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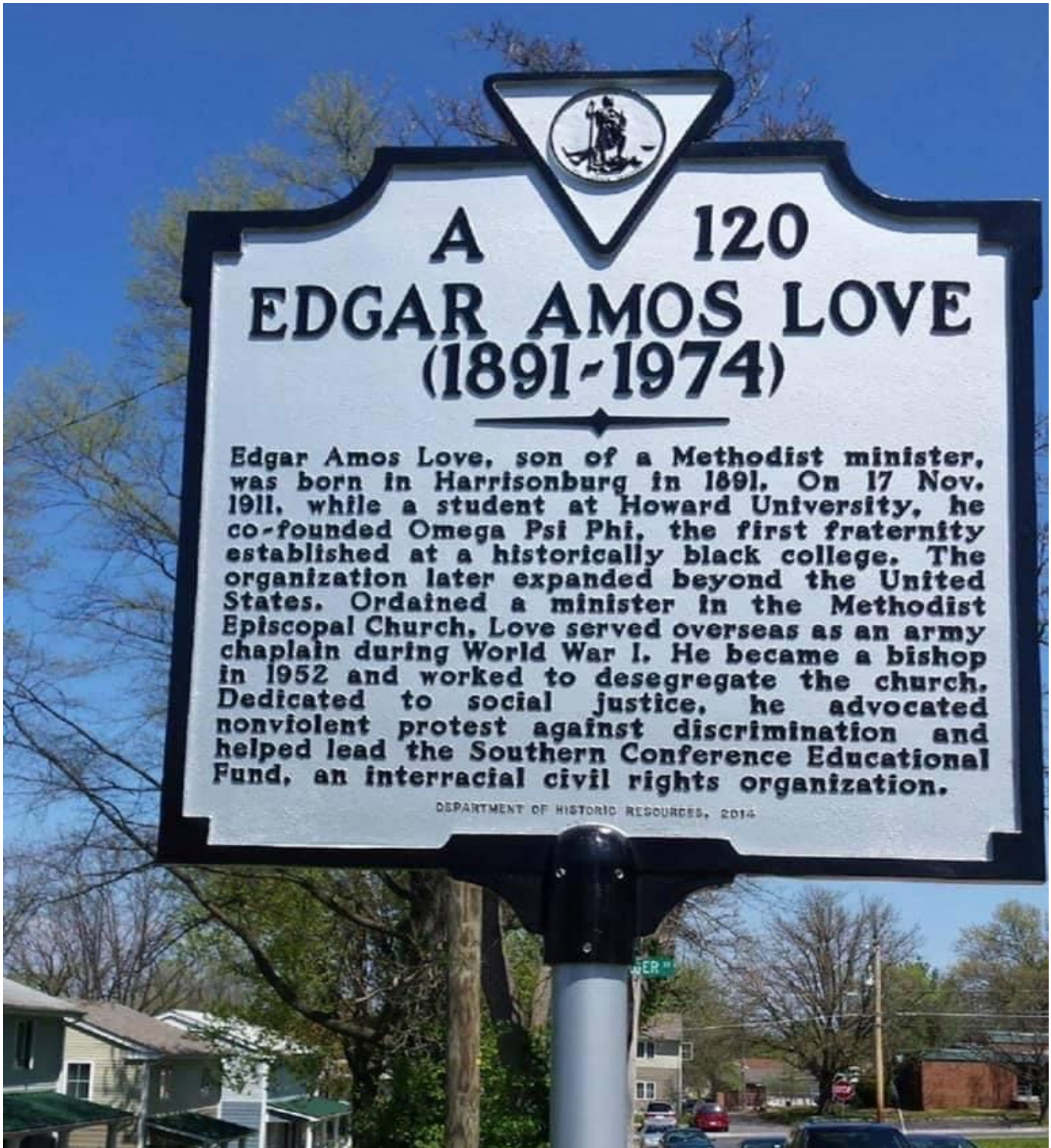
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**Bro. Adrian Thibodeaux
Basileus**



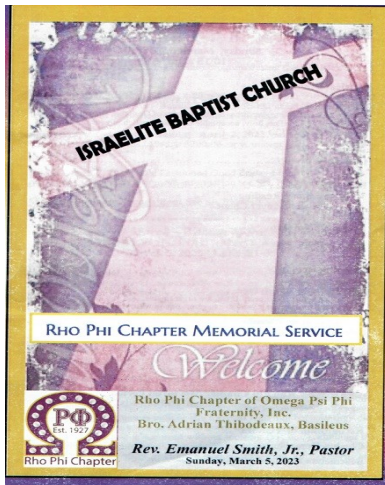
Lest We Forget....



