluso Sokunbi (FS)— birth of his son, **Foluwakemi Sokunbi**.



Upcoming Chapter Events

Event: Tech Tablets for Books

Date: December 19, 2019

Time: 11:00 am—12:00 noon

Location: Joseph A. Craig Charter School

Address: 1423 St Philip St New Orleans, LA

Event: Times – Picayune Doll and Toy Give Away

Date: December 21, 2019

Time: 8:00 am

Location: Xavier University Convocation Center

Address: 7910 Stroelitz St, New Orleans, LA

Event: Rho Phi Chapter Toy Give Away

Date: December 23, 2019

Time: 11:00 am

Location: Miracles Hall

Address: 3904 Bruxelles St, New Orleans, LA

NINTH DISTRICT NEWS

83rd Annual Ninth District Meeting



83rd ANNUAL NINTH DISTRICT MEETING

April 1-5, 2020

Tulsa, OK

District Marshal: Bro. Lee Young

General Information

Regular Registration Period: October 1, 2019 - March 19, 2020

Graduate Rate - \$225.00

Undergraduate Rate - \$100.00

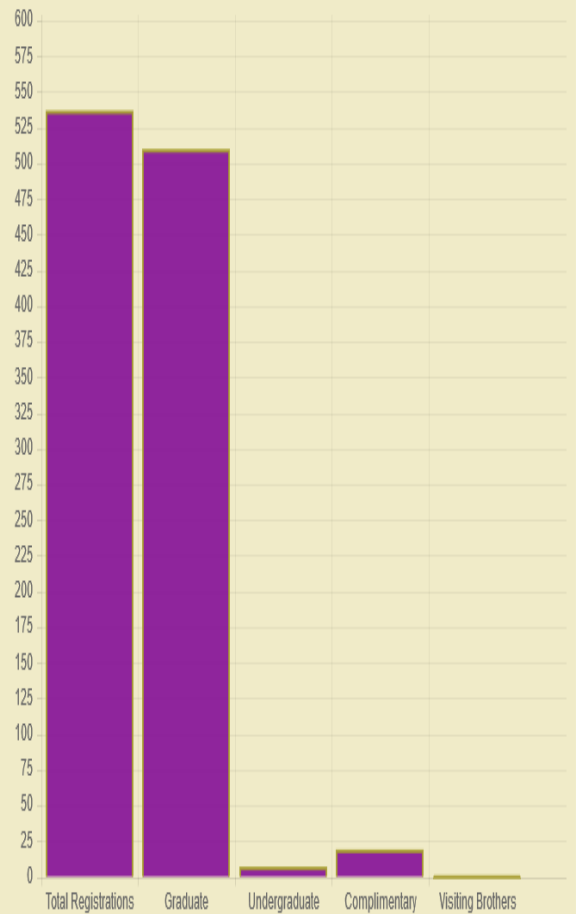
Venue Information

Cox Business Center

100 Civic Center

Tulsa, OK

<https://coxcentertulsa.com/>



Ninth District—KRS' Monthly Message

- Registration for the 83rd NDM (Tulsa, OK) is at the Regular Registration stage. Regular Registration is \$225/Grad and \$100/UG. Regular Registration will end on March 19, 2020. Currently, we have 549 brothers registered for the District Meeting in Tulsa. Quette registration will remain throughout the entire registration process at \$150. As a reminder, brothers that have 55+ service years and financial will receive complimentary registration for the District Meeting but most register online. Please log on to [<https://www.mightyninth.com>] and register.

Note: The Mighty 9th District Meeting will be held at the Cox Business Center -100 Civic Center - Tulsa, OK. Hotel Information - [DoubleTree by Hilton Tulsa Downtown - 616 W. 7th St. - Tulsa, OK - Reservations Line: (918) 587-8000] & [Aloft Downtown Tulsa - 200 Civic Center - Tulsa, OK - Reservations Line: (918) 947-8200]. Both Hotels Reservation Period ends March 1, 2020.

