

The Calla Lily

Gazette



Beta Xi Chapter of The National Sorority of Phi Delta Kappa, Inc. (NSPDK)
Volume 1 ♦ Number 3 ♦ March 2026

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Beta Xi Chapter Officers

Basileus

Alice J. Gordon

1st Anti Basileus

Katie May-Taylor

2nd Anti Basileus

Altresse Coleman-Moore

Grammateus

Tiffany Campbell

Epistoleus

Zeta June,

Tamiouchos

Carmen Lamar-Canady

Tamias

Cherry Jones

Dean of Pledges

Doris Jackson

Parliamentarian

Tangela Jones

Executive Advisor

Lillian Lancaster

The Calla Lily Gazette

Newsletter Editor

Dr. Rebekah McCloud

From The Basileus' Desk



March is also Women's History Month—a time to honor and celebrate the many achievements of the women who came before us and those who continue to shatter glass ceilings as we work together to make the world a better place for all.

As I reflect on the strong women who have helped shape my life, I must tip my hat to EVERY teacher I had—from elementary school through my Master's program. Some were tough, some were firm and encouraging, and some were even challenging to endure. Yet every one of them played a role in who I am today. They pushed me, stretched me, and challenged me to become more than I ever thought I could—or deserved—to become.

I will forever honor and cherish my first-grade teacher, Mrs. Amozene Coney, who ignited the fire in me to become a teacher and to love my students the way she loved hers. I also cannot talk about the women who influenced my life without honoring my mother. Although she completed only the 8th grade, she demonstrated a deep love for learning and pushed us to do well in school. My mother taught us the "soft skills" we needed for lifelong success. Thank you, Mom.

Hats off to ALL women who continue the fight to make things better for everyone—regardless of life's limitations. 🌸

"Beta Xi On Fire as We Lead, Support, Strengthen and Celebrate Our Teachers, Our Community and Our Sisterhood"



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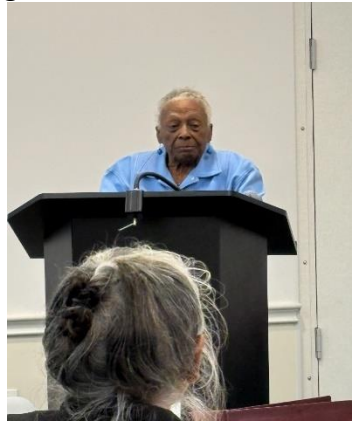
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Beta Xi Black History Month Presentation a Success!

Dr. Deborah Daniels & Rose Cooper

Beta Xi held its annual Black History Month program. A highlight was past educators, Eloise Reddick & Cheryl Soriano, who shared their experiences with the “Fishbowl.” Many black teachers were moved from predominantly black schools to other schools during Orange County Schools’ desegregation efforts. Many of their names were pulled from a “fish bowl” to determine their new teaching assignment.



Soror Reddick & Mrs. Soriano shared with Beta Xi present and past educators that the road is not always easy. “When you know a fishbowl is going to take place, you gather together and make it a fish fry and fellowship and commune with your colleagues as you listen to your name being called after it is pulled out of a fishbowl to make

it publicly known where your new teaching assignment is. You are teaching under a leader who does not like your kind. You know that, but you, through your care for all concerned and lack of fear, confront mistreatment, ignorance, and lack of self-preservation and reason with it head on, to make life better for all concerned,” said Reddick. (L) Cheryl Soriano, (R) Eloise Reddick. They left us with the following takeaways:

- Though it may seem hard right now, we can make it through.
- We must know our role and do our part.
- It will get better by and by!!!

“The cause of freedom is not the cause of a race or a sect, a party or a class – it is the cause of humankind, the very birthright of humanity.”— Dr. Anna Julia Cooper (1858-1964)

Born enslaved, died impossible to ignore—though history still tries.



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Above (Left to Right): Sorors Claudette Monroe, Rose Cooper, and Dr. Deborah Daniels.

Some of the Sorors who attended the PDK Black History program included the following (from left to right): Rose Cooper, Shaun Causwell, Johnnie Glover, Cherry Jones, Cheryl Soriano, Zeta June, Doris Jackson, Eloise Reddick, Patti Moore, Clara Walters, and Alice Gordon, Basileus.

Black History Month Tribute to the 6888



Soror Rose Cooper wore a shirt in tribute to the 6888. "My 6888 shirt was in memory of Essie Watts Davis, my mother's childhood/lifelong friend who came from Philadelphia to care for my mother for a week so that I could skip a weekend of traveling to Monticello. She was in the 6 Triple 8," said Cooper. The 6888 "Six Triple



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Eight" battalion, the only all-African American Women's Army Auxiliary Corps (United States Army) to serve overseas in World War II. The battalion was renamed the Women Army Corp (WAC). Their task was to help deliver millions of letters to the troops. They were recently awarded the Congressional Gold Medal for their war efforts.

The Shadow in the Crossover

By Patricia Wilkins

When integration came, it did not come quietly. It came with lists, closed doors, whispered meetings, and decisions made about us without us. Some of my colleagues were selected to transfer to predominantly white schools from the proverbial "fish bowl" that was displayed, so that the selection process could be easily determined to be unbiased. My name was not called; therefore, I remained.

I stayed at the predominantly Black school that had always been my professional home. But it was no longer the same. White students began arriving in our classrooms, escorted by policy and protection, while white teachers were assigned to work alongside us. Integration, they called it. Crossover. From where I stood, it felt more like being measured.

I had been a teacher long before the word "integration" was placed on every administrator's tongue. I knew my craft. I knew how to reach children who carried hunger, brilliance, and burden in the same small hands. I knew how to make poetry come alive and history feel personal. But when white teachers entered our building, I felt something shift. Conversations stopped when I approached. Lesson plans were questioned in tones that were never quite disrespectful—but never fully respectful either.

