



Omega Psi Phi Fraternity, Inc.

Rho Phi Chapter

New Orleans, LA



“Friendship Is Essential To The Soul”

October, 2019

Greetings From Basileus, Bro. Jerome Tinguee

We have come to the end of our fiscal year and I am proud to announce that all is well within Rho Phi Chapter. Our focus this month will be to pass a sound budget and to select the Leadership that will guide the Chapter into 2019-2020 fiscal year. I would like to thank every one of you for your help and support throughout this year and I look forward to continuing our efforts to make this chapter the best in Omega. Let us continue to do our part and take pride in what is uniquely ours, Rho Phi Chapter of Omega Psi Phi Fraternity Inc.



In This Issue

Chapter News

- Fall Reclamation and Retention Set OWT
- Real Men Read—Joseph Craig Charter School
- #QUESFORTHECOUNT
- Initiation Anniversaries
- Healthy Living Tips
- Spiritual QTip
- Upcoming Chapter Events

International News

- Construction of drinking wells in Ghana
- Hurricane Dorian Relief Fund

Ninth District News

- 83rd Annual District Meeting
- Brothers Running for Public Office in Louisiana

Rho Phi Chapter 2018-2019 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

CHAPTER NEWS

Fall Reclamation and Retention Set OWT

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.





Real Men Read Program

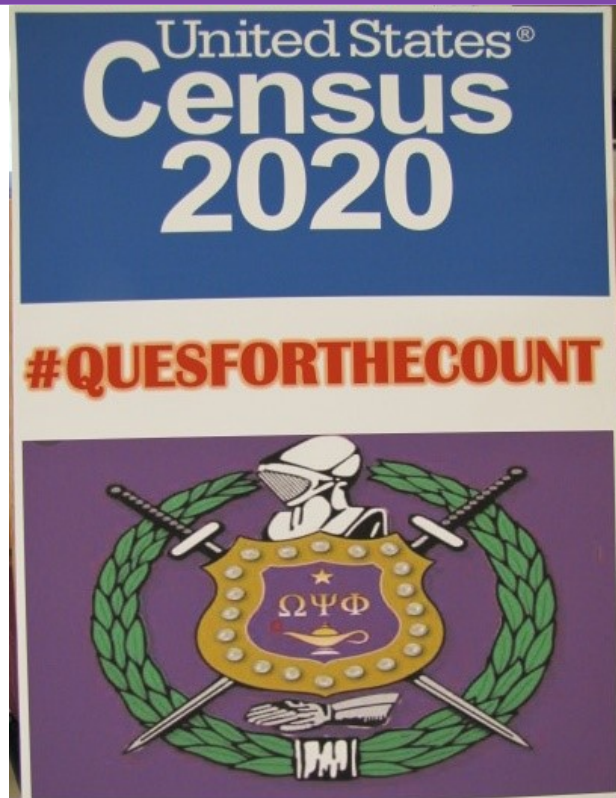
Rho Phi Chapter and The Omega Men Foundation, hosted the annual Real Men Read program at Joseph A. Craig Charter School on Friday, September, 27, 2019. The program, in its 11th year, is designed to promote reading and encourage students in Pre-3 through First grade to develop their reading skills. The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





#QUESFORTHECOUNT

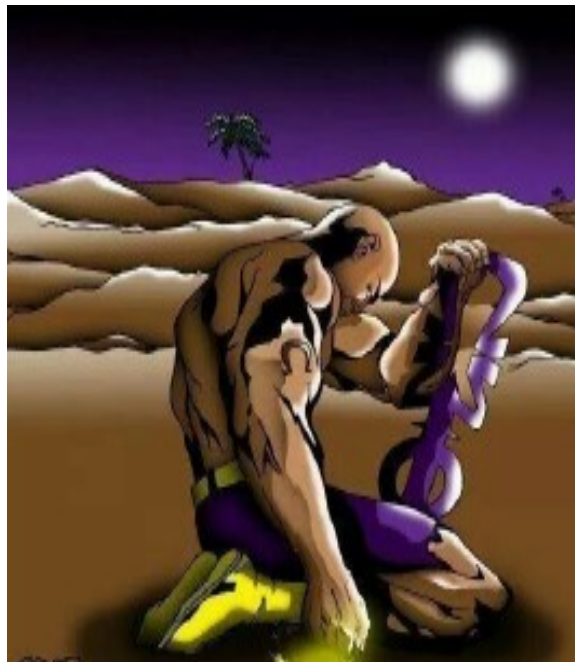
Rho Phi Chapter has partnered with the U.S. Census Bureau, to promote the 2020 U.S. Census. The chapter disseminated information on the U.S. Census to students and staff at Joseph A. Craig Charter School on Friday, September, 27, 2019.



