



PULse



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President's Corner

What a start to the 2019-2020 Fraternal Year! I wanted to take a moment to say thank you to the Brotherhood for such a wonderful kick-off during the last month and a half. We have started the year off with a bang and we should be very proud of our accomplishments thus far. As the fraternal year has gotten off to a great start, Brothers have continued to sign up for committees which have helped our chapter officers and chairs to effectively move their initiatives and committee work forward.

We have had successful executive board meetings, committee meetings and our first chapter meeting of the fraternal year! A special thank you to Brothers for attending in Alpha/Business attire for our first chapter meeting as we look to start a new tradition of officially starting and ending each fraternal year in the true tradition of Alpha.

I want to encourage Brothers to find that one (1) thing to fully dedicate yourself to during the first and second half of the fraternal year. I promise you, it will be personally fulfilling, but it also will be of tremendous help to the chapter as we continue to move our year's initiatives forward.

I thank you in advance for your dedication to Alpha and to the Brotherhood.

Always Fraternal,

J. B. Massey Jr.
Bro. Massey
President, PUL



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Christopher G. Riley Father's Day Breakfast

On Saturday, June 15, 2019, the Brothers of Alpha Phi Alpha Pi Upsilon Lambda Chapter, in conjunction with the Alpha Phi Alpha Pi Upsilon Lambda Charitable Foundation, held its 12th Annual Christopher G. Riley Father's Day Breakfast, at the Comfort Inn and Conference Center in Bowie, Maryland. With over 200 guests in attendance, the theme of the Breakfast was "*Fathers: Always There*". The Breakfast was opened to the public and provided an opportunity for the Brothers to acknowledge and recognize the challenges that Fathers face.

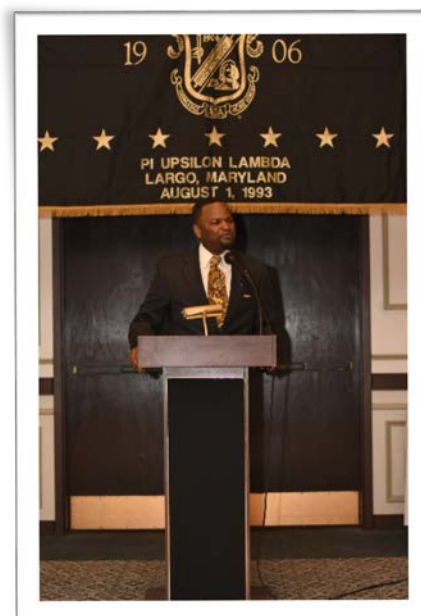
This event, the Christopher G. Riley Father's Day Breakfast, was named after the late Christopher G. Riley, a dear brother of Alpha, member of the Pi Upsilon Lambda Chapter, and a wonderful and beloved father. Christopher Riley was the first chairman of the Father's Day Breakfast, and had a great passion for giving recognition to the work and love fathers give their families. Each year, the chapter and the foundation pay tribute to this wonderful man in the best way possible – by honoring fathers.

The Mistress of Ceremonies was Ms. Taylor Thomas, a local morning news anchor for the Steve Harvey Morning Show on 96.3 WHUR. Ms. Thomas did an excellent job as host for the program.

Brothers from Eta Zeta Chapter from Bowie State University wowed the audience with their stepping performance. The four Brothers brought all of their energy to highlight their superior stepping skills.

Each year, the Father's Day Breakfast Committee solicits essay writers from grades K-12. This year's theme and prompts were "Why Our Fathers Should Be Celebrated!" and "Raised by an Alpha"

This year's winners were Jullian Brown, high school and Tiana Malone, middle school. The winners received \$300 and \$200, respectfully for their essays.