There was an assumption that lingered in the air like chalk dust: that we had been "good enough" for Black children, but perhaps not good enough for theirs. White students entered my classroom cautiously at first. Some had been told—explicitly or subtly—that they were stepping down academically. I saw it in their posture. I heard it in the way a few of their parents spoke during conferences, as though they were waiting for confirmation that their fears were justified. What they found instead was rigor. They found structure. They found expectations.

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I did not lower my standards to ease anyone's discomfort. If anything, I raised them. My Black students, who had always excelled despite outdated textbooks and limited resources, now had to prove themselves twice over—once for their own futures and once to challenge a narrative that never should have existed.

The white teachers, too, carried their own quiet judgments. Some believed they had been sent to “help.” Others believed they had been sent to “fix.” Rarely did they consider that they had also come to learn. There were moments in faculty meetings when my suggestions were overlooked, only to be praised when repeated by someone else. There were curriculum debates where my experience was treated as anecdotal rather than authoritative. Yet I remained steady.

I watched my Black students sit taller as they realized they were not intellectually inferior. I watched white students slowly unlearn what they had been told about us. I watched walls crack—not all at once, but in small, meaningful fractures.

The crossover was not a clean exchange of spaces. It was an emotional and professional reckoning. Those of us who stayed behind were not chosen for visibility in white institutions, but we became anchors in changing the institutions. We bore the weight of proving what had always been true: that excellence did not require proximity to whiteness.

There were days I felt like a shadow in the process—present, essential, yet overlooked in the official stories of progress. But shadows exist because there is light. And in that classroom, in the determined faces of my students, there was light.

Integration did not simply test the system. It tested us. And we endured.

Beta Xi's Oral History Project: Collecting Our Stories

The above article will be included in Beta Xi's oral history project: Collecting Our Stories. This project seeks to preserve the legacy of Black teachers who helped desegregate Orange County Public Schools (OCPS) from 1965 to 1975. The project is designed to ensure their contributions remain recognized as an essential part of American history. The goal of the project is to be sure the history is not erased, but included. Black history is American history.



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Soror Dr. Clara Walters Featured in Black History Month News 13 Special

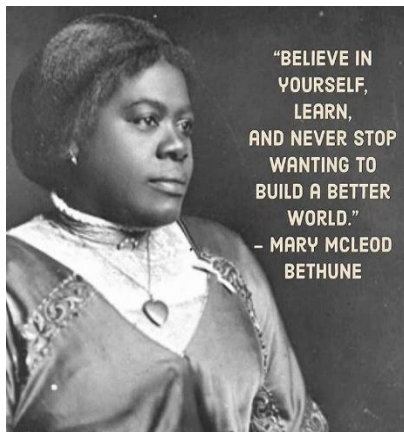
Soror Dr. Clara Walters was featured by Spectrum News 13 on their black history special, 100 Years Later: The Legacy of Black History. Dr. Walters talked about segregation in Orange County



Public Schools. "I never had a new book when I was going to school. All the books we ever had came from the white schools. They always had other children's names in it, or things written in it. But that didn't deter our learning. Our teachers made the difference. Back then, teachers were nurturers. They made sure we felt like somebody, and they didn't let us slack off," said Dr.

Walters. She was one of the first two Black teachers to integrate Oak Ridge High School, and she was the first female principal of Jones High School.

Quotable Quotes by Legendary Black Women



"There is no limit to what we, as women, can accomplish."
—Michelle Obama

It's not the load that breaks you down; it's the way you carry it. —Lena Horne

"If you don't like something, change it. If you can't change it, change your attitude." — Maya Angelou

"Doing the best at this moment puts you in the best place for the next moment." —Oprah Winfrey

"If they don't give you a seat at the table, bring a folding chair." —Shirley Chisholm

Give light and people will find the way. —Ella Baker



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Sorors on the Move



Left Photo—Dr. Nikita McCaskill-McPherson (third from the left) has been busy working in the community. She was a panelist for the 5th Annual Ladies Night event that empowered middle and high school girls through the wisdom and life lessons of successful

women. The panel featured CEOs, directors, contractors, and law enforcement leaders from the Florida Highway Patrol, Orange County Sheriff's Office, and the City of Apopka. Right Photo-- Soror Nikita also served as a panelist at Valencia's African American Cultural Society's 3rd Annual Women's panel.



Dr. Rebekah McCloud participated in several Black History Month and Women's History Month presentations. First Photo—Soror Rebekah was the moderator for the Orange County League of Women's Voters' "Hot Topics." She led a conversation with Dr. Marvin Dunn about his 2016 book: A History of Florida: Through Black Eyes. Middle photo—Soror Rebekah also moderated a panel discussion as part of the Dorothy Turner Johnson Branch/ASALH annual Black History Month Breakfast Celebration. Last Photo—Soror Rebekah moderated a discussion with author Dr. Ruth Edwards as part of the Stone Soup and Storytelling Event sponsored by Barbara Chandler Productions.

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Volunteerism in Action: Orlando Union Rescue Mission



Sorors volunteer the second Wednesday of every month (4:15-5:30) at the Orlando Union Rescue Mission. On Wednesday, March 11th, Sorors Patti Moore and Brittany Smith served dinner. On a previous visit, Sorors Doris Jackson, Shun Crockett-Carswell, and Rose Cooper served.

Next Chapter Meeting

Our next Beta Xi Chapter meeting is Thursday, April 23, 2026, at 6:30 pm. The meeting will be held via Zoom. The link will be forthcoming.

