



DELTA EDUCATION AND CHARITABLE FOUNDATION

Education, Scholarships and Services
P.O. Box 42227
Houston, Texas 77242-2227

DECF

NEWS / UPDATES

EXECUTIVE BOARD

MEETING

TBA via Email

FOUNDATION MEETING MARDI GRAS COMMITTEE MEETING

Integrated Missionary Church
Thursday, 12-5-24
6:30p.m.

MEMBERSHIP SERVICES

Membership in DECF is open.

Contact Daphne Moss, Chair
or visit decfonline.com for
additional information.

COMMUNITY SERVICE PROJECTS

Jordan Grove's Food -Pantry
Contact Maureen Gordon
Jack Yates High School
Contact Lelita Titus
Other Community projects are
welcomed

HEALTH TOPICS

December's Health
Observances
Health Information

CELEBRATE

WITH JOY and SAFETY

Christmas Day, Wednesday

December 25, 2024

New Year's Eve, Tuesday

December 31, 2024

FYI

SAVE THE DATE

March 1, 2025

Carnivale Mystique

Mardi Gras



Greetings,

As the 2024 year comes to an end, many of us will celebrate the Birth of Jesus Christ on December 25. The month is filled with diverse cultural and religious celebrations worldwide, including Christmas, Hanukkah, and Kwanzaa and run “neck-to-neck” with Thanksgiving as America’s most favorite holidays.

Christmas, a Christian holiday honoring the birth of Jesus, has evolved into a worldwide religious and secular celebration, incorporating many pre-Christian and pagan traditions into the festivities. Christmas is a great time to decorate with christmas trees, lighting up the streets, doors and yard. It is a time for extra hugs, cuddles, taking pictures with Santa Claus and family, wearing matching pajamas on the night before Christmas, waking up to exchanging gifts and a delicious feast. But remember, the love of Jesus Christ is the magic of Christmas. If you are blessed with children, family members and friends, share with them the special magic of Christmas and it will continue to spread through out the world.

Whereas Christmas marks the birth of Jesus, Hanukkah, which was celebrated for centuries before Jesus was born, commemorates something entirely different. Because Hanukkah and Christmas fall around the same time of year, people often wonder if Hanukkah is a Jewish version of Christmas. At least religiously speaking, it is not. So what is Hanukkah? It is an eight-day Festival of Lights, meant to be celebrated and cheered—in fact, it’s considered a mitzvah (a good deed, or commandment) for Jewish people to light candles to commemorate the historic victory over religious oppression.

Kwanzaa is a seven-day, non-religious celebration of family, culture, and community. Each day honors a particular African-derived principle and the final day culminates in a feast (called Karamu) on New Year’s Day. If you’ve never celebrated Kwanzaa before, there’s no time like the present to start. Although it started with humble roots in California, today Kwanzaa is celebrated throughout the United States. This celebration is open to people of all identities and faiths. No longer seen as a rival to Christmas, Kwanzaa (celebrated from December 26 to January 1) is commonly commemorated concurrently with major religious holidays that fall at the end of the year.

Whatever your preference to celebrate the Christmas Season always remember the reason for the season. May the Christmas Season end 2024 year on a cheerful note and make way for a fresh and bright New Year. Merry Christmas to you and your family. Be blessed and stay safe as you celebrate the holidays.



Pamela Cashaw, President Dave Moss, President Emeritus



HOT TOPICS 2024 UNITED STATES PRESIDENTIAL ELECTION



As we all know, this was not a normal election. It is not standard or customary to see the ballot for President of the United States have a candidate who is running against a convicted felon who wants to take us backwards. First let me say that Vice President Harris demonstrated how a campaign should be run. And she did it in a short span of three months. That's unheard of. However, On November 6, the day after the election, Vice President Harris had to stand before a crowd in Washington, D.C., at Howard University to concede the presidential race. She thanked those who supported her with their inspiring efforts in this election. She also promised to never give up the fight for America's future. This election brought about many health concerns (stress, anxiety, blood pressure and feeling of emptiness, and more). They all promise a fair election process but as we watched the results coming in it was not believable. Remember, we cannot give up the fight for equality, respect and dignity for everyone in a country that is built on justice, freedom and equal opportunity for everyone.

BLACK WOMEN WHO HAVE RUN FOR PRESIDENT

Since 1968, 11 Black women have entered the running for the highest office in the nation.

Charlene Mitchell - 1968 presidential race on the Communist Party ticket

Shirley Chisholm – 1972 - With the motto “unbought and unbossed,” Chisholm ran for president four years after Mitchell. The first African American to seek the nomination of a major party competed against George Wallace, the face of Southern segregation.

Margaret Wright –Ran on the People's Party ticket in 1976.

Isabell Masters - Started her own political party, called Looking Back, to run during the 1984, 1992, 1996, 2000 and 2004 presidential campaigns.

Lenora Fulani – 1988 as the candidate of the New Alliance Party Her name appeared on every state's ballot—a first for a woman and African American. This helped her win more votes for president than any other woman had previously.

Monica Moorehead - Workers World Party ticket, ran for president in 1996, 2000, and 2016

Joy Chavis Rocker – Entered the 2000 presidential race as a Republican

Carol Moseley Braun - Ran for president as a Democrat in the 2004 presidential election.

Cynthia McKinney - Green Party presidential candidate on 2008

Peta Lindsay - Ran for president in 2012 on the Party for Socialism and Liberation ticket.

Kamala Harris - On July 21, 2024, President Biden dropped out of the 2024 race for the White House and endorsed Vice President Harris to take over as the Democratic nominee for president.

They are among the many women presidential candidates who have attempted to put a crack in that highest, hardest glass ceiling. One day we shall overcome.