DEPARTMENT OF HISTORIC RESOURCES, 2014

Memorial Service

March 5, 2023—Rho Phi Chapter held its annual Memorial Service. The service was held at Israelite Baptist Church, located at 2100 Martin Luther King Blvd., where Bro. Emmanuel Smith, Jr. is the senior pastor. This fraternity mandated program is held every year in March to commemorate brothers who have transitioned to Omega Chapter during the previous year. This year Rho Phi chapter honored Bro. Anthony Favre who entered Omega Chapter on November 23, 2022.



Greater N.O. Pan-Hellenic Council Day of Service

March 11, 2023— Greater New Orleans Pan-Hellenic Council members Rho Phi and Gama Rho Chapters and Alpha Kappa Alpha Sorority hosted a joint community service project. The event was held at Baldwin & Co bookstore located at 1030 Elysian Fields Ave in New Orleans, LA from 10:00 am until 12:00 pm. The three chapters collected donations of hygiene products: soap, lotion, razors, deodorant, and other feminine products. Israelite Baptist Church's Gate Keepers World-Wide Ministry donated 13 sanitary supply bags that included a toothbrush, soap, deodorant, hand sanitizer, body lotion and shampoo, facial and body soap, razors, hairbrush, pocket tissue, shaving gel and a personal prayer note. The items were delivered to the Eden House, a local shelter that works to eradicate human trafficking and the selling of human beings. Note: more pictures from the event can be viewed at the chapter's website: <https://rhopi.org/photos>



DAY OF SERVICE

BALDWIN & CO.
Coffee & Bookstore

Eden House is a movement to eradicate the trafficking and selling of human beings.

Your Help Matters
DONATE NOW!

Saturday
MARCH 11
10AM - 12PM

YOU CAN DONATE

- Hygiene Products
- Deodorant & Razors
- Soap & Lotion
- Feminine Products

PRESENTED BY:
NOLA GREEK
AND
Greater New Orleans Chapter
National Pan-Hellenic Council

LOCATION:
Baldwin & Co.
1030 Elysian Fields Ave.
New Orleans, LA 70117

EDEN HOUSE
New Orleans

NOLA GREEK
National Pan-Hellenic Council



Pre 9th District Meeting SetOwt

March 26, 2023— Basileus, Bro. Adrian Thibodeaux hosted a fellowship for the brothers and their family members before the 86th 9th District Meeting that is going to be held in Tulsa, OK. There was food, fun and fellowship for the brothers, their family members and members of Rho Phi's Quette Club.



Convoy of Hope

March 26, 2023 — Ephesus Seventh Day Adventist (SDA) Church partnered with Convoy of Hope to distribute food to needy families in the Greater New Orleans area. Ephesus members including Bro. Almore Cato and his family and other volunteers including Basileus Adrian Thibodeaux donated their time giving the food out to needy families. Bro. Denardo Dunham supported the event by providing two tents. Convoy of Hope is a faith based organization with a driving passion to feed the world through children’s feeding initiatives, community outreach and disaster response. Convoy of Hope in partnership with local churches, businesses, civic organizations and government agencies strategically offers help and hope to communities around the world.



Initiation Anniversary

Congratulations to the following Rho Phi chapter brothers on the anniversary of their initiation into Omega Psi Phi Fraternity, Inc. in March.