Beta Xi Chapter Programming March-June 2026

MARCH	YOUTH VIOLENCE PREVENTION WEEK (last week in March), SLATE OF OFFICERS PRESENTED FOR VOTING, READ ACROSS AMERICA (READ ACROSS NSPDK) & RECRUIT XINOS / KUDOS
APRIL	SOUTHEAST REGIONAL CONFERENCE IN TENNESSEE / APRIL 9-12, 2026, NATIONAL CHILD ABUSE PREVENTION MONTH, & GIFT OF TEACHING LUNCHEON
MAY	TEACHER APPRECIATION WEEK (MAY 2-6), FOUNDER'S DAY & HYPERTENSION EDUC MTH/ NAT'L STROKE AWARENESS MTH
JUNE	NSPDK, INC. SOUTHEAST REGIONAL YOUTH CONFERENCE JUNE 11-14, 2026, INSTALLATION OF CHAPTER OFFICERS & YEAR END ACTIVITIES

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Submitted by Soror Zeta June



The Daily Newsletter

Apopka Progressive Seniors Club members presents Orange County Mayor Jerry Demings with a copy of the club's Memory Book. Members present were Zeta June, Mayor Demings, Gail Parker, Bernice Edwards and Rose Cooper.

Rose Cooper, Chairperson of the Learning Post Committee introduced Mayor Demings as the Black History Month Speaker for the evening.



Mt. Moriah Baptist Church Learning Post Black History Month Program

Apopka Progressive Seniors Club member Rose Cooper invited all to attend their February 2026 program. The speaker was Orange County Mayor Jerry Demings. Mayor Demings shared his personal life experiences that he has taken to arrive where he is today.

Following his presentation Ms Cooper allowed Zeta June, chairperson of the Memory Book committee along with the members of the club in attendance to present him with a copy of the Historical Memory Book compiled a few years ago. Mayor Demings has always been a friend of the club for decades! We thanked him for our support over the years.

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MARCH	
TIFFANY CAMPBELL	3/3
GORSHA GALBRAITH	3/6
NIKITA MCCASKILL-MCPHERSON	3/13
BERTHA MCGRAW	3/16
VELMA HERRINGTON	3/18
MATTIE JOHNSON	3/19
MONICA GORDON	3/19
ALICE GORDON	3/25
APRIL	
JONI DANIEL SCHOFIELD	4/15
BRITTANY SMITH	4/15

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National Sorority of Phi Delta Kappa, Inc. Southeast Region Schedule

Conference / Year	Date	Location
Regional / Conclave 2025	August 2025	Las Vegas, NV
Southeast Regional 2026 (Beta Eta)	April 9-12, 2026	Memphis, TN
Southeast Regional 2027 (Beta Kappa)	April 8 – 11, 2027	W. Palm Beach, FL
Southeast Regional 2028 (Beta Xi)	April 6-9, 2028	Orlando, FL
Southeast Regional 2029 (Beta Sigma)	April 12-15, 2029	Lakeland, FL
Southeast Regional 2030 (Gamma Gamma)	April 11-14, 2030	Panama City, FL

Soror Clara Walters Honored for Years of Service

Submitted by Soror Patti Moore

Here I am at Shiloh Baptist Church Service with our beautiful Beta Xi Soror, Clara Walters. She was beautifully honored at her Church's Saturday, March 21st, 2026, Women's Conference and again at the March 22nd, 2026, Sunday Worship service for "All of her years of service, dedication, love, and outstanding leadership to Shiloh Missionary Baptist Church!" I surprised her by attending her Sunday Worship Service and was asked to be on the program to say a few words! I presented her with a token of my most sincere appreciation and love! It was a beautiful porcelain Angel that is adorned in our Sorority's colors!!



Thanks be to God for Soror Walters and all that she has given and done over the years!!! She has been a Blessed Lamp unto my Feet and Light onto my Path!! 🙏💛❤️ PS Everyone was asked to wear her favorite color Blue.....something in a shade of blue, so that's why I am in Blue! 💙 Love and Blessings, Soror Patti.



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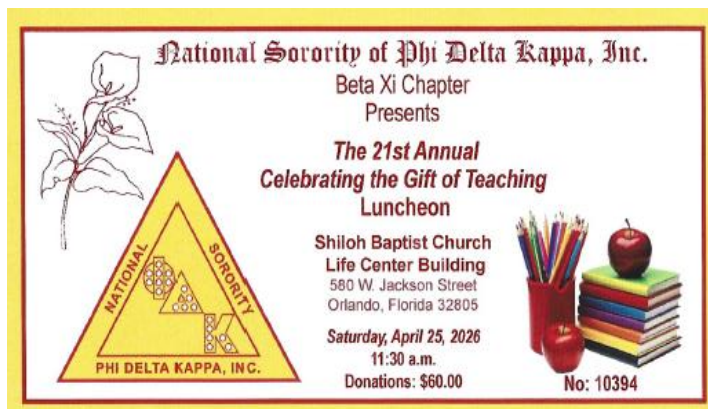
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Gift of Teaching Luncheon



Get ready for the 21st annual Gift of Teaching Luncheon. It will be held on April 25, 2026, 11:30 am at Shiloh Baptist Church Life Center, 580 West Jackson Street, Orlando 32805. Tickets are \$60.00 per person. Proceeds benefit our scholarship program and literacy projects. Please arrive at 9:30 a.m. A Chapter picture will be taken at 9:45 a.m. *Attire: Dressy Business – Sorority Colors.*

Shout Outs

- To Soror Rose for sending out daily Women's History articles! The articles have been informative and educational. Hopefully, you have learned something you did not know about the accomplishments of African American women.
- To Soror Dr. Deborah Daniels, who submitted an article to the Krinon 2026.
- To Soror Dr. Rebekah McCloud, who submitted a presentation proposal to the Southeast Region 59th Conference.
- To Soror Nikita McCaskill-McPherson, who was named the FAMU National Alumni Association Greater Orlando Chapter Student Recruitment Chair.
- To the Public Relations Committee (and all those who contributed) to assist Beta Xi in submitting its Activity Book to the National Sorority.

