

PULse



ANCHORS UP: PLANNING FOR PUL'S SUCCESS

IN THIS ISSUE

President's Corner

Greetings to the Brothers of PUL!

We have certainly enjoyed a productive time in Alpha during the first half of the 2019-2020 fraternal year! Our theme for this year, **'Anchors Up: Planning for PUL's Success'** has taken sail throughout the chapter's planning and successful execution of several events to date – and we still have the second half of the fraternal year to go!

This year, we have taken good time to not only prepare for our events, but to also reach out to Brothers and encourage their participation as well. During my tenure as President, I have asked Brothers to find that one (1) thing to throw their entire support behind during the first and second half of the fraternal year – and Brothers, you have made me so very happy by rising to the occasion to do just that!

During our first half of the fraternal year, we have enjoyed two successful Holiday Basket Deliveries, a Jazz/Gospel Luncheon, support for Fall IMDP and even a Holiday Party in collaboration with our Maryland Metro Area Alpha Chapters just to name a few things! We have also seen new Brothers rise in leadership and represent PUL in various capacities, which I am very pleased to see. I have also appreciated the great support from the chapter for our Health and Wellness Committee as we look to ensure that we are fit in our **minds, bodies and spirits** – something that I do not take lightly as we cannot do for others in the spirit of Alpha if we do not first take good care of ourselves.

I also want to say thank you to the Brotherhood for the way in which we have continued to be there to support one another. We have supported Brothers through health challenges and we have also been by Brothers' sides as they have lost loved ones – all of these things are true Alpha examples of **Brotherhood**. In addition, it truly takes each and everyone one of us to ensure that these bonds of dear sweet Brotherhood are never broken. I encourage you all to continue to hold these bonds dear.

My hope is that we each reach out to one another, call a Brother that you have not seen in some time, sit down for a meal with someone that you may feel distant from, and one thing will always ring true – the spirit of Alpha will be right there to greet you!

I wish you well Good Brothers and I look forward to 2020 with great anticipation and expectancy for all that PUL will accomplish together! First of All, Servants of All, We Shall Transcend All!

With Fraternal Thanks & Love,

James B. Massey Jr.

Bro. James Massey Jr.
President, PUL

Key #: 652
Largo, MD
www.pul1906.org



Jazz Luncheon

"An afternoon of good music and good food."

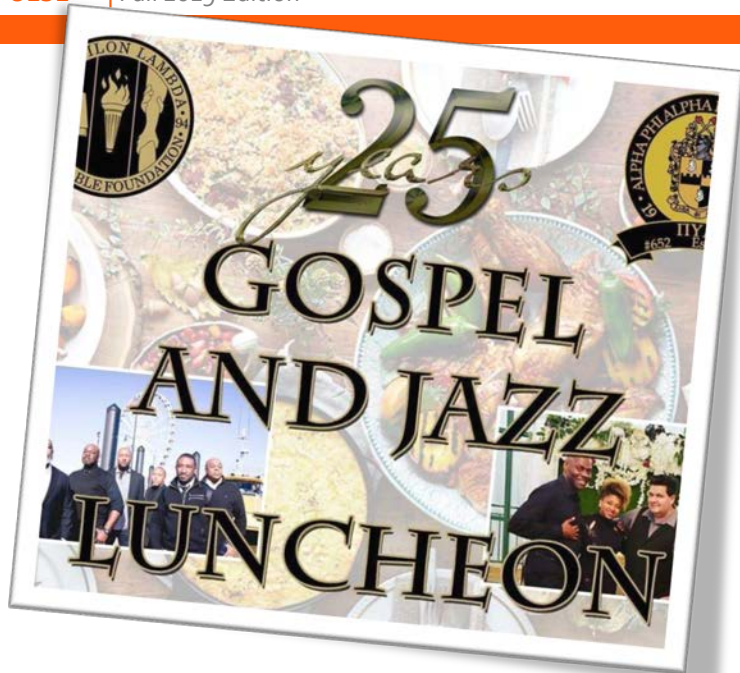
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Golf Tournament

Annual Golf Tournament to raise funds for scholarships.