Bro. Raymond Mondy, Jr.	Lambda Epsilon	March 06, 1993
Bro. Adrian Thibodeaux	Rho Phi	March 12, 2005
Bro. Augustus Thomas	Rho Phi	March 12, 2005
Bro. Michael Wright	Beta	March 16, 1973
Bro. Benjamin Brown	Theta Kappa	March 24, 2007
Bro. Michael Harrison, Jr.	Rho Phi	March 26, 2017
Bro. Mark Raymond	Rho Phi	March 27, 2004
Bro. Jerome Tinguee	Rho Phi	March 27, 2004
Bro. Bobby Burkes, Jr.	Rho Phi	March 27, 2010
Bro. Dwight Jarrett, Jr.	Rho Phi	March 27, 2010
Bro. Maurice McMorris	Iota Lambda Lambda	March 27, 2007
Bro. Terrence Ester	Alpha Lambda	March 27, 2010
Bro. Ceasar Ruffin	Rho Phi	March 27, 2015

Congratulations

Bro. Calvin Woods Jr. - On his selection to speak at the Prayer Breakfast that will be held at the 86th Ninth District Meeting in Tulsa, OK



Omega Chapter—Robert Tucker, Jr.



“WHEN WE WEAR THE GLOVES”

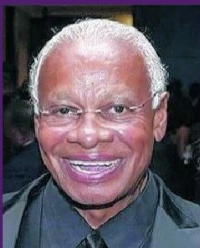
**When we wear the gloves
A brother has gone from our midst
And sailed to golden shores.**

**When we wear the gloves
A friend has passed the final test
And walks through purple doors.**

**The circle has an empty place
A voice will raise no more
The song of fellowship and love
Uplift forevermore
When we wear the gloves
When we wear the gloves
A light goes from this earthly life
The visor closed again
Yet all the heavens open wide
To let a new star in**

**When we wear the gloves
A brother leaves the chapter rolls
And moves to other worlds
For when we say our last goodbye
He walks on streets of Pearls.**

**When we wear the gloves.
by Brother Dr. Carver A. Portlock**



Bro. Robert Tucker, Jr.
Beta Psi Chapter - 12/02/1960
Omega Chapter - 03/01/2023

International News

Bro. Benjamin Crump Social Justice Impact Award



On Saturday night, Civil Rights Attorney Benjamin Crump received the Social Justice Impact Award at the 54th Annual NAACP Awards for his tireless efforts in protecting the rights of people on the federal, state, and local levels.

Upon accepting the award, Crump, 53, expressed gratitude for the recognition and vowed to use it as greater motivation to continue his work as an unapologetic defender of Black life, liberty, and humanity.

He also spoke out against attempts to block the uncensored teaching of Black history in Florida, where his practice is located, and where he has threatened to sue Governor Ron DeSantis over his policy regarding the teaching of AP African American history courses.

"I will continue to fight in the court of law, in the court of public opinion," Crump said. "And now that they're trying to ban our most celebrated Black authors in AP African American studies, we must advocate for our children and our culture in the classrooms and demand that they acknowledge that the teaching of Black history matters!"

Crump is known as "Black America's Attorney General" for his advocacy for families who have lost loved ones as a result of police violence. He gained international attention in 2012 for representing the family of Trayvon Martin, an unarmed Miami teen who was shot and killed in a conflict with a self-described neighborhood watch chief, George Zimmerman, in Sanford, Florida. Crump has since represented several other families, including those of Mike Brown in Ferguson, Missouri; Eric Garner in New York; Terence Crutcher in Tulsa, Oklahoma; Breonna Taylor in Louisville, Kentucky; and George Floyd in Minneapolis.

His legal acumen has ensured that those marginalized in American society are protected by their nation's contract with its constituency. Crump has helped reach historic settlements and verdicts for families that have faced injustices, including a \$411 million verdict for Duane Washington, a \$641 million settlement for the children of Flint, Michigan, a \$27 million settlement for the family of George Floyd, a \$12 million settlement for the family of Breonna Taylor, and over \$200 million in settlements in banking while Black cases, among others.

Crump's receipt of the Social Justice Impact Award at the NAACP Awards reflects his steadfast commitment to fighting against systemic racism and discrimination, and to advocating for the rights of those who have been marginalized and oppressed. Benjamin Crump is a 1988 initiate of Chi Theta Chapter of Omega Psi Phi Fraternity, Inc.

