



SECURE THIS HOUSE: EXTENDING OUR REACH, ENSURING OUR LEGACY

PULse



IN THIS ISSUE

President's Corner

Greetings, Brothers of PUL!

I write with great enthusiasm and pride as your 13th President as we embark on the beginning of our next frontier – the next 25 years of PUL. Within the months following the conclusion of our 25th anniversary festivities, we have found ourselves in a place of great reflection, intense planning and exciting innovation as a chapter. We have accomplished much in our first 25 years, but we have so very much more to do to solidify our standing for the next 25 years.

As a chapter, we have taken time to examine our own inner workings and understand what is necessary for us to be more effective and run more efficiently. We have taken a close look at our chapter budgeting and record keeping, our community partnerships and our relationship as a chapter with our own charitable foundation. As a result of this self-examination, we have found ways to be even more transparent with the chapter about items such as our financial standing and ways that we can make the best decisions concerning programming and projects that will place the chapter in the very best place for the future. We have also looked at ways to create and leverage community partnerships to further our community's interest while also ensuring that the voice of Alpha is heard loud and

clear leading the way to change and continuing the fight for justice and equality for all.

Lastly, we have spent critical time redefining our relationship as a chapter with our very own charitable foundation. The foundation has been officially renamed the **Pi Upsilon Lambda Charitable Foundation (PULCF)**, which not only is the original name of our foundation, but it is also an accurate reflection of the stronger than ever tie and support that the chapter has shown in the last several years for our foundation. Our foundation has continued to grow and be recognized throughout the county which is reflective in the significant grants that we have been able to secure to fund our programming and our youth of Prince George's County. We are preparing to take it a step further and partner with our foundation to support the community-based efforts that our chapter has spearheaded for countless years. Again, we are moving fearlessly forward and stretching beyond our previously perceived limitations in many new and innovative ways. For this and many other things we should all be proud.



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I want to thank each and every Brother of PUL for your time, your talent and your overall commitment to the vision for the fraternal year - 'Securing This House'. By grabbing hold of the vision and running with it, we as a chapter are doing the work now to make the path ahead easier for the many Brothers of PUL to come in the future. Again, I thank you, Brothers, and I look forward to continuing to serve beside you and partner with you!

Fraternally,

Brother James B. Massey, Jr.

President, PUL

Service to Our Communities



On Saturday, September 29, 2018, the Brothers of PUL descended upon Tanger's Outlet Mall in Oxon Hill, Maryland to support Lauryns Law. Lauryns Law is dedicated in promoting the importance of mental health awareness, to create and provide Public Service Announcements to strengthen youth, parents, schools and communities. The Law is named for Lauryn Santiago, a 15-year-old Prince George's County teen, who took her own life. All certificated school personnel who have direct contact with students on a regular basis are to complete training, by December 1 of each

year. Specified knowledge and skills are required to understand and respond to youth suicide risk and identify specified resources to help students in crisis; prohibiting a person from bringing a specified action against a county

board except under specified circumstances. Former Georgetown Hoya center and former NBA New York Knicks center, Michael Sweetney, spoke on his personal challenges with suicide.

Children's Mental Health Matters!

The Maryland public education campaign talked about and stressed the following topics that we all should look out for with our youth:

- ADHD
- Anxiety Disorders
- Bullying
- Depression
- Eating Disorders
- Grief
- Substance Abuse
- Suicide
- Trauma

- Psychosis

Also, depression occurs in our older family members. Depression is not a normal part of aging. It may be



overlooked because for some older adults who have depression and sadness are not their main symptoms. They may have other, less obvious



symptoms of depression or they may not be willing to talk about their feelings. Therefore, doctors may be less likely to recognize that their patient has depression.

The Brothers provided logistical support for the walk, by directing traffic, and tending to the mile markers.



On Saturday, December 1, 2018, Brothers of PUL supported Brother of Eta Zeta and the Deltas of Prince George's County at Bowie State College in support of World AIDS Day. The Brothers assisted in getting students tested and providing educational awareness.