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On November 10, 2019, The Pi Upsilon Lambda Charitable Foundation (PULCF) in conjunction with the Alpha Phi Alpha Fraternity, Inc. Pi Upsilon Lambda Chapter hosted a luncheon at the Crown Plaza Hotel in Greenbelt, Maryland. The event featured melodious sounds from the Restored Vocal Band and the Clifford Brown Project. Also, on the menu, was a delicious buffet lunch for everyone's enjoyment. The program's Master of Ceremony was Brother Keven White. The event also included an auction to financially benefit the Pi Upsilon Lambda's Charitable Foundation.

The program was well received by the many guests in attendance and reported by the Brotherhood.

Hats off to the committee of the 25th anniversary's Taste of Alpha. Thanks for showing our guests and guest brothers how Pi Upsilon Lambda of Alpha Phi Alpha Fraternity, Inc. do it; eat, drink and be merry. Onward and upward for next year's Jazz Luncheon!



Fall Golf Tournament



The Brothers hosted a Golf Tournament to benefit the Alpha Phi Alpha Pi Upsilon Lambda Charitable Foundation. The donations were tax-deductible and will directly benefit the college-bound youth of Prince George's County and the Greater Washington Metro Area through scholarships. Since its inception, Pi Upsilon Lambda's Charitable Foundation has provided over \$200,000.00 in scholarships. The tournament was hosted in conjunction with the Alpha Phi Alpha Pi Upsilon Lambda Charitable Foundation on Monday, September 23, 2019, at the Woodmore Country Club in Mitchellville, Maryland. The Golf Tournament raised over \$5000 for the Charitable Foundation Scholarship Information







Cooperative Voter Education Project

The Cooperative Voter Education Project is a non-partisan campaign in concert with volunteer members of the Prince Georges' County Pan-Hellenic Council, the NAACP, and 100 Black Men of Prince George's County Equity Financial Services. The goal is to educate students and adult learners about voting and the current electoral issues and mobilize them to vote. The Brothers hosted multiple voter registration/education events in the months of September and October. Brothers hosted a voter registration/education event at Suitland High School on September 28, 2019, where 19 students were registered to vote. On October 3, 2019, **Brother Michael Nelson** spoke to groups of 11th and 12th graders at Frederick Douglas High School, where they registered 10 students to vote.

How Do I Register to Vote in Maryland?

Am I eligible to register to vote? To register to vote, you must be:

- A U.S. citizen;
- A Maryland resident; and
- At least 16 years old*.

You cannot have been:

- Convicted of buying or selling votes;
- Under guardianship for mental disability and found by a court to be unable to communicate a desire to vote; or
- Convicted of a felony and currently serving a court ordered sentence of imprisonment. (Effective March 10, 2016)

Importance of Voting— Why Everyone Should Vote

Voting is a fundamental right of any citizen that enables them to choose the leaders of tomorrow. Voting not only enables the citizens to vote for political parties, but it also helps them to realize the importance of citizenship. Many people do not vote thinking one vote will not make a change, but as a matter of fact, it does. A nation's political foundations are built using election process.

Voting is a basic process that keeps a nation's governmental system works. It enables the citizens to choose their own government. It also allows the people to choose their representatives in the government. The purpose of every government is to develop and implement various policies for the benefit of its citizens. It also enables the person with the right to question the government about issues and clarifications. Voting is the way to express the opinion of a citizen in a democratic nation. Voting is crucial to activating the democratic process.

Every adult is given the right to vote, irrespective of sex, class, occupation and so forth. It is a fundamental right in which all citizens get an opportunity to choose who represents them. It is the right, benefit and obligation to vote as a citizen of your nation and an individual from your society.



Thanksgiving Dinner Deliveries

Service to Our Communities

On Wednesday, November 22, 2017, The Brothers of PUL delivered 17 Thanksgiving dinners. The event was held at the Hillcrest Heights Community Center where citizens of the public came to get a Thanksgiving dinner for themselves and approximately 30 families. This is an annual event held to support the local community.



Christmas Caroling

On December 15, 2019, Brothers of PUL visited the Villa Rosa Nursing Home to sing to the residents. Many Brothers brought their melodious pipes to entertain the welcoming guests.