Initiation Anniversaries

Congratulations to the following Rho Phi brothers on the Anniversary of their Initiation into Omega Psi Phi Fraternity.

October 3, 1981— Bro. Anthony Barnett — Rho Phi
October 9, 1994— Bro. Charles Allen — Xi Sigma
October 9, 1994— Bro. Patrick Antoine — Xi Sigma
October 9, 1994— Bro. Carlos Vital — Xi Sigma
October 11, 1986— Bro. Rene Metoyer — Xi Sigma
October 11, 1986— Bro. Noel Pinera — Xi Sigma
October 15, 1982— Bro. Ruston Henry — Xi Sigma
October 16, 1984— Bro. Malcolm Armstrong — Xi Sigma
October 19, 1991— Bro. Kyle Augillard — Xi Sigma
October 21, 2000— Bro. Grady Belyeu Jr. — Rho Phi
October 25, 1985— Bro. Robert Merrett — Xi Sigma



How can you change your eating habits?

To eat a healthy diet, you may need to make some changes. Remember that you can change your eating habits a little bit at a time. Small changes are easier to make and can lead to better health.

Here are some ways to make healthy changes in your eating habits:

- Keep more fruits, low-fat dairy products (low-fat milk and low-fat yogurt), vegetables, and whole-grain foods at home and at work. Focus on adding healthy food to your diet, rather than just taking unhealthy foods away.
- Try to eat a family meal every day at the kitchen or dining table. This will help you focus on eating healthy meals.
- Buy a healthy-recipe book, and cook for yourself. Chew gum when you cook so you won't be tempted to snack on the ingredients.
- Pack a healthy lunch and snacks for work. This lets you have more control over what you eat.
- Put your snacks on a plate instead of eating from the package. This helps you control how much you eat.
- Don't skip or delay meals, and be sure to schedule your snacks. If you ignore your feelings of hunger, you may end up eating too much or choosing an unhealthy snack. If you often feel too hungry, it can cause you to focus a lot on food.
- Eat your meals with others when you can. Relax and enjoy your meals, and don't eat too fast. Try to make healthy eating a pleasure, not a chore.
- Drink water instead of high-sugar drinks (including high-sugar juice drinks).

Spiritual QTip

From The Chaplain's Desk

SPIRITUAL Q-TIPS

October 2019

Bro. Jerome Tinglee, Basileus
Rev. Bro. Michael B. Raymond, Chaplain

ALWAYS RE-DEDICATE YOURSELF TO THE CAUSE OF OMEGA.

By getting to know more Brothers in Rho Phi Chapter.

SPIRITUAL Q-TIP OF THE MONTH: What matters most.

POINT TO PONDER: Life is all about love.

QUESTION TO CONSIDER: Are relationships a top priority in my life? How can I insure that they are?

*Galatians 5:14

*1 Corinthians 3:13

*1 John 3:18

Notes

"Friendship Is Essential To The Soul"

*Look Up/Study Scripture

Upcoming Chapter Events

Event: Chapter Business Meeting: October 1, 2019

Time: 7:00 pm

Location: Crescent City "Qs" Club House

Address: 1616 Treasure Street

Attire: Business (Suit or sport coat, dress shirt, slacks and shoes)

INTERNATIONAL NEWS

Construction Of Drinking Wells In Ghana



Omega Psi Phi
commissions the
construction of drinking
wells in Ghana

September 18, 2019



Omega Psi Phi Fraternity, Inc.

INTERNATIONAL HEADQUARTERS

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www.opf.org

FROM THE DESK OF THE GRAND BASILEUS



The Omega Psi Phi Fraternity Inc. recently commissioned the construction of drinking wells, or boreholes, for two impoverished communities in Ghana.

Each day, villagers in Borishe, a suburb of Akropong, Ghana have to obtain their water to cook, clean and bathe from a nearby, muddy, disease-infested ditch.

"I was heartbroken to see and hear the things that we saw and heard when people don't have something as simple as water, that we here in the States don't put a lot of value on," said David E. Marion, the international president of Omega Psi Phi.

The United Nation estimates that roughly 115 people in Africa die every hour from diseases linked to poor sanitation, hygiene and contaminated water. Marion said that is why boreholes are essential to quality of life for many Africans.

Working through the Tau Chi Chapter, located in Accra, Ghana, the fraternity financed a borehole for the village and the Akropong School of the Blind, another community that had struggled with access to potable water.

Boreholes are narrow shafts drilled to extract water from below the ground. The water is collected into an above-ground container and villagers are able to fill their buckets and containers.

Mahala Maku Narh, headmistress of the Akropong School for the Blind, applauded the fraternity's work.

"The water situation in Akropong is currently better, but formerly we had serious problems when it comes to water," Narh told the Ghana News Agency.