The best way to fight HIV is to know your status. A simple test can determine if you are infected with the virus. HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and diseases. These special cells help the immune system fight off infections. Untreated, HIV reduces the number of CD4 cells (T cells) in the body. This damage to the immune system makes it harder and harder for the body to fight off infections and some other diseases. Opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS.

Education

The PUL Educational Activities Team hosted a scholarship luncheon in November for the students that received scholarship from the Alpha Phi Alpha Foundation.



Project Alpha

On April 6, 2019, Brothers descended upon the Cheltenham Youth Detention Facility in Cheltenham, Maryland. Cheltenham serves as a secure detention facility for male youth who are waiting to go to court or be placed in a treatment facility. Brother President Massey, and Brothers Bailey, Porter, Scruggs, Halliburton, and Ross, were led by Brother Michael Nelson in conducting PUL's Project Alpha Program. The topics presented included: "New Beginnings," "Conflict Resolution," and "Project Alpha." All of the presentations were highly informative and well received by the thirty-eight young men in attendance. The presentations put the onus on the young men to be personally accountable for their actions.



Service to Our Communities

The Brothers of PUL provided multiple Thanksgiving Day and Christmas Baskets during the 2018 holiday season. The Brothers partnered with the Alpha Kappa Alphas (IGO) to serve Thanksgiving Day dinners to families from the Hillcrest Heights community in Prince George's County

The Brothers also visited the Villa Rosa Nursing Home to sing to the residents. Many Brothers brought their melodious pipes to entertain the welcoming guests.



Alpha Authors

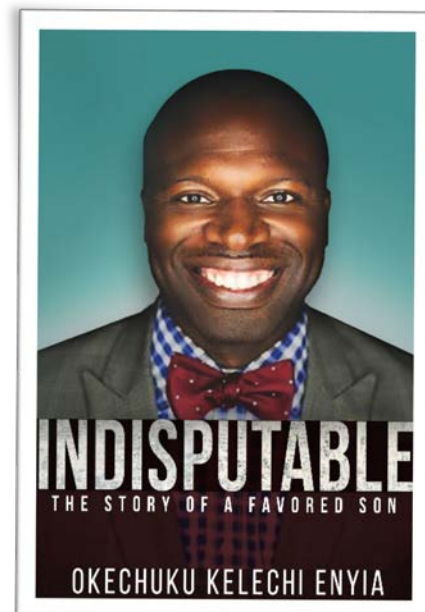
We have multiple Brothers in Pi Upsilon Lambda that have published works. You can find all of the following Brothers' work on Amazon, or you can reach out to the Brother and purchase an autographed copy for yourself. Please support these Brothers!!

Brother Okey Enyia - Indisputable: The Story of a Favored Son

Overcoming adversity. Finding purpose. The relentless pursuit of destiny. In the book of Genesis, Joseph carries a significant dream that includes others who are to be connected to him for great purpose. These men and women from every generation alive on the planet right now have moved from the early stages of their walk with God into realms of revelation and the Word of God that have served them well against the onslaughts of hell; in addition to the fiery ordeals that they have had to walk through.

In this book, I take you through the discovery and maturation of my spiritual gifts and deliverance processes; my experiences as a medical student, graduate student and professional of color; my time in Nigeria with a parallel to the movie Black Panther; health equity and the social determinants of health, mental health and well-being, the opioid epidemic; key developmental relationships and the importance of mentorship for Black men and boys; staff diversity and employment on Capitol Hill; and my transition into entrepreneurship and higher education.

I invite you to journey with me. Along the way, I provide policy recommendations, peer-reviewed research, nuanced tips on how to land a job in the workforce and how to succeed on Capitol Hill as a staffer and an advocate; in addition to how to navigate through challenging career transitions to maximize the life's work that you have been called to achieve.