Brother Tarver Celebrates 20 Years

On October 6, 2019, **Brother Dr. Jerome Tarver** celebrated giving his life to God 20 years ago and being the Pastor at Maple Springs Baptist Church. Brothers also supported the Maple Springs Baptist Church during its School and Divine Nine Sunday service



Holiday Baskets

On a monthly basis, the Brothers deliver food baskets through our Food for Families Program. We also provide food baskets during the Christmas holiday time.

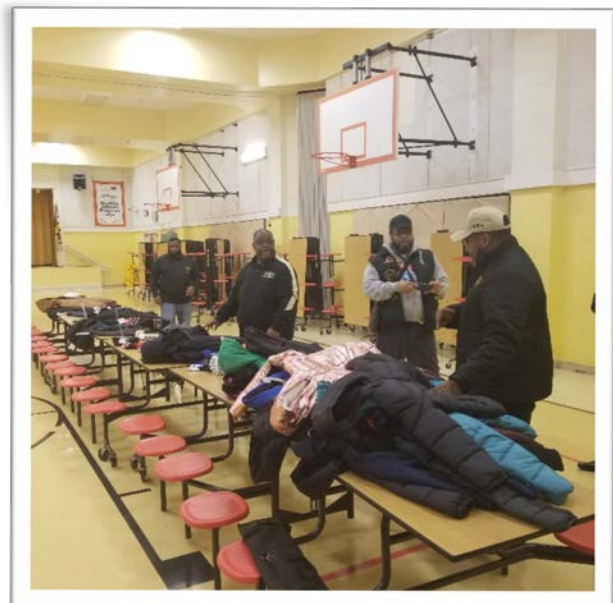


Service to Our Communities

PUL Coats for Kids Drive

On Saturday, December 14, 2019 at the Hillcrest Heights Elementary School in Temple Hills, Maryland, Brothers collected new coats and clothes for children of all ages. The clothing consisted of hats, gloves, scarfs, socks, coats, etc., all to benefit students at Potomac High School, Benjamin Stoddard Middle School, Barnaby Manor, and Hillcrest Heights Elementary School. The principals of each respective school came out and picked up the clothing when the drive concluded. This drive was headed up by **Brother Jeff Holmes**, great job!





Health and Wellness

Stress and Black Men

The emotional stoicism of Black men is something that few authors have talked about. Most notable of the few books on the topic, the author, Bell Hooks' work, "We Real Cool: Black Men and Masculinity," discusses the lack of love and acceptance that Black men face, creating an emotional crisis. Many men have not been told how to process and talk about their emotional experiences, furthering a sense of isolation, anger, and resentment. For these men, this creates an emotional volatility that can sometimes manifest to seemingly "shut down" in relationships and friendships. At its worst, this budding resentment can manifest in outward expression of anger, aggression, and even violence. This is discussed further in Charlie Donaldson's and Randy Flood's book, "Mascupathy: Understanding and Healing the Malaise of American Manhood."

Source: *Talkspace.com*

"Minority Stress" Is Causing More Men to Live Shorter Lives -

During a recent meeting about violence and trauma in marginalized communities, Wizdom Powell, PhD, asked a young man of color in attendance, "What do boys and men in your community need to thrive?" "Love," the young man replied. "The problem for us is that you [adults in society] look through us. You don't see us, and you don't love us," he continued. "And so what we do is we go out and we find our love in other places. We make our own love."

Source: *healthline.com*

Black Men: 7 Ways to Conquer Stress... Stress is a serious modern-day factor in everyone's health, including men. Daily tension and emotional strain has been linked to heart disease, high blood pressure, migraine headaches, and many other chronic illnesses. Men experiencing high levels of stress can also experience anxiety, insomnia, fatigue, and depression, and are very likely to turn to unhealthy habits like smoking, drinking, overeating, and/or drug abuse to help deal with that stress.