The National Sorority of
Phi Delta Kappa, Inc.

Southeast Region
Beta Xi Chapter
Orlando, Florida



Chapter Activity Book



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Did you Know?

The National Sorority of Phi Delta Kappa, Inc. (NSPDK) National Chapter Activity Book Award is given to a Chapter in recognition of outstanding contributions in the areas of youth, education, service, and interpersonal relationships. The First Supreme Anti-Basileus provides all information and rating criteria to Chapters for recommendation to receive this award. Source NSPDK, Inc. Manual of Policies and Procedures, Section VII—Page 24.

The Activity Book Rating Criteria includes 25 areas of information regarding Chapter activities in the areas of Youth, Education, Service, and Interpersonal Relationships. For more information, see the Forms and Documents tab in the Sorors Only section of the NSPDK, Inc. website.



National Sorority of Phi Delta Kappa, Incorporated
To Foster a Spirit of Sisterhood Among Teachers and to Promote the Highest Ideals of the Teaching Profession

Activity Book Rating Criteria

Chapter:	Region:	Evaluator:	Date:
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Required Content:
 *Cover Page (region, chapter, city)
 *Table of Contents
 *Page 1- Founders
 *Pages 2, 3, 4 - Officers-all 3 levels (local, regional, national)
 *Page 5 - Chapter History
 *Page 6 - Chapter picture of members with list of financial members.
 Proceed with categories below.

Category	Sub-categories	Possible Points	Actual Points
Youth	Criteria: Chapter has an active group. Yes = 5 points, No = 0 Points (circle one)		
	1. Xinos: 0 or 5 2. Kudos: 0 or 5 3. Hub Parents: 0 or 5	15	
Education	Criteria: Chapter has an active group. Y = 5 point, No = 0 Points (circle one)		
	4. KOT 0 or 5	5	
	Scholarship Applications: Number Submitted		
	5. National	1 = 1 pt 2-3 = 3 pts 4+ = 5 pts	5
	6. Kappa Omicron Tau (KOT)/ Student Teacher	1 = 1 pt 2+ = 5 pts	5
	7. Regional	1 = 1 pt 2-3 = 3 pts 4+ = 5 pts	5
	8. Local Chapter Awarded Scholarships	Yes = 5 No = 0	5
	9. Perpetual Scholarship Memberships (include receipt (see scale))	25% 1 pt 50% 3 pts 100% 5pts	5
	Activity Documentation: Photos with dated Program + News Release Articles of Varied Activities or Events. Current year only!		
	10. Reading Events (in the content areas, tutoring, family literacy, Read Across NSPDK, etc.)	1 = 1 pt 2 = 3 pts 3+ = 5 pts	5
	11. African American History Events	1 = 1 pt 2 = 3 pts 3+ = 5 pts	5
	12. Technology / Computers Events	1 = 1 pt 2 = 3 pts 3+ = 5 pts	5
	13. Children, Adult and Early Childhood Events (Touch-a-Child - optional)	1 = 1 pt 2 = 3 pts 3+ = 5 pts	5
Professional Development: Number of Events			

Service	14. Teach-a-Rama Events	1 = 1 pt	2 = 3 pts	3+ = 5 pts	5
	15. Leadership Training Events	1 = 1 pt	2 = 3 pts	3+ = 5 pts	5
	16. Public Relations Academic Issues & Current Trends Events	1 = 1 pt	2 = 3 pts	3+ = 5 pts	5
	Projects				
	17. International Contribution: \$			(\$100)	5
	18. National Contribution: \$			(\$100)	5
	19. Charitable Donations \$	1-2 1 pt.	3-4 3 pts.	5+ 5 pts	5
Subtotal for Youth, Education & Service:					95

Interpersonal Relationships	Interpersonal Relationships: Number of Events or Articles				
	20. Sisterhood Activity Events	1 = 1 pt	2 = 3 pts.	3+ = 5 pts.	5
	21. Health, Nutrition and Hypertension Events	1 = 1 pt	2 = 3 pts	3+ = 5 pts	5
	22. Senior Teachers / Second Careers / Retired Sorors, Volunteer Program Events	1 = 1 pt	2 = 3 pts	3+ = 5 pts	5
	23. Anthropos (Does chapter have a group?)	Yes = 5 pts	No = 0 pts		5
	24. Newspaper Articles related to all activities dated from March of previous Sororal year to present	1-2= 2 pts	3-5=3 pts	6+ = 5 pts	5
	Table of Contents	U = 1	S = 3	E = 5	5
	Overview of Sections	U = 1	S = 3	E = 5	5
	Appearance and Organization	U = 1	S = 3	E = 5	5
	Required Content	U = 1	S = 3	E = 5	5
	25. Founders Day Activities w/ program	0-2 1 pt.	3-5 3 pts.	5+ 5 pts.	5
	Subtotal for Interpersonal Relationship				
	Directions: Rate each as 5(Excellent), 3 (Satisfactory) or 1 (Unsatisfactory) Overall Quality of Activity Book				
GRAND TOTAL					150

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Heart Attack Symptoms in Women: Quick Facts

- It's important to know the heart attack symptoms specific to women.
- Call 911 right away if you have any of the signs of heart attack.
- Heart disease can be prevented with healthy lifestyle choices and preventive care.

A heart attack strikes someone about every 40 seconds in the United States. It occurs when blood flow, that brings oxygen to the heart muscle, is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol, and other substances.

Even though heart disease is the No. 1 killer of women in the U.S., women often chalk up the symptoms to less life-threatening conditions such as acid reflux, the flu, or normal aging.