Brother Robert Dantzler — Grandma's Hand Me Downs

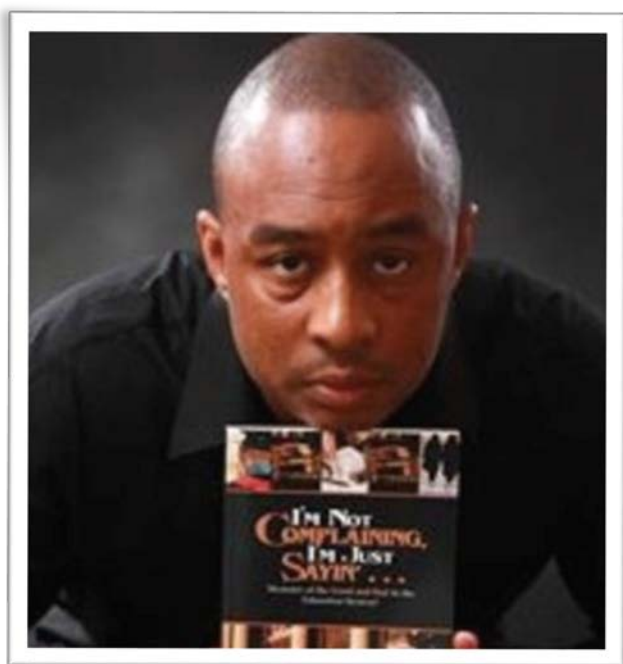
Grandmothers have played essential roles for countless years in families of a myriad of communities and cultures. In Grandma's Hand Me Downs, the author takes time to pay tribute to his maternal grandmother by highlighting fifteen of her sayings that she would often say to him as he was growing up. With every saying, the author tells the story behind each, along with the messages conveyed, lessons learned, and an accompanying poem. As the stories are told, the author invites readers to remember and cherish the sayings of old as inspiration to keep moving forward.



Brother Derrick Terry - I'm Not Complaining, I'm Just Sayin': Memoirs of the Good and Bad in the Education System

For years many teachers, students, principals/assistant principals, and parents have complained about various issues in our current secondary education system such as over-crowded classrooms, obvious disparity in school resources, school violence, low graduation rates, and bullying to name a few.

Specifically, teachers and principals/assistant principals are reluctant to voice their opinion(s) due to the risk of getting fired or blackballed for exercising their constitutional right. Hence, the main purpose of the Memoirs is to create open and real dialogue about the many issues arising in our education system that go unheard. The diverse and passionate collection of memoirs offers a look into the minds of teachers, students, principals/assistant principals, and parents. To some this might be a black-eye on our education system, but it is an "eye-opener" to the good and bad associated with it. <http://www.edvocare.org/store.html>



Spring 2019 - "Kings of C.H.A.O.S"



On March 17, 2019, Alpha Phi Alpha Fraternity Incorporated via the MAAC, Area III initiated three new Brothers into Pi Upsilon Lambda.

We asked a series of questions of the new Brothers so that the Brotherhood would get to know the Neos a little better. Please make sure to reach out to them and welcome them to the Brotherhood.

Brother Ernie Ross



#1 Ernie Ross, Jr. - "Pagoménos" aka "Baskets"

With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha?
My journey into the House of Alpha had many different challenges. Throughout this process, I've learned more about my strengths and weaknesses.

What are some of the goals that you have during your first year in Alpha Phi Alpha? My goal is to learn all that I can in my first year. Build on continuing the oath I've made and supporting my brothers. The work has just begun and I'm ready to continue working to make this world a better place.

In which committees or national programs are you eager to support?
I'm eager to support the Educational Activities program. This is because the Boy Scouts of America and the Youth Leadership Development Institute are included in this committee. These are the programs I've benefited from first hand and I believe that helped shaped me into the man I am today.

Do you have any words of advice for potential candidates?

To truly understand why you want to be a part of Alpha Phi Alpha and fully map out how and where you can support. Write your letter now on why you want to be an Alpha Man. Read this letter every week so that you honor your words if you are fortunate enough to cross the burning sands. Make sure you know

who you are as an individual before taking that first step in becoming an Alpha Man.

