

#### "Friendship Is Essential To The Soul"

#### September, 2019

#### Greetings From Basileus, Bro. Jerome Tinguee

As we enter the last two months of the 2018-2019 FY the Chapter's focus this month will be on the 6th annual Real Men Read Program, which will be held at Joseph A. Craig Charter School, on September 27, 2019. Also, the Chapter will host a Fall Set OWT/Reclamation event on September 21, 2019. I am asking every Brother to carve out some time from your busy schedules to support these events.

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### 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**

#### 2019 College Scholarship Award Presentation

**Rho Phi Chapter** held its 2019 College Scholarship Award Presentation on Tuesday August 6, 2019 The event was held prior to the Chapter's August business meeting. A Scholarship Award certificate was given to Jourdan Mondy, daughter of Bro. Raymond Mondy. Scholarships were also given to Elise Metoyer, the daughter of Bro. Rene Metoyer, Maya Spears, the daughter of Bro. Gerald Spears and Paige Luster, the daughter of Bro. Brian Luster. Maya, Paige and Elise were not able to attend the event.





### Ring The Bell—Joseph Craig Charter School

**Rho Phi Chapter** brothers, Marion Floyd and Walter Martin, participated in the "Ring The Bell" ceremony at Joseph Craig Charter School on August 13, 2019. The ceremony is held every year to welcome the students back to school.



#### **Greater N.O. Pan-Hellenic Council Picnic**

**Rho Phi Chapter** and members of the Greater New Orleans Pan-Hellenic Council held its annual picnic at Joe Brown Park on August 24, 2019.





#### **Voter Registration Drive**

**Rho Phi Chapter** held its annual Voter Registration Drive at Joe Brown Park on August 24, 2019. The event was co-hosted by the Orleans Parish Registrar of Voters.



#### Charles R. Drew Blood Drive

**Rho Phi Chapter** held its annual Charles R. Drew Blood Drive at Joe Brown Park on August 24, 2019. Fifteen pints of blood was donated during the event.







#### **Podium Donation**

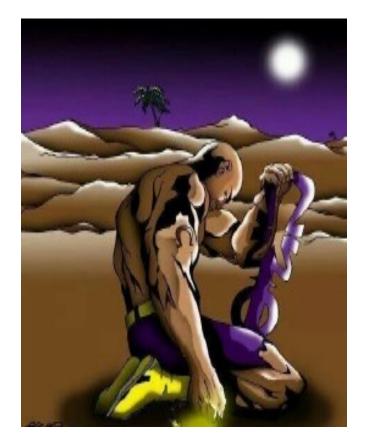
Thanks to **Bro. Julian Stafford** for his donation of a hand-crafted podium to the chapter during the May, 2019 business meeting.



#### **Initiation Anniversaries**

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

September 30, 1989 — Bro. Blair Condoll — Xi Sigma September 30, 1989 — Bro. Bobby Major III — Xi Sigma



## **Brother Spotlight**

Congratulations to **Bro. Adrian Thibodeaux** oh promotion to a GS-13 position at the I.R.S. and also to **Bro.** Walter Martin Jr. on his birthday.





### **Healthy Living Tips**



#### It's time to do a little bit more for yourself...

The more I read and research different diseases, symptoms, causes, treatments (both conventional and holistic) I am reminded of something.

We live in a society that is LARGELY caused and affected by stress. Many of us are exhausted. We're running on fumes. We are barely making it through each day and we are DEFINITELY not as vital as we should be.

#### There is no thriving, there is only surviving.

So, I want to begin to share some tips with you. Each Saturday, I will share a couple, few tips that you can use on that day and throughout the week. I'd like you to consciously begin to refill your own cup so that you can do all those great things you do for other people BUT I want you to still be able to have energy to actually enjoy it and be able to do something after you've done the thing.

Without further waiting, here are 3 things you can do today and the rest of the week to begin refilling your own cup:

- 4-7-8 Breathing: A couple times today, especially tonight before you go to bed, practice this. Inhale for a count of 4. Hold it for 7. Exhale for 8. Do three cycles of this a couple times today. You can even do it now!
- Look at the Clouds: Did you ever play the game where you looked at the clouds and guess the shape? Well, lets do that again. On your way out the door, take a few moments to just gaze at the sky and see what shapes you come up with.
- Dance: Turn on 2 or 3 of your favorite up-beat songs and shake it. Don't break it! LOL! Let loose and enjoy yourself. It's just 3 songs. You DO have time!

That's it! Go out and do the things. Enjoy your weekend. And let me know if / when you do these and how they work out for you. I look forward to hearing from you!