Many women think the signs of a heart attack are unmistakable. But the signs may not be obvious and might be confusing. Even when the signs are subtle, the outcomes can be deadly, especially if the person doesn't get help right away.

If you have any of these signs, call 911 and get to a hospital right away.

- Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest. It may last more than a few minutes or go away and come back.
- Pain or discomfort in the: Arm (one or both), Back, Neck, Jaw, or Stomach
- Shortness of breath with or without chest discomfort.
- Other signs, including: Breaking out in a cold sweat, Nausea, or Lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. Some women having a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them. Women may have other symptoms that are typically less associated



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with a heart attack, such as: Anxiety, Shortness of breath, Upset stomach, Pain in the shoulder, back or arm, or unusual tiredness and weakness.

Take care of yourself. Heart disease can be mostly preventable. So be sure to:

- Schedule an appointment with your health care professional to learn your risk for heart disease.
- Quit smoking. Just one year after you quit, you'll cut your risk of coronary heart disease by 50%.
- Aim for at least 150 minutes a week of moderate-intensity aerobic activity (such as brisk walking) or 75 minutes of vigorous activity (such as jogging), or a combination of both. Try to spread your activity throughout the week. It's also good to include moderate- to high-intensity muscle-strengthening activity, such as resistance or weight training, at least twice a week.
- Include fruits, vegetables, lean proteins, whole grains, low-fat or fat-free dairy, nuts, and seeds in your diet. Limit processed foods, added sugars, sodium, and alcohol. Check out these healthy cooking tips. You'll learn smart replacements, healthy snacking ideas, and better preparation methods.
- Learn more about women's heart health.

Seeking Work-Life Balance: Try Scheduling Your Month This Way

- | | |
|--|---------------------------------|
| 1 Lunch date with a friend | 1 breakfast meetup with friends |
| 24 hours with no social media | 1 early night to bed |
| 1 day serving others/volunteering | 1 late morning start |
| 1 day without spending money | 1 day completely to yourself |
| 1 night out with friends | 1 day outdoors |
| 1 date night (even with just yourself) | 1 movie night |



Financial & Economic Literacy Moment

You have been given the choice of living (all-inclusive) in a castle for the rest of your life or receiving a one-time pot of gold equal to the cost of the castle. What are the pros and cons of each? Which would you choose and why?



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Calla Lily Gazette Newsletter Survey Results

Eleven Sorors responded.

90.9% read the first newsletter, 9.1% did not.

90.9% read the second newsletter, 9.1% some of it.

50% prefer the electronic document, 10% prefer the flip book, 40% prefer both.

81.8% said the newsletter length was just right, 18.2% said it was too long.

90.9% said they gained new information from the newsletter, 9.1% said maybe.

100% said the quality of the newsletter was excellent.

What topics would you like to be covered in future newsletters?

- Activities available in the greater Orlando area.
- Learning and Behavior Management Strategies.
- Our Youth updates.
- Sisterhood Do's and Don'ts.
- Professional Development.
- Any topic regarding education/Beta Xi members.

Sorors, keep reading! Future issues of the newsletter will cover these topics and more!!

Thank you to the Sorors who contributed an article this month. This is our newsletter. Feel free to send your articles, photos, blurbs, business spotlights, etc., to me by the 10th of each month.



Rules About Photography

In the U.S., photographing in public spaces (streets, parks, sidewalks) is generally protected by the First Amendment, meaning you can legally take photos of people and scenes in plain view without consent. However, commercial use of these photos—specifically for advertising—usually requires a release, while editorial (news) or artistic use does not. Photography is

prohibited where a person has a reasonable expectation of privacy, such as in bathrooms, changing rooms, or looking into private homes.

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Why Every Black Doctorate is an Act of Resistance

By Dr. Pamela P. Felder-Small, President & Founder, Black Doctorates Matter

When we see a Black person in academic regalia we often see a celebration. We see a family cheering, a "Congratulations!" cake, and a LinkedIn post with hundreds of likes. But what we don't see is the miracle. We don't see the statistical improbability of that moment. We don't see the invisible graveyards of ambition where thousands of other dreams were buried. We don't see the 50% attrition rates. As we celebrate the **100th Anniversary of Black History Month**, it is time to stop viewing the Black doctorate merely as an academic achievement. It is a survival story.

Roughly 50% of all students who enter a doctoral program never finish. Let that sink in. Flip a coin. Heads, you become "Doctor." Tails, you leave with debt, trauma, and a transcript that says "All But Dissertation" (ABD). This 50% attrition rate applies to *everyone*—white, Black, Asian, Hispanic. It is a systemic failure of higher education, a sign that the academy is designed to weed people out rather than cultivate them (Council of Graduate Schools, 2008). But if the odds are 50/50 for the *average* student—someone who likely sees professors who look like them, who has generational wealth to fall back on, and whose dialect is considered "academic standard." What are the odds for a Black doctoral student? For us, the cliff is steeper. Research indicates that attrition rates for Black doctoral students are often even higher than the national average. We are navigating the same rigorous coursework as our peers, but we are doing it while carrying the invisible backpack of systemic exclusion, isolation, and financial precarity. When a Black scholar crosses the stage, they haven't just passed their defense. They have survived a system designed to make them quit.

To read the rest, go to <https://www.linkedin.com/pulse/statistical-miracle-why-every-black-doctorate-act-pamela-felder-small-omude/>

Congratulations to our Sorors who are pursuing their doctoral degrees!
Be steadfast and be encouraged!