"We have one borehole drilled by World Vision International, but that alone cannot do for all the staff and students in the school. Even people from the community sometimes had to fall on us for water."

Marion said the two boreholes will provide villagers with an endless supply of fresh, clean and potable water.

"When you put it into perspective, you are talking about water and everyone needs it to survive and for Omega to go over and give water, right now that is absolutely mind-blowing to know that these wells will provide water for generations of our people," Marion said.

Carl W. Bampoe, president, or basileus, of Tau Chi Chapter, said members would continue to find ways to support the communities.

"This is the first, but certainly will not be the last," Bampoe told the Ghana News Agency.

Hurricane Dorian Relief Fund

HURRICANE DORIAN RELIEF FUND

DONATE NOW

www.omegacharities.org

PHOTO CREDIT: AL DIAZ/ MIAMI HERALD

NINTH DISTRICT NEWS

83rd Annual Ninth District Meeting



Rectangular Snip

83rd ANNUAL NINTH DISTRICT MEETING

April 1-5, 2020

Tulsa, OK

District Marshal: Bro. Lee Young

- Register Online



- Online Registration for Visiting Brothers from other Districts
- Register for Marchdown and Sporting Events!
- Purchase an Ad in Souvenir Booklet!
- Register to be an Approved Vendor!
- Non-Member Registration for Herbert King Golf Classic at 83rd District Meeting!

General Information

Pre-Registration Period: May 2, 2019 - October 1, 2019

Graduate Rate - \$175.00

Undergraduate Rate - \$100.00

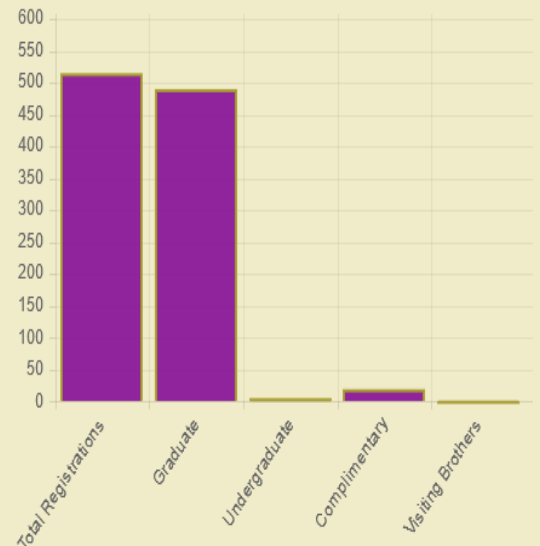
Venue Information

Cox Business Center

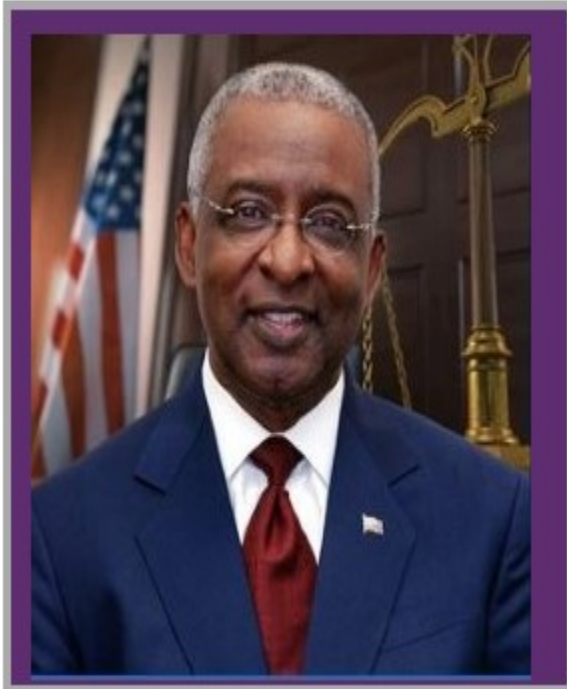
100 Civic Center

Tulsa, OK

<https://coxcentertulsa.com/>



Brothers Running For Public Office In Louisiana



Bro. Willie Banks, Jr.

Candidate for Louisiana State Representative – District 24
<http://electbanks.com>

Initiated Delta Tau, 1972, Plaquemine, LA.
Currently Epsilon Chi, Alexandria, LA.
Colonel, US Army (Ret.)



Bro. Marcus Bryant

Candidate for Louisiana State Representative – District 96

Initiated Beta Sigma, 1999, Southern University, Baton Rouge, LA.
Currently Rho Omicron, New Iberia, LA.
International Life Member.
Ninth District Life Member.
82nd Ninth District Marshal.

Contact Us

For more information on Rho Phi Chapter send an email to:
Bro. Keith Taylor/Chapter Reporter: reporter@rhophi.org

Visit us on the web:

<http://www.rhophi.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>