Ninth District News

Healthy Que Tips

Omega Psi Phi Fraternity, Incorporated MIGHTY NINTH DISTRICT Healthy Que Tips

Medical-Health Initiatives Committee

March 2023



Ninth District Health Initiatives

1. Stay Safe and Healthy
2. Brother, You're On My Mind (Mental Health Awareness)
3. Partner with a Non-Profit Health Organization (Diabetes, AIDS, Prostate Cancer, Sickle Cell Disease, Heart Disease, St. Jude)
4. A Brother's Keeper: Support Friends/Families affected by Illnesses
5. Sponsor a Blood Drive and/or Health Fair
6. Follow CDC Coronavirus Guidance at www.cdc.gov
7. Highlight Monthly Health Initiatives (during fraternity meetings)

NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is a cancer that starts in the colon (large intestine) or rectum (end of the colon). Both of these organs are in the lower portion of your digestive system.

The American Cancer Society estimates 1 in 22 men and 1 in 24 women will develop colorectal cancer during their lifetime. Early symptoms (if present) include: constipation, diarrhea, changes in stool color or shape, blood in the stool or from the rectum, abdominal pain and cramps. Later symptoms include: excessive fatigue, unexplained weakness or weight loss, feeling like your bowels don't completely empty.

Unavoidable risk factors include: 50+ years of age, a family history of colorectal cancer, a prior history of polyps or bowel diseases, being of African descent. Avoidable risk factors include: being overweight, smoking, heavy drinking of alcohol, having type 2 diabetes, having a sedentary lifestyle, and consuming a diet high in processed foods or red meats. For more information, please see your local health professionals and visit www.healthline.com/health/colon-cancer.

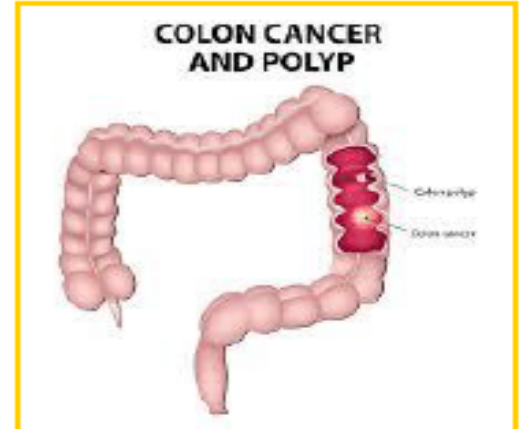
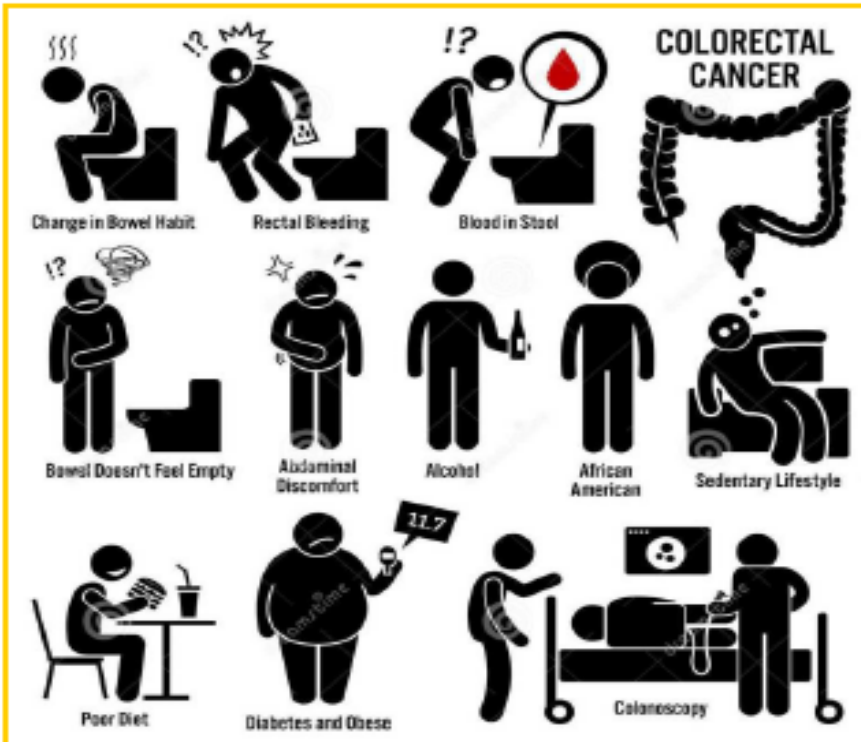
Omega Psi Phi Fraternity, Incorporated

MIGHTY NINTH DISTRICT

Healthy Que Tips

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Ninth District Healthy Events:

March is also Multiple Sclerosis Education and Awareness Month (See Page 3), National Bleeding Disorders Awareness Month (See Page 4), and National Kidney Month (See Page 5)!