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Beta Xi Chapter of The National Sorority of Phi Delta Kappa, Inc. (NSPDK)
Volume 1 ♦ Number 3 ♦ March 2026

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Ethiopia Cultural & Mission Travel Rescheduled

Group Name: National Sorority of Phi Delta Kappa, Inc. (NSPDK)

Travel Dates: October 26 - November 7, 2026

Organized by: Guzo World Travel Services

Contact: Segi Desta, 817-917-6618 | segi@guzoworldtravelservices.com

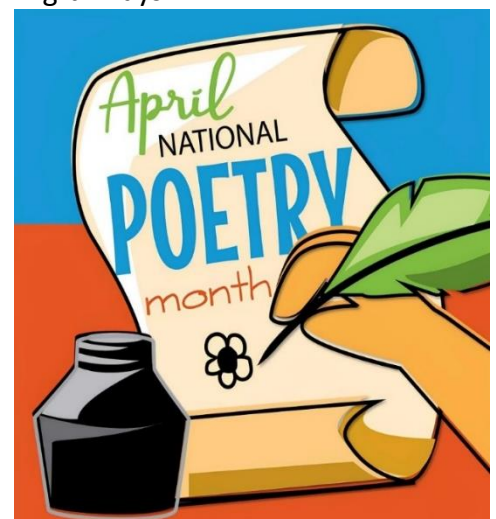


After careful review of current participation numbers, the mission trip originally scheduled for June 22–July 4, 2026, has been rescheduled due to low registration numbers. In order to allow additional time for recruitment and broader participation, the new dates are: **October 26 – November 7, 2026**. We are confident that this adjustment will strengthen participation and allow more Sorors the opportunity to experience this meaningful journey of service, cultural immersion, and global sisterhood.

Reading & Writing Connection

To celebrate National Poetry Month, engage with poetry in meaningful ways:

- Read a new poem each day to discover diverse voices.
- Attend local poetry readings or open mic events.
- Write your own poems to express your thoughts and feelings.
- Share your favorite poems on social media to inspire others.
- Explore poetry anthologies or collections to broaden your perspective.
- Participate in poetry challenges or prompts to spark creativity.
- Read about your state poet laureate.
- Read a poem before you go to bed.



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Professional Development Opportunities

Management Training - An Ounce of Prevention

With the overdose crisis growing, now is the time for businesses to be part of the recovery efforts. Managers are in the best position to promote and direct workplace awareness and prevention efforts. This in-person Leadership Training equips managers with the knowledge, skills, and resources to address addiction —and become champions of the Recovery Friendly Workplace (RFW) movement. RFW helps employers foster cultures that support prevention, intervention, and recovery, while enhancing employee well-being and business outcomes.

Mar. 31, 2026, 1 – 4 P.M.

CSCF at Seminole State College

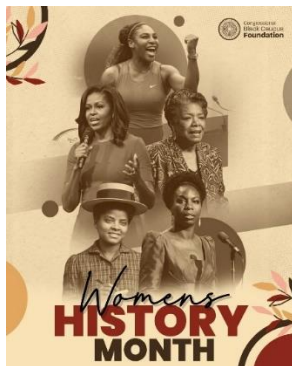
100 Weldon Blvd, Building C, Room C103, Sanford, FL 32773

<https://careersourcecf.workflowcloud.com/forms/75a8e28a-3a55-4016-b601-b577c1e77746>

Addiction Awareness in the Workplace Training

Addiction Awareness in the Workplace – HR is a 13-week virtual training for HR professionals and employee managers. Understand addiction and prepare a plan to implement in the workplace. You'll earn an Addiction Awareness Facilitator (CAAA-HR) Certification and 26 SHRM professional development credits. The next class is Sept. 4 – Dec. 4, 2026, on Fridays from 11 A.M. – 1:30 P.M.

<https://careersourcecf.workflowcloud.com/forms/75a8e28a-3a55-4016-b601-b577c1e77746>



Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8, and during October in Canada, corresponding with the celebration of Persons Day on October 18.



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Technology Corner—Emojis & Text Abbreviations

Emojis are pictographs used in digital communication to convey emotions, tone, and context. Emojis can change meaning based on context. Here is a guide to common emoji meanings.

😊 Smileys & Emotions

- 😂 **Face with Tears of Joy**: Intense laughter; something is hilarious.
- 🤪 **Rolling on the Floor Laughing**: Extreme amusement.
- 😭 **Loudly Crying Face**: Extreme sadness, dramatic emotion, or intense laughter/humor.
- 💀 **Skull**: "Dead" from laughter, used by Gen Z for humor, replacing 😭.
- 🥺 **Pleading Face**: Vulnerability, begging, or asking for comfort.
- 🙄 **Upside-Down Face**: Sarcasm, irony, or silliness.
- 😏 **Smirking Face**: Suggestive, flirty, or mischievous; smugness.
- 😊 **Relieved Face**: Calm, appreciation, or contentment.
- 🤔 **Melting Face**: Sarcasm, embarrassment, or feeling overwhelmed.
- 🤔 **Thinking Face**: Suspicion or questioning something.
- ❤️ **Red Heart**: Classic love, affection, or gratitude.
- 😊 **Smiling Face with Hearts**: Adoration, being in love.
- 😘 **Face Blowing a Kiss**: Affection, thank you, or a playful goodbye.
- 💔 **Broken Heart**: Sadness, heartache.
- 👍 **Thumbs Up**: Agreement, approval, or "got it". *Note: Gen Z may use it as dismissive or passive-aggressive.*
- 🙏 **Folded Hands**: Prayer, gratitude, or a "high five".
- 👁️ **Eyes**: Surprise, acknowledging something, or "I'm looking".
- 🤝 **Handshake**: Agreement or partnership.
- 🗨️ **Cap**: "No cap" means no lie, or it indicates lying.
- 🔥 **Fire**: Something is hot, attractive, or "on fire".
- 🤳 **Shy Fingers**: Shyness, flirting, or nervousness.
- li>• ✨ **Sparkles**: Used to emphasize a word or for sarcasm.
- ⚡ **Flash**: Sometimes used to mean electricity or speed