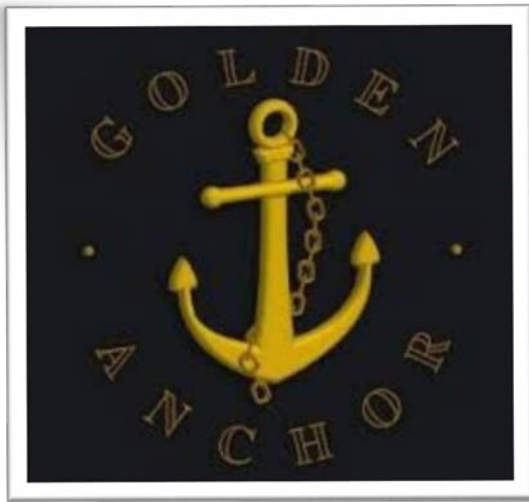
Source: *ThyBlackman.com*

Benefits of Physical Activity

- Improves blood pressure control in those with high blood pressure
- Increases HDL (high density lipoproteins)...the good cholesterol
- Improves glucose tolerance
- Increases lung capacity and can decrease complications from asthma
- Decreases risk of cardiovascular diseases
- Decreases risk of colon cancer
- Reduces insulin needs
- Lowers risk of non-insulin dependent diabetes
- Weight bearing activity may decrease or minimize osteoporosis
- Helps to reduce flare ups and complications of arthritis
- Relieves symptoms of depression and anxiety
- Improves mood, sleep habits and performance of work and recreation
- You'll look and feel your best!

The Health and Wellness program is headed up by **Brother Juneous Pettijohn**, including all of the information provided here. Please contact him for any questions or to get involved!!

Juneous.pettijohn@gmail.com



As the Brotherhood moves into the second half of the year, below is a list of activities PUL will be involved in. As we move forward. Please make sure to get involved and get active!!

Health and Wellness (January 2020) Monthly Check-Ins

The purpose of these monthly sessions is to have an open, judgement-free discussion, regarding your wellness goals and help you maintain a healthy lifestyle where you can look and feel your best.

MAAC Reclamation Day (January 9, 2020) The Brothers of the Mid-Atlantic Association of Alpha Chapters will fellowship at various locations in the District, Maryland, Virginia (DMV). This will give Brothers that are not active an opportunity to come out and have a good time with Brothers. Please see page 15 for locations.

PUL MidYear Retreat (January 11, 2020) The Brothers of the PUL will do our bi-annual planning session for the remainder of the Fraternal year. This session provides Brothers an opportunity to provide their feedback on how the chapter is running and also their input on chapter programming. The retreat will be held at the Maritime Conference Center in Linthicum Heights, Maryland.

First Chapter Meeting (February 21, 2020)— PUL will have its first chapter meeting of 2020 on February 21, 2020, instead of the normal February 14th to allow Brothers to be with their significant others.

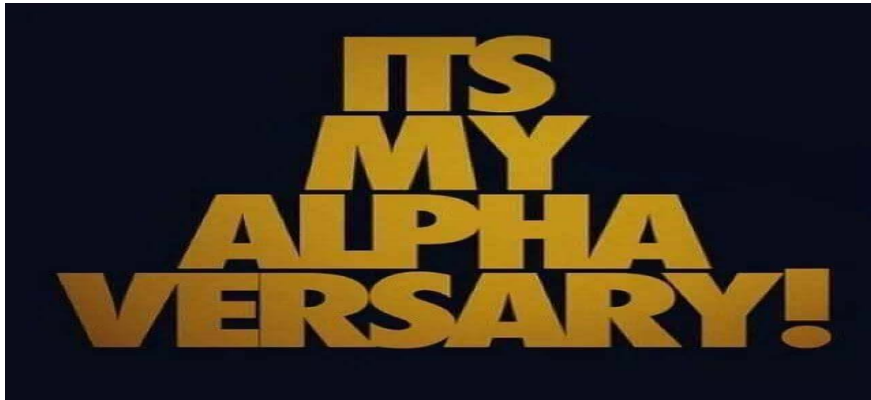
Taste of Alpha (February 22, 2020)— The Brothers will be hosting their signature event, where participants come out to showcase and compete a special meal they believe is the best in the area. The community comes out and samples the various meals and judges the various chefs.

March For Babies (May 9, 2020) The Brothers participate in one of our National partners with the March for Babies organization. Brothers will convene in Washington, DC at Nationals Park.

Bowling Party (May 2020) PUL puts on a party for Brothers and their families to come out and fellowship.