Brother Jeffrey Holmes



IMDP. Rehearse reciting your poems in unison **OFTEN**. Time management and challenging each other to put their best foot forward at **ALL** times in all areas of life is essential. You must begin to toughen your skin!!!

#2 Jeffrey Holmes - "tempus Fugit" aka "Tofu"

Brother Dr. Jeffrey O. Holmes is a native of Prince George's County, Seat Pleasant, Maryland. He has been happily married to Monica Holmes for the past 21 years. Brother Holmes resides in Bowie, MD with his wife and three children Kiera, Jeffrey and Jory. Brother Holmes is a member of First Baptist Church of Glenarden. He has been employed with Prince George's County Public Schools for the past 30 years. He currently serves as an Instructional Director where he supervises 22 schools in southern Prince George's County.

With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha? Pursuing the House was a very arduous undertaking, with balancing family, work and studying. However, I looked forward to the fellowship with all of the aspirants and current LBs.

What are some of the goals that you have during your first year in Alpha Phi Alpha? My goal in year one is to learn more about the fraternity, chapter, and get to know more brothers personally. I will also participate in as many activities as possible to find my niche. I will definitely be a part of the Education Committee.

*Do you have any words of advice for potential candidates? My advice for potential candidates is learn your history and poems **BEFORE***

Brother Devon Carter



Do you have any words of advice for potential candidates?

Study hard, learn poems, study hard!

#3 Devon Carter - "Imhotep" aka "UnPhaz3d"

Brother Carter is from St. Elizabeth, Jamaica. He has two brothers and currently lives in Owings Mills, Maryland. Brother Carter works as an Emergency Room Nurse.

With being newly initiated brothers into Alpha Phi Alpha, how was your journey into the House of Alpha? It was in one part exhilarating, one part debilitating, one part fun, one part stressful, one part inspirational, one part downright depressing. But most of all, it was challenging. My personal motto is "Live. Laugh. Share. Grow. Be Happy." My Aim: "Spreading healing Positivity and Love to all" and this process challenged every bit of that! There were times I wanted to fight, times I wanted to cry, times when I laughed until I couldn't laugh anymore in pure joy, but yet through it all the process forced me to challenge myself to rise to the occasion. I learned to really give of myself as a brother to my LBs, and I learned to keep my composure no matter what! #UnPhaz3d

What are some of the goals that you have during your first year in Alpha Phi Alpha? Double the size of the Men's Health Program, get the brothers to be more active physically, and start an annual physical checkup list.

In which committees or national programs are you eager to support? I hope to create a new committee that focuses on health and health-related concerns; Mentoring.



Thomas S. Brown	12/6/1963
Dr. Alex C. Bailey	4/14/1973
Keith L. Battle	2/21/1976
Joe E. Brice	2/21/1976
Anthony A. Harris	4/8/1976
Michael A. Johnson	12/4/1977
William Green	3/9/1980
Dr. Dwannal W. Mcgahee	4/5/1985
Keith Miller	12/23/1985
Paul E. Brown	4/16/1986
Steven C. Robinson	3/3/1987
Michael L. Goodman	3/8/1990
Charles V. Lawson	4/8/1990
Keith Bell	3/17/1991
Ernest L. Oliver	2/22/1992
Dr. David E. Harmon	2/23/1992
Keith D. Holloway	2/23/1992
Duane Bouie	3/20/1993
Derrick N. Terry	3/31/1996
David E. Smith II	4/12/1996
Milton C. Woodard	4/19/1997