Have a Reverent $\Omega\Psi\Phi$ Memorial Day and a Healthy 86th Ninth District Meeting!

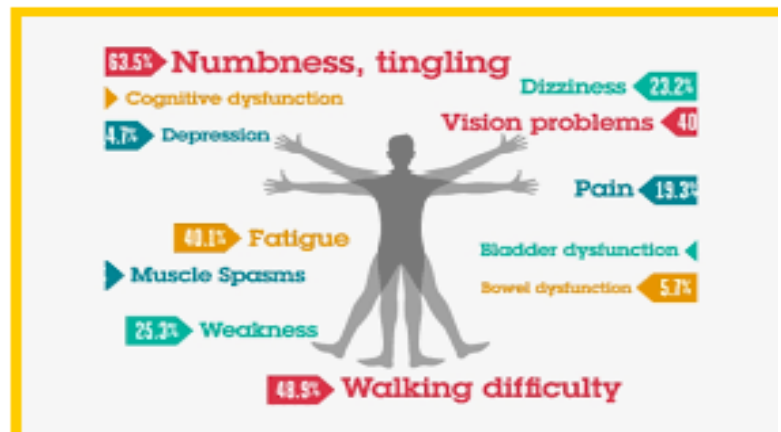
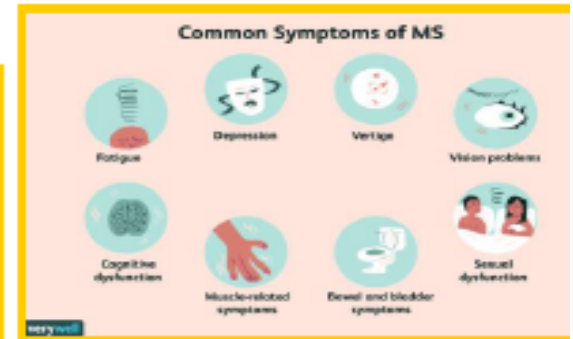
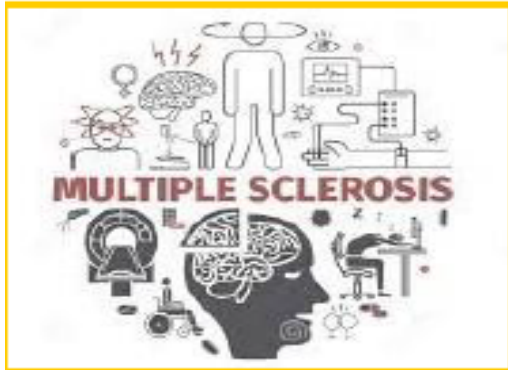
Omega Psi Phi Fraternity, Incorporated

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Multiple Sclerosis Education and Awareness Month

Multiple sclerosis (MS) is a potentially disabling disease of the brain and spinal cord (central nervous system). In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between your brain and the rest of your body. Eventually, the disease can cause permanent damage or deterioration of the nerves.

Signs and symptoms of MS vary widely and depend on the amount of nerve damage and which nerves are affected (slurred speech, fatigue, tremor, dizziness, sexual dysfunction, vision problems, tingling/numb/painful body parts). Some people with severe MS may lose the ability to walk independently or at all, while others may experience long periods of remission without any new symptoms.

There's no cure for multiple sclerosis. However, treatments can help speed recovery from attacks, modify the course of the disease, and manage symptoms. For epidemiological information, please visit www.nationalmssociety.org/What-is-MS/Who-Gets-MS.