Until next time,



### Fall Leadership Academy

Brothers from Rho Phi and other chapters in the New Orleans Coalition attended the annual Fall Leadership Academy held at Warren Easton H.S. on August 31, 2019.



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### 2020 Census Partnership

Brothers from Rho Phi and other chapters in the New Orleans Coalition attended the announcement of the partnership with the New Orleans Coalition and the U.S. Census Bureau to help promote the 2020 Census. The event was held at Warren Easton H.S. on August 31, 2019







### **Upcoming Chapter Events**

**Event: Rho Phi Chapter Fall Set OWT** 

Date: September 21, 2019

Time: 12:00 noon-7:00 pm

Location: Crescent City "Qs" Club House

Address: 1616 Treasure Street

**Event: Real Men Read Program** 

Date: September 27, 2019

Time: 9:45 am—11:00 am

Location: Joseph A. Craig Charter School

Address: 1423 St. Philip Street

Event: Chapter Business Meeting: October 2, 2019

Time: 7:00 pm

Location: Crescent City "Qs" Club House

Address: 1616 Treasure Street

Attire: Business Casual (Fraternity polo shirt, casual slacks and shoes)

#### INTERNATIONAL NEWS

#### **Patronizing Black Owned Hotels**

Dear Brothers of Omega,

In a society where the discussion is deeply immersed in social justice and the continuous fight for racial equality, it is important that Omega Psi Phi Fraternity, Inc. continue to lead in tackling the many important issues and addressing the many challenges of the day. One such challenge to address is the need to increase support of black-owned businesses. *Therefore, I encourage your support of black-owned businesses and your commitment to put them at the top of your list*!

At the 2018 Congressional Black Caucus conference, I had the pleasure of meeting with Andy Ingraham, President, CEO, and Founder of the National Association of Black Hotel Owners, Operators, and Developers (**NABHOOD**). Mr. Ingraham's role and commitment to improve and bring attention to the need for black economic empowerment was impressive.**NABHOOD's** primary focus is to create wealth within African American communities, which aligns with our commitment and dedication to uplift each other as Brothers and to uplift the communities that surround us.

Brothers, as you plan future meetings and events for yourselves, your chapters and districts, I strongly urge each of you to patronize black-owned hotels. Utilizing NABHOOD's Hotel Directory will give you a complete overview and insight of black-owned hotels by State. Visit **NABHOOD's** official website, www.nabhood.net and search under the "Hotels" tab for availability.

Every day moving forward, let us be more intentional with our efforts and push to support black businesses, such as hotels, restaurants, healthcare professionals, and others. We must explore the myriad of ways to show support. Our communities are counting on us.

Fraternally,

David Marion, Ph.D. 41st Grand Basileus, Omega Psi Phi Fraternity, Inc.

### NINTH DISTRICT NEWS

83rd Annual Ninth District Meeting



83rd ANNUAL NINTH DISTRICT MEETING April 1-5, 2020

#### Tulsa, OK

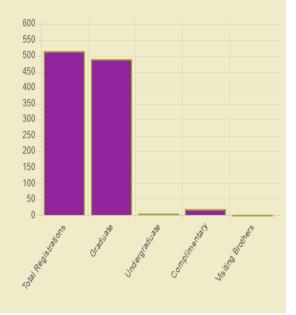
District Marshal: Bro. Lee Young



- 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/



### **Undergraduate Summit**



# 2019 NINTH DISTRICT UNDERGRADUATE SUMMIT

### September 20-21, 2019

### Arkansas Baptist College

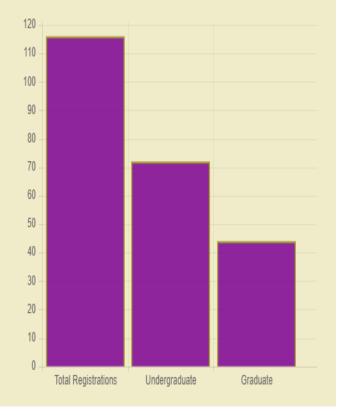
1621 Dr. Martin L. King, Jr. Drive Little Rock, AR 72202



\*\*\* There are 5 days left for online registration. \*\*\*

<u>General Information</u> Regular Registration Period - July 11, 2019 - September 08, 2019 Online Registration only!

View Meeting Agenda



### **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: <u>https://www.facebook.com/rhophinola</u> Twitter: <u>https://twitter.com/RhoPhiOPP</u> Instagram: https://www.instagram.com/rhophiomegas