40th

Reginald A. Stewart
January 20, 1979

30th

Kevin D. Stewart
February 26, 1989

Ashley B. Hoover
April 8, 1989

Mark K. Thaw	4/26/1997
Christopher C. Moore	4/7/2001
Edward J. Talbert	4/7/2001
Gregory Gary Jr.	4/14/2001
Juneous A. Pettijohn	4/29/2001
Dr. Ifeanyi I. Olele	4/13/2002
Dr. Richard D. Dixon	3/18/2006
Dr. John A. Harkless	3/25/2006
James B. Massey Jr.	3/25/2006
Carlos R. Pettigrew	3/25/2006
Dr. Michangelo D. Scruggs	3/25/2006
Joseph S. Fulmore	3/8/2008
Roosevelt Collier III	3/15/2008
John A. Greene	3/15/2008
Dr. Jerenze A. Campbell	4/17/2010
Michael L. Nelson	3/6/2011
Dale A. Wright	3/6/2011
Lewis H. Finney	3/17/2012
Donald L. McClure Jr.	3/17/2012
Dr. Van F. Rawls Jr.	3/17/2012
Dr. Patrick C. Barnes	4/21/2012
Xavier J. Thompson	3/3/2013
Andrew C. Sheppard	3/1/2015
Brian A. Stone	3/1/2015
Omar M. Boulware	2/27/2016
Craig G. Trower	2/27/2016
Jeremiah West	2/27/2016

20th

Duane J. Edwards
January 16, 1999

Brian Halliburton
March 13, 1999

Kenneth A. Williams
April 3, 1999

Kevin Woodson T.
April 3, 1999

10th

Charles Hines Jr.
March 14, 2009

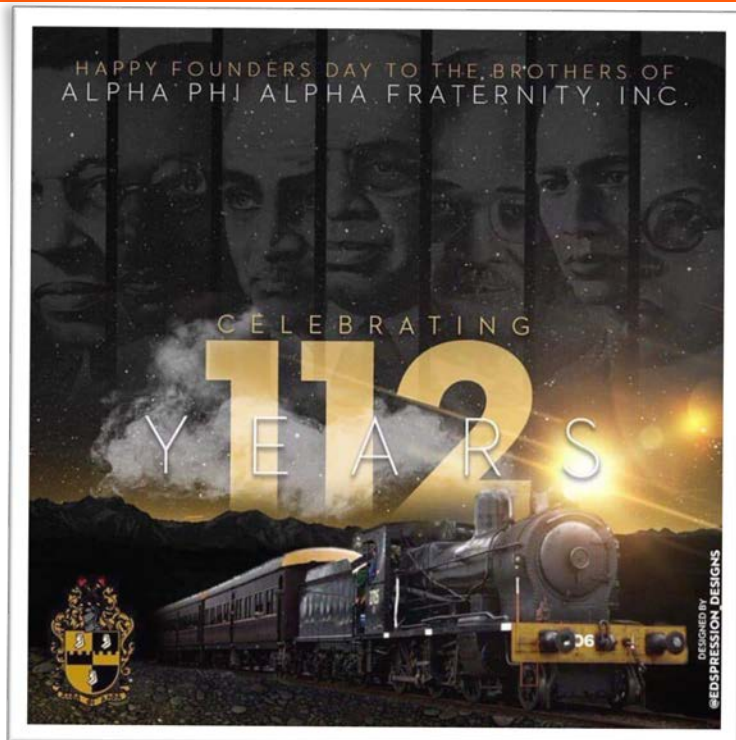
Hasan N. Majied
March 14, 2009

James E. Spriggs III
March 14, 2009

For the Brotherhood







On Saturday, December 1, 2018, the Brothers of the Mighty MAAC, otherwise known as the Mid-Atlantic Association of Alpha Phi Alpha Chapters, descended upon the Metro Points Hotel in New Carrollton, Maryland for the 20th Annual Founders Day Breakfast. The theme for this year's breakfast was "A Perspective on Civility In Present Day Society."

The Breakfast was well attended by Brothers, family, and friends.



Brother VP Keith Bell receiving the Jewel Robert Harold Ogle Award.



Any article ideas for consideration for submission to the *SPHINX* or the *PULSE*, please submit them and subsequent pictures to me by the deadlines listed below:

Please send all submissions to: Brother Duane Bouie

repitoire@gmail.com
301-526-4377

<http://www.pul1906.org/>

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<https://www.instagram.com/pul1906/>

Submit By	Published by
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