Men's Health Forum (June 2020) The Brothers will be hosting its annual Men's Health Forum to reach out to the community and provide health awareness and various health screening opportunities for Black men.

Father's Day Breakfast (June 2020) The Brothers will host their annual Father's Day Breakfast to honor all Fathers in our community.



Thomas S. Brown	December 6, 1963
Michael A. Johnson	December 4, 1977
Richard B. Black	November 25, 1980
Dr. Zollie Stevenson Jr.	December 10, 1983
Keith Miller	December 23, 1985
Richard A. Greenlee Jr.	November 11, 1988
Derrick D. Nunn	November 16, 1988
James H. Day Jr.	November 19, 1988
Damian D. Taylor	September 27, 1997
Dr. Torrance T. Brown	November 15, 1997
Okechuku K. Enyia	December 6, 1997
Rasheen Smith	November 21, 1998
DeLano A. McRavin	November 5, 2000
Robert J. Dantzler	November 3, 2001
Brian C. Manuel	November 17, 2001
Quintus Carlisle	November 12, 2005
Durrell A. Bullock	November 11, 2006
Drewry L. Brown Jr.	November 17, 2013
Charles L. Scott III	November 19, 2016
Chauncey Wells	October 15, 2017
Martrell A. Perry	October 28, 2017



Dr. Jerome Tarver
October 26, 1984

Michael McCoy
November 30, 1984

**As of December 12, 2019*

Youth Leadership Development Institute



The Pi Upsilon Lambda Charitable Foundation Youth Leadership Development Institute (YLDI) Provides Program Mentoring Tomorrow's Leaders

YLDI is designed to supplement the academic process by providing young men with life skills that may not be covered in the standard school curriculum. YLDI will introduce young men to different social and cultural experiences; stress the importance of planning life goals; and instill the value of preparation for college and career beyond high school. YLDI will provide young men with a chance to participate in discussions and sessions about historically black colleges and universities, community service, dining etiquette, dress for success, health, wellness and fitness tips and lifelong goal setting

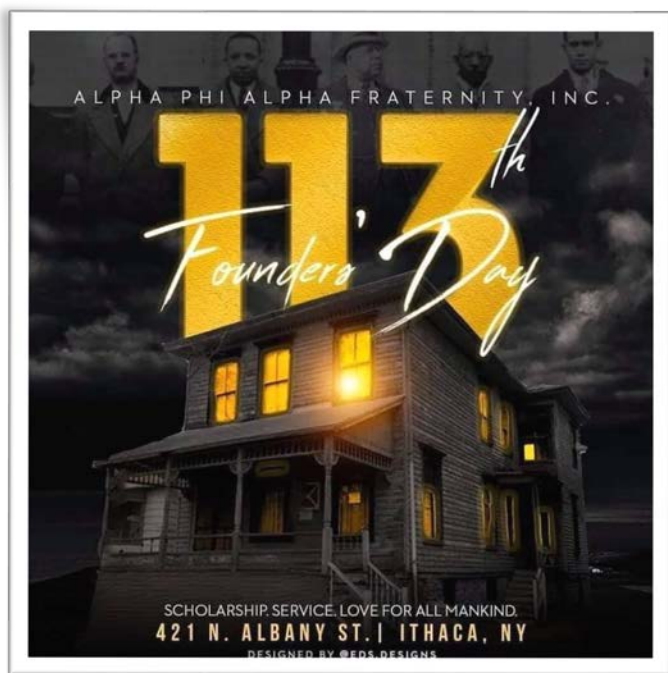
We are asking Brothers to serve as mentors for the YLDI 2020 Cohort. The sessions start in January and run through May. The sessions will be held on Sundays at the SKC Early Education Centers located at Penn Station Shopping Center at 5664 Silver Hill Rd, District Heights, MD 20747 from 1pm to 4pm.