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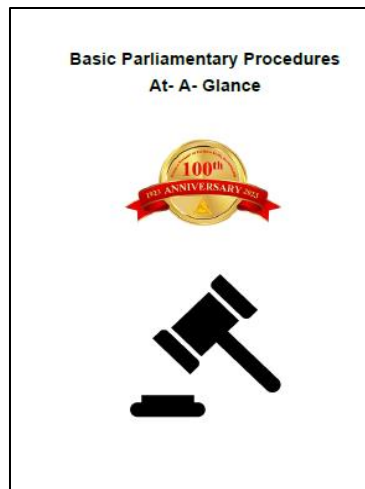
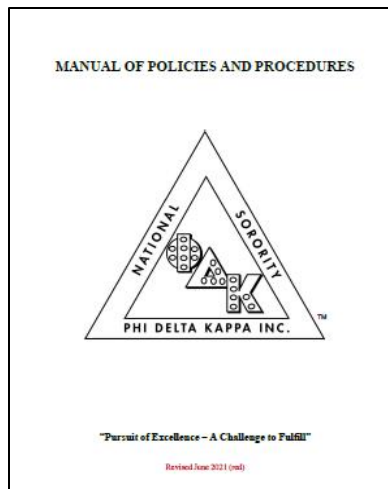
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Common text abbreviations often convey emotions or gestures in quick messages.

- LOL: Laugh out loud
- IDK: I don't know
- BRB: Be right back
- SMH: Shaking my head (disapproval/disbelief)
- TBH: To be honest
- OMG: Oh my God/goodness
- IMO/IMHO: In my opinion / In my humble opinion
- NGL: Not gonna lie
- ICYMI: In case you missed it
- LMK: Let me know
- TTYL: Talk to you later
- ROFL: Rolling on the floor laughing
- TMI: Too much information
- FOMO: Fear of missing out
- YOLO: You only live once
- RN: Right now
- JK: Just kidding
- AFK: Away from keyboard
- FR: For real

NSPDK, Inc. 101

Want to learn more about the National Sorority of Phi Delta Kappa, Inc. (NSPDK)? Need a copy of the NSPDK, Inc. Manual of Policies and Procedures, the Parliamentary Procedures Guide, or the Website acceptable use policy? Looking for a form? Want to find an approved vendor? Want



to learn about Affiliates and partners (such as the ANTHROPOS, Black Women's Agenda, the National Council of Negro Women, the NAACP, the National Museum of African American History & Culture, or the International African American Museum)? Then visit the NSPDK, Inc. website at <https://www.nspdk.org/>.



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Coming Events...

2026 ascd annual

Designing the future of learning

**JUNE 28–JULY 1
ORLANDO, FL**

REGISTER NOW

Co-located with ISTE Live—two amazing events, one registration.

**NABSE NATIONAL
TEACHER INSTITUTE
2026**

ORLANDO, FL

REFLECT! RELATE! REJUVENATE 3.0

Join us for an empowering journey at the NABSE National Teacher Institute in Orlando! This year's theme, Reflect! Relate! Rejuvenate!, is designed to recharge educators, build lasting connections, and ignite transformative teaching practices.

INSPIRING KEYNOTES AND WORKSHOPS
Discover new strategies for culturally responsive teaching, equity, social-emotional learning, and more.

PROFESSIONAL GROWTH OPPORTUNITIES
Build a powerful support network with like-minded educators from across the nation.

NETWORKING OPPORTUNITIES
Build a powerful support network with like-minded educators from across the nation.

JUNE 21-24, 2026

THE ROSEN CENTER HOTEL

\$799 PER ATTENDEE
INCLUDES MOST MEALS

REGISTRATION OPENS FEBRUARY 9TH

NABSE **TM**

nabse.org/nti

KENTUCKY DERBY

**"Talk Derby to Me"
Bo-Key Run for the Roses**

Woman's Club of Sanford
309 South Oak Avenue
Sanford, FL 32771

Saturday, May 2, 2026
5:30 p.m. - 8:30 p.m.

Donation: \$55.00

Enjoy an afternoon filled with food, fun, fashion, and festivities as we celebrate the excitement of the legendary Kentucky Derby.

"Bo-Key Run for the Roses" promises to be very exciting. Watch the race, cheer for your favorite horse, sip wine, our signature cocktail, or other tasty spirts.

Dress to impress! Derby attire is highly encouraged!

Ladies, wear your oversized hats or fascinators, floral or pastel spring dresses, and bold accessories.

Gents, wear your seersucker or linen suits, bowties, fedoras or classic leather hats.

Professional DJ • Dancing • Heavy Hors d'oeuvres • Wine or Signature Cocktail • A live horse • Vendors • Derby Race Guest Game • Premier Beverage Wagon Raffle

Wear your fabulous Derby attire and participate in the contests. Stroll to win prizes!

Prizes awarded for:

- Most Stylish Woman (Derby Inspired Hat and Ensemble)
- Most Dapper Man (Derby Inspired Hat, Bowtie, & Ensemble)

Gather your friends, dress your best, and come ready to "Talk Derby to Me" at the "Bo-Key Run for the Roses!"

HOSTED BY

Pearlie Mae Ford Service Organization, Inc., a 501(c)(3) organization.

All proceeds directly support scholarships and community initiatives that uplift and empower. Every ticket purchased is an investment in excellence!

If you feel lucky, participate in the Race Guest Game and Beverage Raffle.

SAVE THE DATES

11th ANNUAL ONYX MAGAZINE

Women on the Move

CELEBRATING IMPACTFUL AND INFLUENTIAL WOMEN

Honoree Reception
Thursday, April 23, 2026
Varsity Club at Camping World Stadium
5:30 p.m. - 8:00 p.m.