Second Annual Men's Health Forum

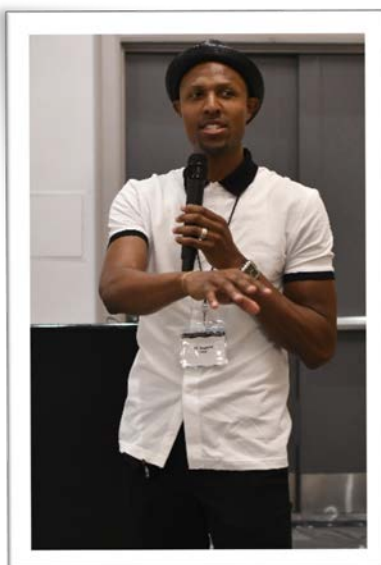


In honor of the 25th Anniversary of the Pi Upsilon Lambda Chapter Charitable Foundation of Alpha Phi Alpha Fraternity, Inc., the chapter hosted a Men's Health Forum entitled, *Changing the Narrative*. The Forum was hosted on Saturday, June 22, 2019, at the Crown Plaza in Greenbelt, Maryland. The overall goal of the Forum was to promote health through education, outreach, and resources specific to men's mental and physical health. The Forum consisted of multiple panel discussions. Panelist for the forum included: medical doctors, nurses, public health professionals, fitness experts, and

professional barbers. Among other topics, there were robust discussions about men and mental health, prostate cancer, oral health, and the vegan diet. There was a resounding expression of gratitude for the program which solidified the need for this event. The forum also hosted a health fair for participants that included: local government agencies and organizations, community-based organizations, and national organizations focused on improving health and wellness. Panel topics included: All About Nutrition, Mentoring and the Social Determinants of Health, Recreation and Health, Father Engagement, Critical Lessons BMOB Should Learn, Men and Healthy Aging, Men and Mental Health, Men and HIV Prevention, and Ask the Provider.

Lastly, the participants were able to have both their blood pressure, glucose and anonymous HIV testing status checked as part of the forum.





BROTHER MODERATORS

Keith Bell

Clarence Fluker

Dr. John Harkless

Dr. David Banks

Charles Lawson

Paul E. Brown

Iverson Gandy III

Devon Carter

Torrance Brown

BROTHER PANELISTS

Don Gatewood

Dr. Ifeanyi Olele

Dr. Lamont Bunyon

Devon Carter

Dr. Michangelo Scruggs

Dr. Langston Smith







95TH GENERAL CONVENTION THE ALPHA TAKEOVER

From July 24-28, 2019, the Brothers of Alpha Phi Alpha descended upon the Bally's Casino and Convention Center in Las Vegas, Nevada for the 95th General Convention. This year's theme was **"Silence is Not An Option."**

Hosted by the Western Region, Brothers from around the world descended upon sin city, some with their families, to do the work of Alpha and take advantage of the wonderful opportunities the city and convention had to offer.

Highlights

- Brothers Roderick Smothers and Willis Lonzer were elected for the final runoff for General President.
- Alpha will sign an MOU with the Hip Hop Caucus. To get Generation Z and Millennials to be more civically engaged.
- The last payment to the African-American History Museum will be made this year.



Community Service



March for Babies

On Saturday, May 4, 2019, Brothers of Alpha Phi Alpha, PUL chapter participated in the March for Babies campaign at the Washington Nationals Stadium in Washington D.C. This was the first year in many that the March for Babies organization consolidated marches throughout the Washington Metropolitan Area.

The March for Babies organization raises money to expand programs and educate medical professionals to make sure that moms and babies get the best possible care. They advocate for policies that prioritize their health and fund research to find solutions to the biggest health threats. With our support, we are able to support moms through every stage of the pregnancy journey, even when everything doesn't go according to plan



Highway Cleanup

On May 18th, Brothers gathered together to support our Highway Cleanup effort on Martin Luther King Jr. Highway in Prince George's County, Maryland. The Brothers continue to support the county on a monthly basis.

Food For Families

Brothers convene at the First Baptist Church of Glenarden in Glenarden, Maryland on a monthly basis to deliver multiple meals to families in need.