Session Dates and Topics

Sessions Scheduled: January 12 – May 3, 2020

Educational sessions held Sundays 1pm - 4pm

	Date	Session Topics
1	1/12/20	Parent Orientation
2	1/19/20	Communications and Leadership
3	1/25/20	ASBS College Fair
4	2/2/20	College and Career
5	2/9/20	Goal Setting
6	2/23/20	Health and Wellness
7	3/1/20	Poetry Session
8	3/14/20	Leadership and Community Service
9	4/5/20	Dress for Success
10	4/18/20	Dining Etiquette
11	4/26/20	Final Session 2020 Review
12	5/3/20	YLDI Elevation Brunch



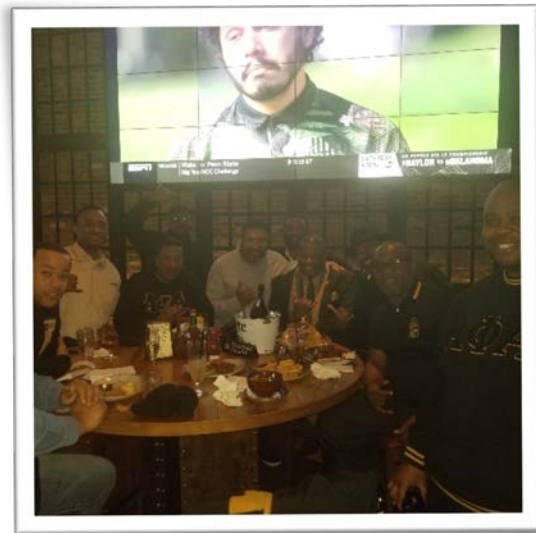
On Saturday, December 7, 2019, the Brothers of the Mighty MAAC otherwise known as the Mid-Atlantic Association of Alpha Phi Alpha Chapters descended upon the Metro Points Hotel in New Carrollton, Maryland for the

21st Annual Founder's Day Breakfast.

The Breakfast was well attended by Brothers, family, and friends. The Master of Ceremonies was conducted by Brother Anthony Cheatham. MAAC President and District Director Brother Rasheen Smith gave some remarks as this was his last Breakfast presiding over the MAAC. There was jazz music playing throughout the program by the East State Jazz band.

Brother J. Marshall Shepherd provided the keynote address. Brother Shepherd spoke on "Climate Change: An Alpha Perspective on An Urgent Threat To The African-American Community." Brother Shepherd highlighted the disproportionate impact of climate change on the poor, economically disenfranchised, and many communities of color. Brothers also celebrated and fellowshiped at the National Harbor for Founder's day on December 4, 2019...