- 2020 Grand Conclave Registration is at the Regular Rate (Graduate-\$450 / Undergraduate-\$350) (7/25/19 – 3/31/2020).
- Brothers, there is power in prayer. Join the International Prayer Call each morning, Monday through Friday at 6:30am EST and the FIRST Sunday of each month at 9:00pm EST. If you have special prayer requests, email them to PRAYINGOMEGAS@GMAIL.COM The Dial In # is (712) 775-7031 | Passcode/Meeting ID: 674-166-340 #.
- Please see Bro. Grand Basileus (Dr. David Marion) Founders' Day Video - <https://youtu.be/9XePL2mpQFs>
- See google link for all Achievement Week Forms (Form 77) [<https://drive.google.com/drive/folders/1vByRobiWoNC-0nlzHPEodD2P012fCk97?usp=sharing>]. If you have any questions, please contact the 9th District Achievement Week Chairman (Bro. William Scott – 501.680.3149 - torosp80@yahoo.com).
- Please submit Founders Day Banquet, noteworthy Achievement Week & Community Service articles to the 9th District Director of Public Relations (Bro. Frank Watson). Send an email to flwatson31@gmail.com titled (Chapter or Coalition Name / Achievement Week or Community Service Articles). Be sure to attach a word document and picture(s).
- Brothers of the Mighty 9th District, the International Undergraduate Summit will be held on January 17-18, 2020 in Little Rock, AR at the Little Rock Marriott, 3 Statehouse Plaza, Little Rock, AR, 72201. The registration is \$195 until January 3, 2020 and room rate is
- Several Brothers asked about 9th District Recent Graduate Stipend. Brothers, if you are a recent graduate or about to graduate, please contact Bro. Howard Dunlop (9th District Recent Graduate Stipend Committee Chairman). Bro. Dunlop can help and explain the process. Bro. Howard Dunlop (817)991-4735 - hkdunlop@yahoo.com .
- To all 9th District Chapter Basilei and KRS, please ensure that Form 50 (Chapter Officers) have been updated on the IHQ system.
- Several Brothers have reached out to me about Service Awards at the Grand Conclave in Tampa, FL. Once I receive the up to date Form 80, I will forward it to all Chapter KRS to ensure everything is correct. Brothers that want to make past payments to be current for their awards will have the opportunity to do so.
- Several brothers have been inquiring if there will be additional Leadership Academy trainings. Bro. DR is coordinating with State Representatives for possible future dates. Please keep a look out for future potential trainings.
- Brothers, I have been in communications with IHQ about Form 80 (Service Awards). Several brothers want to know if they can take care of any back dues, they need to pay so they can receive their Service Award at the Grand Conclave in Tampa, FL. Once I get the most current Form 80 for the entire 9th District, I will communicate the information to Chapter Basilei and KRS to assist with brothers to handle any matter as it pertains to the Service Awards. IHQ is working on getting that information out by the end of month.
- Brothers of the Mighty 9th District that plan to attend the 2020 9th District Winter Council Meeting (Tulsa, OK), see the date and location below. Bro. District Marshal Young is coordinating addition lodging for the meeting.

Mighty 9th District
2020 Winter Council Meeting
February 1, 2020

- Several Brothers asked about 9th District Recent Graduate Stipend. Brothers, if you are a recent graduate or about to graduate, please contact Bro. Howard Dunlop (9th District Recent Graduate Stipend Committee Chairman). Bro. Dunlop can help and explain the process. Bro. Howard Dunlop (817)991-4735 - hkunlop@yahoo.com .
- For the Brothers that came through the GET RIGHT PROGRAM, I am working with IHQ to get dates corrected in the system.
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- Insurance / CEF should have the correct amounts in Member Manager today. Insurance – (\$1300 for Graduate Chapters and \$1000 for Undergraduate). Also, CEF (College Endowment Fund) must be paid. CEF are based on chapter financial membership. See information below.