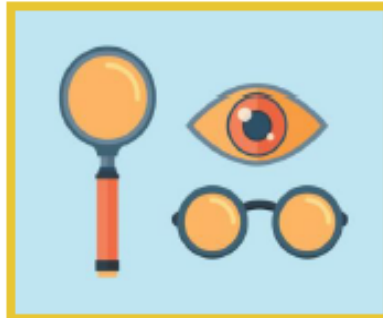
Omega Psi Phi Fraternity, Incorporated

MIGHTY NINTH DISTRICT

Healthy Que Tips

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February 2023, Page 4



GET THE FACTS ON
AGE-RELATED MACULAR DEGENERATION (AMD)

AMD is a progressive eye condition that affects the **macula**, the part of the eye responsible for central vision.

AMD is a leading cause of vision loss for people age 50 and older.

AMD IMPACTS 16M AMERICANS

EARLY DETECTION
As part of a year with an eye care professional, there are eye conditions you should keep in mind as you age. These include:

- Getting a comprehensive dilated eye exam once a year
- Quitting regularly
- Monitoring a healthy diet
- Monitoring vision regularly with an Amsler grid
- Stopping smoking
- Taking eye drops that contain the BHTC2 ingredient

SightMatters
To learn more about AMD and to join the SightMatters Community, visit www.SightMatters.com or www.facebook.com/opsipharmaceuticals



Low Vision Awareness Month

February is Low Vision Awareness Month. When your eyesight is impaired to the degree that you struggle with daily tasks like reading or cooking – or that you have difficulty recognizing faces, you may have a medical condition referred to as low vision. Someone with low vision can't simply put on a pair of glasses or contacts and see well.

Since it is unusual to be able to restore vision once it is lost, screenings can help preserve the vision you have and help you access adaptive lenses and devices if you need them. While there is not a cure for low vision, your specialist can help you adapt and if needed, create a vision rehabilitation program designed to meet your specific needs.

Low vision can be caused by several factors: macular degeneration (AMD), glaucoma, cataracts, age, or eye injury. Diabetes can also lead to extreme vision problems and result in low vision. For treatment information, see www.nei.nih.gov.

Omega Psi Phi Fraternity, Incorporated

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National Cancer Prevention Month

Research has shown that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes – things like smoking, excess body weight, physical inactivity, and excessive exposure to the sun.

As a result, steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers can dramatically reduce your risk of certain cancers. Get more information about cancer prevention in the [AACR Cancer Progress Report 2021](#), including how modifying behaviors can impact cancer outcomes. Also, please visit www.aacr.org.

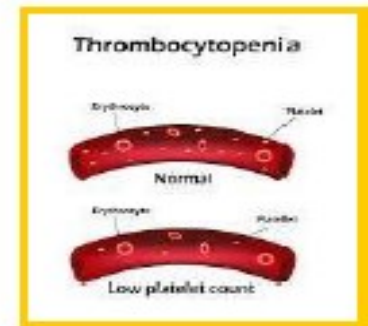
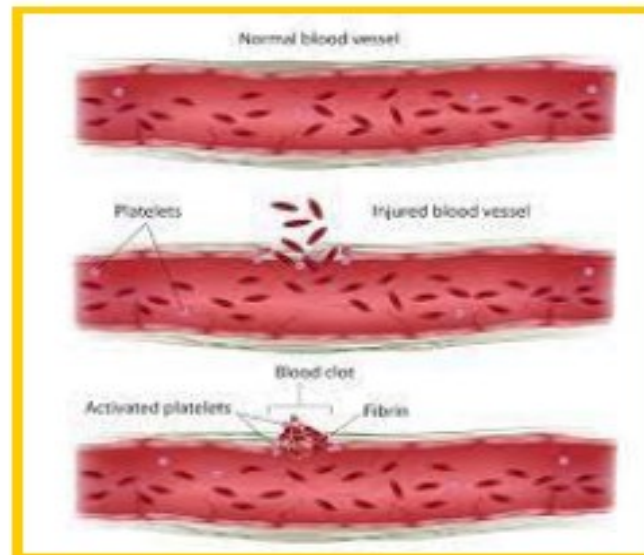
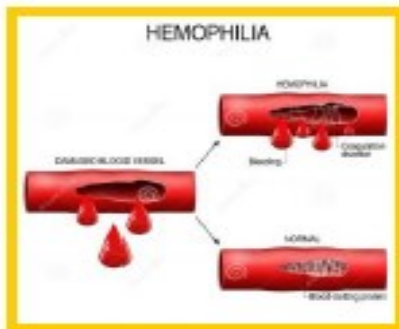
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National Bleeding Disorders Awareness Month