Community Service



#FathersStandUp

On August 22, 2019, the Brothers convened in the early morning hours at Barrack Obama Elementary school in Upper Marlboro, Maryland to take a pledge with other fathers to STANDUP and be in our children's lives during this upcoming school year. Organized by Brother Councilman Mel Franklin, the Brothers of Alpha Phi Alpha, along with multiple grandfathers, uncles, and members of other organizations came out to pledge their support of the youth in our community.

Take the Pledge

- Volunteer at least 10 hours per school year
- Assist my child with reading or homework, for at least 30 minutes
- Participate in at least 2 Parent-Teacher Conferences
- Join and be active in the Parent Teach Organization
- Be a positive role model for my child

Wellness Walk

On Saturday, September 21, 2019, the Brothers participated in the National African-American Male Wellness Walk Initiative. The National African-American Male Wellness Walk Initiative (NAAWWI) was established in 2004 to begin the process of making men understand, through prevention, one can live longer. The overall health and wellness of the black community is dependent on the health of black men in the community. African-American men are dying from preventable diseases at 10 times the rate of other men which drives the mission of the NAAWWI Initiative.



Brotherhood Affairs

Bowling Party



On Saturday, May 18th, 2019, at Crofton Bowling in Crofton, Maryland, the Brothers held a bowling party for family and friends with unlimited bowling. The late evening party was lit with a DJ and members from the Divine 9.





ALPHA PHI ALPHA FRATERNITY, INC.
PI UPSILON LAMBDA CHAPTER

PRESENTS:

HBCU & DIVINE 9

Bowling Party

Saturday, May 18, 2019
10:00 PM-2:00 AM
Crofton Bowling
(Millennium Bowling Party)
2115 Priest Bridge Drive Crofton, MD 21114

Tickets \$30 In Advance

Event includes 4 hours of unlimited bowling, shoe rental, light show, and DJ.

Jeans and T-shirts welcome.

Brotherhood Affairs

PUL Bar-B-Que



On August 21, 2019, the Neos of PUL put on a spectacular Barbeque for family and friends of PUL. Everyone had a great time with food and fun, GREAT JOB Bros!!



Brotherhood Affairs

Chapter Awards

During the last chapter meeting of the Fraternal Year, the Brothers of Pi Upsilon Lambda recognized Brothers in the Chapter that provided significant contributions to the growth of the chapter and community. Please congratulate these Brothers for their excellent service.



CHAPTER AWARDS FOR 2019-2020

Alex C. Bailey Committee Service Award -
Brother David Smith

Roger E. Middleton Manly Deeds Award -
Brother Steve Robinson

Unsung Hero Award

Brother Duane L. Bouie

Alpha Man of the Year Award

Brother Torrance Brown

Vice President's Award

Brother Torrance Brown

Brother Quintus Carlisle

Brother John Greene

Brother Kenneth Hunter

Brother Mike Nelson

Brother Steve Robinson

Brother David Smith

President's Award

Brother Keith Bell

Brother Duane L. Bouie

Brother Omar Boulware

Brother Brian Halliburton

Brother Michael Porter

Chapter Officers**President**

Bro. James B. Massey Jr.

1st Vice-President

Bro. Omar Boulware

2nd Vice-President

Bro. Kevin Stewart

Secretary

Bro. Brian Halliburton

Treasurer

Bro. Craig Trower

Financial Secretary

Bro. Quintus Carlisle

Director of Education

Vacant

**Chapter Dean of Membership
Development**

Bro. Andrew Sheppard

Parliamentarian

Bro. Drewry Brown

Historian

Bro. Dale A. Wright

Sergeant-at-Arms

Bro. Ernie Ross

**Associate Editor-To-The-
Sphinx**

Bro. Duane Bouie

Chaplain

Bro. Kevin Woodson

Immediate Past President

Damian D. Taylor

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

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