01-10 members - \$100.00
 11-20 members - \$200.00
 21-30 members - \$300.00
 31-50 members - \$400.00
 50 or more members - \$500.00

Note: Insurance and CEF are 2 separate payments. Both are required to be consider as an ACTIVE chapter. Reminder: An additional fee of a \$100 will be added on January 1, 2020.

- 9th District KRS Training is almost complete around the Mighty 9th District. The final training will be in Houston, TX. See link below to
- Brothers, I have created registration links for the 2020 9th District Winter Council meeting and all State meetings. This will help the District Marshal and State Presidents prepare to host and accommodate brothers that will be attending. There is NO COST to register. See links below. The District Marshal and State Presidents will be updated about registration every 2 weeks until the meeting is held.

Note: You can also log-on to the 9th District Website to register. Bro. Basilei and KRS, please forward the registration links information to the brothers in your chapter.

- 9th District Winter Council Meeting - Tulsa, OK – February 1, 2020
<http://www.mightyninth.com/events/register.php?event=WCM202002010060>
- Lone Star State Ques – Ft. Worth, TX – February 8, 2020
<http://www.mightyninth.com/events/register.php?event=TSM202002080060>
- Natural State Ques - West Memphis, AR – February 22, 2020
<http://www.mightyninth.com/events/register.php?event=ASM202002220060>
- Oklahoma State Omegas Association – Oklahoma City, OK – February 29, 2020
<http://www.mightyninth.com/events/register.php?event=OSM202002290060>

Rho Phi Articles in Source Magazine

LOUISIANA

Rho Phi Chapter Retention and Reclamation

by Bro. Keith Taylor - Rho Phi (New Orleans, LA)



Rho Phi Chapter held its Fall Reclamation and Retention Set Owt on Saturday, September 21, 2019. The event was held at the Crescent City Q's Clubhouse. The purpose of the event is to encourage non-financial Brothers to become financial again and Brothers who are currently financial, to continue to stay active.

U.S Census 2020 Project

by Bro. Keith Taylor - Rho Phi (New Orleans, LA)



Rho Phi Chapter has partnered with the U.S. Census Bureau, to promote the 2020 U.S. Census. The chapter disseminated information on the U.S. Census to students and staff at Joseph A. Craig Charter School on Friday, September 27, 2019.

Real Men Read

by Bro. Keith Taylor - Rho Phi (New Orleans, LA)



Rho Phi Chapter and The Omega Men Foundation hosted the annual Real Men Read program at Joseph A. Craig Charter School on Friday, September 27, 2019. The program, in its 11th year, is designed to promote reading and encourage students in Pre-3 through First Grade to develop their reading skills. The school received a donation from The Omega Men Foundation, funded by Entergy, Inc., to purchase books for the school library.

Contact Us

For more information on Rho Phi Chapter send an email to:

Bro. Keith Taylor/Chapter Reporter: reporter@rhopi.org

Visit us on the web:

<http://www.rhopi.org>

Or the chapter's social media sites:

Facebook: <https://www.facebook.com/rhophinola>

Twitter: <https://twitter.com/RhoPhiOPP>

Instagram: <https://www.instagram.com/rhophiomegas>

Rho Phi Chapter 2019 -2020 Officers:

Basileus: Bro. Jerome Tinguee

Vice-Basileus: Bro. Charles Allen III

Keeper of Records and Seal: Bro. Ernest Parquet Jr.

Asst. Keeper of Records and Seal: Bro. Christopher Hamilton

Keeper of Finance: Bro. Michael Wingate Sr.

Keeper of Peace: Bro. Steve Crandle

Reporter: Bro. Keith Taylor Sr.

Chaplain: Bro. Michael Raymond

Parliamentarian: Bro. Kyle Augillard

Immediate Past Basileus: Bro. Dana Walker

Other Fraternity Officers:

Immediate Past Grand Marshal: Bro. Terrence Augillard

S.E. Louisiana State Representative: Bro. Rene Metoyer