A bleeding disorder is a condition that affects the way your blood normally clots. The clotting process, also known as coagulation, changes blood from a liquid to a solid. When you're injured, your blood normally begins to clot to prevent a massive loss of blood. For blood to clot, your body needs blood proteins called clotting factors and blood cells called platelets. Normally, platelets clump together to form a plug at the site of a damaged or injured blood vessel. The clotting factors then come together to form a fibrin clot. This keeps the platelets in place and prevents blood from flowing out of the blood vessel. Bleeding disorders may be inherited or may be caused by: a low red blood cell count, a vitamin K deficiency, side effects from certain medications (anticoagulants). There are numerous different bleeding disorders, but the following are the most common ones: Hemophilia A and B, Factor II, V, VII, X, or XII deficiencies, and Von Willebrand's disease (inherited). The main signs include: unexplained and easy bruising, heavy menstrual bleeding (women), frequent nosebleeds, excessive bleeding from small cuts or an injury, bleeding into joints. For more information regarding diagnosis and treatment, see www.healthline.com/health/bleeding-disorders#diagnosis.

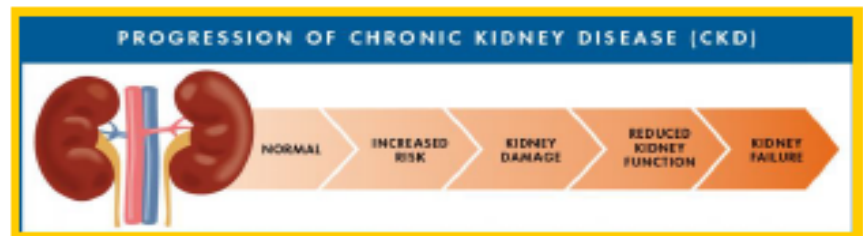
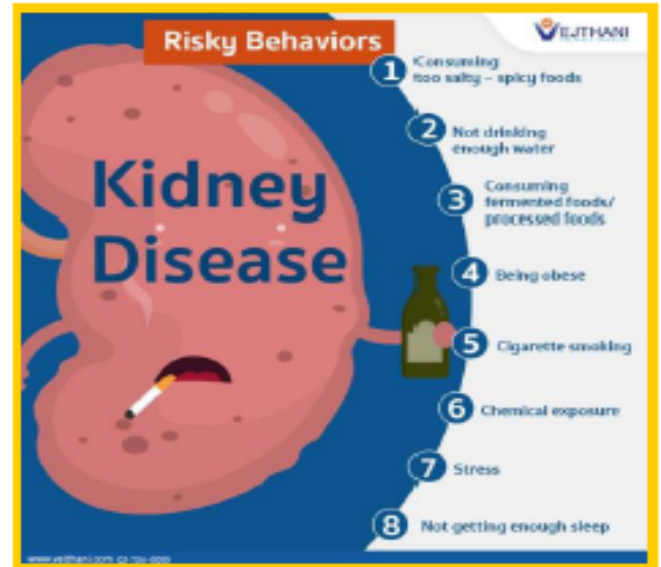
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National Kidney Month

Kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced. The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage. Protecting your kidneys may allow you to continue to work, spend time with family and friends, stay physically active, and do other things you enjoy.

You have two kidneys, each about the size of an adult fist, located on either side of the spine just below the rib cage. Although they are small, your kidneys perform many complex and vital functions that keep the rest of the body in balance. For example, kidneys: help remove waste/excess fluid, filter the blood, control the production of red blood cells, make vitamins that control growth, release hormones that help regulate blood pressure and the amount of certain nutrients in the body (calcium and potassium).

For signs and symptoms, causes of kidney disease, how your kidneys work, social determinants of kidney disease, visit www.kidney.org.

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:

<https://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>