RECLAMATION DAY LOCATIONS

JANUARY 9 2020

ABERDEEN

ISLAND SPICE JAMAICAN CUISINE

2120 EMMORTON PARK RD.
EDGEWOOD, MD 21040
8:36PM - 10:06PM

ANNAPOLIS

GREEN TURTLE SPORTS BAR

2383 BRANDERMILL BLVD
GAMBRILLS, MD 21054
6:06PM - 9:06PM

BALTIMORE

GAME

1400 WARNER STREET
BALTIMORE, MD 21230
6:06PM - 9:06PM

COLUMBIA

HOMESLYCE

9400 SNOWDEN RIVER PKWY
COLUMBIA, MD 21045
4:36PM - 7:36PM

DC

THE CAGED BIRD

1723 CONNECTICUT AVE, NW
WASHINGTON, DC 20009
6:06PM - 9:06PM

DELAWARE

GREEN TURTLE

391 N DUPONT HWY.
DOVER, DE 19901
6:06PM - 9:06PM

DELAWARE

GREEN TURTLE

425 STANTON CHRISTIANA ROAD
CHRISTIANA, DE 19713
5:06PM - 9:06PM

EASTERN SHORE

BUFFALO WILD WINGS

2734 N. SALISBURY BLVD, SB
SALISBURY, MD 21801
6:06PM - 9:06PM

FREDRICK

BJ RESTAURANT

5616 SPECTRUM DR.
FREDERICK, MD 21703
7:06PM - 9:06PM

LARGO

SOBE LOUNGE

10621 GREENBELT RD.
GLENN DALE, MD 20769
6:06PM - 9:06PM

SILVER SPRING

FIRESTATION 1

8131 GEORGIA AVE.
SILVER SPRING, MD 20910
7:36PM - 9:36 PM

SOUTHERN MD

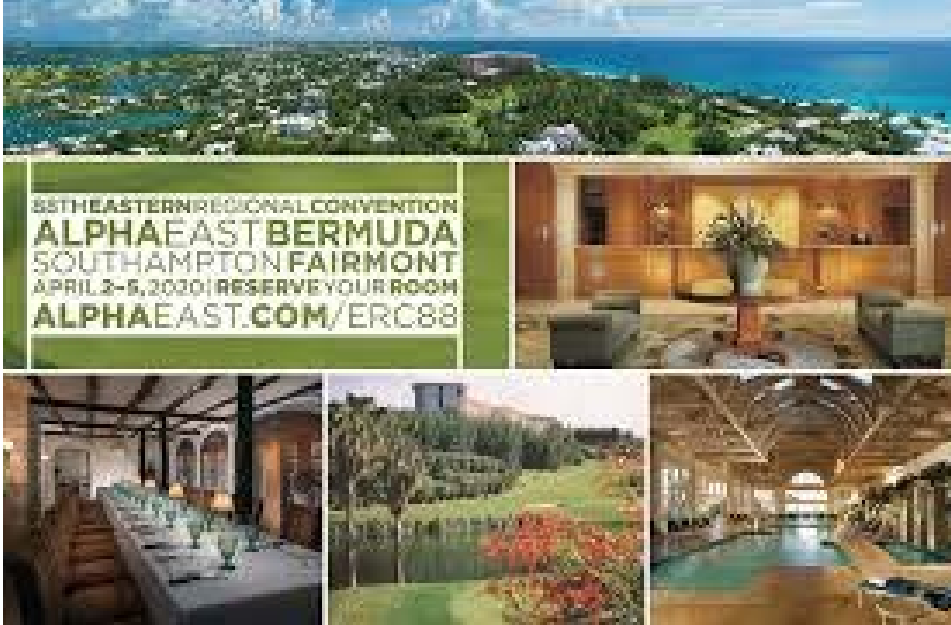
TAP SPORTS BAR

MGM NATIONAL HARBOR
OXON HILL, MD 20745
7:06PM - 10:06PM



EASTERN REGION OF ALPHA PHI ALPHA FRATERNITY

AlphaEast: First of All, Leading the Way!



EASTERN REGION OF ALPHA PHI ALPHA FRATERNITY

The Eastern Region of Alpha Phi Alpha Fraternity, Inc., affectionately known as AlphaEast, was founded in 1932; making AlphaEast the "birth place of Alpha." The region comprises seven districts that cover 12 states in the geographical areas between Virginia and New England, and the countries of Bermuda, Germany, Liberia, South Africa and the United Kingdom. AlphaEast is also the home of the National Headquarters in Baltimore, Maryland. The region currently has 165 chapters and over 3,500 active members. For more information visit www.AlphaEast.com.

88th Eastern Regional Convention Call,

April 2nd – 5th, 2020

Bermuda

Southampton Fairmont

101 South Shore Road

SN 02, Bermuda

ALPHAEAST.COM/ERC88

Alumni - \$385 (1 Jan – 10 Mar '18),

Late Registration - \$500 (11 Mar – 7 Apr '18).

Chapter Officers

President

Brother James B. Massey Jr.

1st Vice-President

Brother Omar Boulware

2nd Vice-President

Brother Kevin Stewart

Secretary

Brother Brian Halliburton

Treasurer

Brother Craig Trower

Financial Secretary

Brother Quintus Carlisle

Director of Education

Brother Richard Black

Chapter Dean of Membership Development

Brother Andrew Sheppard

Parliamentarian

Brother Drewry Brown

Historian

Brother Dale A. Wright

Sergeant-at-Arms

Brother Ernie Ross

Associate Editor-To-The Sphinx

Brother Duane Bouie

Chaplain

Brother Kevin Woodson

Immediate Past President

Brother Damian D. Taylor

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

Submit By	Published by
March 21, 2020	March 30, 2020
June 21, 2020	July 3, 2020

Please send all submissions to:
Brother Duane Bouie
repitoire@gmail.com
301-526-4377

The Pi Upsilon Lambda Chapter of Alpha Phi Alpha meets on the 2nd Friday of every month, promptly at 7:06 p.m at:

SKC Early Education Center
5664 Silver Hill Road
District Heights, Maryland