Awards Luncheon
Friday, April 24, 2026
Rosen Centre Hotel, Orlando
12:00 p.m. - 2:00 p.m.

SPONSORSHIP AVAILABLE

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RSVP by March 31, 2026

attending - \$75.00 per person

I cannot attend, \$ _____ donation enclosed

Name(s) _____

Email _____
A valid email is requested for any unforeseen circumstances

Guest of _____

Please include this response card with check payment

Make check payable to:
Orlando Chapter of Chums, Inc.

Zelle payment address:
orlandochumsinc@gmail.com

ORLANDO Kite Festival
PRESENTED BY iHeartRadio

APRIL 11, 2026 • 10 AM - 3 PM
OCPS ACADEMIC CENTER FOR EXCELLENCE
701 W Livingston St. Orlando, FL 32805

Kite Building & Decorating • STEM Activities
Entertainment • DJ • Literacy Lounge • Baby Zone
Food Trucks • Local Vendors • And More!

Free Admission!
www.ORLANDOKITEFESTIVAL.COM
First 100 kids receive a FREE kite!

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(407) 271-4452



MENU for GOOD Health

Center for Change, Inc.
offers **FREE**
Health Preventive Services

**Chronic Disease / Diabetes / Chronic Pain
Self-Management Programs**
THESE EVIDENCE-BASED SELF-MANAGEMENT PROGRAMS ARE
OFFERED IN ENGLISH AND/OR SPANISH AND ARE HELD IN-PERSON
OR VIRTUALLY, ONCE A WEEK FOR 2.5 HOURS FOR SIX
CONSECUTIVE WEEKS. PARTICIPANTS LEARN TOOLS AND
TECHNIQUES TO SELF-MANAGE THEIR CHRONIC CONDITION(S)
AND RECEIVE A FREE LIVING A HEALTHY LIFE WITH CHRONIC
CONDITIONS OR PAIN BOOK.

Healthy Heart Blood Pressure Program
AN EVIDENCE-BASED, SELF-MANAGEMENT PROGRAM THAT OFFERS
ONE-ON-ONE PARTICIPANT EDUCATION AND COUNSELING ON
MANAGING ONE'S BLOOD PRESSURE. EACH PARTICIPANT IS
ELIGIBLE TO RECEIVE A BLOOD PRESSURE MONITOR AND RECEIVE
ONE-ON-ONE SUPPORT FROM OUR TEAM.

Health Coaching
WORK WITH AN EXPERIENCED HEALTH COACH TO ADDRESS
YOUR HEALTH GOALS WHETHER IT IS HIGH BLOOD PRESSURE,
OBESITY, STRESS, OR ANY OTHER CONDITION THAT MAY BE
AFFECTING YOUR DAILY LIFE. IN THIS PROGRAM, YOU WILL
RECEIVE ONE-ON-ONE PERSONALIZED GUIDANCE AND SUPPORT.
THE HEALTH COACH WILL TAILOR A PLAN BASED ON
YOUR NEEDS.

Health Screenings
WHAT BETTER WAY TO LEARN YOUR NUMBERS THAN TO
TAKE ADVANTAGE OF OUR FREE COLORECTAL SCREENING
KITS, PROSTATE-SPECIFIC ANTIGEN SCREENINGS FOR MEN,
A1C SCREENINGS, AND BLOOD PRESSURE CHECKS?



Youth Fundraiser Assistance-Youth Outreach

Submitted by Soror Claudette Monroe

Sorors — Our youth have started their Vertical Raise Fundraiser. We are asking them to reach out to all of you by email. Throughout this week, please look out for an email from them. This year, you can donate funds or purchase popcorn on the same site. We would love to have everyone's support. Thank you in advance. – Beta Xi Youth Committee



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National Sorority of Phi Delta Kappa, Incorporated

Southeast Regional Professional Development and Leadership Training

April 9 -12, 2026
Memphis, Tennessee

Enhance your leadership skills

Instructional Workshops

- Artificial Intelligence in the Classroom**
Exploring what AI looks like in practice, including the use of AI tools (ChatGPT, Kahannigo, MagicSchool AI,) for lesson planning, tutoring, and differentiation.
- Financial Literacy and Life Skills**
Helping students prepare for the financial aspects of their teenage years and adulthood.
- Family and Community Partnerships**
Building trust and collaboration with families through effective communication and engagement tools.
- Student Mental Health Awareness**
Identifying warning signs and integrating wellness check-ins to support student well-being.
- Differentiated Instruction and Universal Design for Learning (UDL)**
Creating accessible methods of instruction that support all learners.
- Critical Thinking and Problem Solving**
Embedding real-world problem solving across subject areas.
- STEM/STEAM**
Connecting science, technology, engineering, art, and math through hands-on activities.

Leadership Workshops

- Effective Communication**
Enhancing verbal, written, and interpersonal skills to promote collaboration and clarity.
- Effective Use of Protocol**
Applying proper protocol to ensure respectful, orderly, and professional operations.
- Leadership Styles**
Exploring leadership approaches that support authenticity, adaptability, and purpose-driven leadership.
- Transitioning into Leadership Roles**
Preparing members to step confidently into leadership through mentorship and skill development.
- Increasing Chapter Membership**
Implementing strategies to attract, engage, and retain active members.
- The True Meaning of Sisterhood**
Strengthening unity, trust, accountability, and intergenerational bonds.
- Conflict Resolution**
Developing constructive strategies to address challenges and maintain positive working relationships.

Mrs. Noreen Little, Supreme Basileus
Dr. Bonita Durrah, Southeast Regional Director
Mrs. Felicia Ingram, Southeast Member-at-Large
Dr. Martha S. Barber, Southeast Regional Professional Development & Leadership Chair