HEALTH TOPICS DECEMBER 2004 HEALTH OBSERVANCES

Every month, there are hundreds of national and international celebrations dedicated to raising awareness and support for meaningful health issues. **It's time to raise awareness in our communities about the importance of early detection of common health issues.** There are several awareness issues celebrated in December — though the *five* that often get the most attention include *HIV/AIDS Awareness Month, Universal Human Rights Month, Seasonal Affective Disorder Awareness Month, Learn a Foreign Language Month, and Dressember.*

HIV/AIDS Awareness Month: On December 1, the world will gather to commemorate World AIDS Day. This annual event serves as an important reminder that we must remain steadfast in our commitment to prevent new HIV infections and provide essential services to all people living with HIV globally. In 2024, we will commemorate the 37th World AIDS Day with the theme, “Collective Action: Sustain and Accelerate HIV Progress.”


Universal Human Rights Month: We have seen our share of cruelty and hate. We can do better. That’s why the world is observing Universal Human Rights Month during December. This month is a reminder that the United Nations General Assembly codified the basic human rights of every person. It’s also a time to reflect on the way we treat others, and to do what we can in the fight for equality, especially in a time when topics such as systemic racism are widely being addressed.

Seasonal Affective Disorder (SAD) Awareness Month: SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Learn a Foreign Language Month: Learning another language comes with a wealth of benefits. That is why December is National Learn a Foreign Language Month. Most people learn a second language while in school. They may not be proficient in the language, especially if they do not have the opportunity to speak conversationally in that language. However, the opportunity to learn another language comes with many benefits. It improves your understanding of your native language. Your understanding of other cultures improves. Our confidence improves. Job opportunities improve. It makes travel easier in countries where the new language is spoken.

Dressember: Dressember is a global movement that challenges people to wear a dress or a tie every day of December to raise awareness and funds for anti-trafficking work.

Weeks/Days to Note:

Event	Date	Action
World AIDS Day <i>Wear a Red Ribbon</i>	December 1st	
National Hand Washing Awareness Week	December 1-7	Wet, lather, scrub, rinse, and dry.
National Influenza Vaccination Week	December 1-7	It is still time to get your vaccine.
International Day of Persons with Disability	December 3	A time to advocate for the rights of people with disabilities and to raise awareness about the challenges they face.



DO YOU TELL YOUR DOCTOR THE TRUTH?

Most people lie to their doctors, according to a new study. If you don't give an honest answer when your doctor asks you how much you exercise, you're not alone. Many people don't tell the truth to their doctors. Unfortunately, withholding or misrepresenting information to your doctor hinders his or her ability to give you optimal care. Still, 60 to 80 percent of people surveyed in this new study said they had stretched the truth or withheld information from their doctors before.

WHY NOT TELL YOUR HEALTH CARE PROVIDER THE TRUTH ABOUT YOUR HABITS?

- Most people in this survey said they were trying to avoid a lecture or being judged.
- Some said they were simply embarrassed.
- Although withholding medically relevant information was relatively common among all of the participants, those who identified as being in poor health, younger and female were more likely to say that they had withheld information from their doctors before.
- The problem with fibbing about your habits or health when talking to your doctor is that your doctor needs to know the whole story to be able to offer accurate medical information and recommendations.
- Without the truth to rely on, your health care provider could accidentally make a decision that could harm you.
- Doctors and other health care providers are there to help their patients.
- Although it's natural for people to want others to think highly of them, health care professionals know that people aren't perfect. And they want to offer medical advice that actually helps.

The authors of this study said the fault may not lie entirely with patients. They said they hoped clinicians can find a way to communicate with patients that make them more comfortable opening up. An honest, open line of communication with your health care provider is essential to your health. Always bring up any questions, concerns or relevant health information with your health care providers.

COPING WITH WINTER ALLERGIES: FIGHT WINTER ALLERGIES WITH THESE 10 STEPS

It's getting chilly out and, just like clockwork, you're back sniffing again. But before you write off that stuffy nose as just another cold, you may want to consider that the culprit could actually be winter allergies

1. Keep the humidity in your home between 40 and 50 percent to reduce dust mites;
2. Avoid down pillows and comforters;
3. Try to minimize contact and keep your pet out of rooms where you spend a great deal of time, such as the bedroom;
4. Remove carpeting if possible;
5. Turn on the bathroom or stove fan while showering and cooking to remove excess moisture;
6. Install air filters that have a small-particle or HEPA filter. Adjust filters so the clean, filtered air is directed toward you while you sleep;
7. Mop hard floors and linoleum flooring on a weekly basis;
8. Treat your bedroom as an "allergy safe haven" by keeping pets, carpets, rugs and plants out;
9. Immediately wipe down wet surfaces, especially in the bathrooms and kitchen, to keep mold from growing;
10. If you are the one who is experiencing winter allergies, see if someone else in your household can do the cleaning.

NOTE: These are reminders for us to make informed decisions about our well-being and place more value on our health – ultimately leading to a higher quality of life. With better understanding and awareness, we can also provide better empathy and care for our families and neighbors. Prioritizing wellness helps individuals and communities succeed in their goals and enjoy life, so we believe everyone deserves a health plan that supports their needs and fits their budget.



What are the Seven Principles of Kwanzaa and how are they celebrated?

The Nguzo Saba (or seven guiding principles) is celebrated one-by-one on each day. To acknowledge the day's principle, observers gather to light a designated candle on the kinara, a decorative, seven-branch candleholder. In observance, the group may enjoy songs, dancing, African drums, story-telling, poetry reading, and shared meals to represent that principle.



Umoja (Unity): Emphasizes unity within families, communities, and the African diaspora. Observe it by lighting the first candle, representing unity, on the Kinara.

Kujichagulia (Self-Determination): Encourages individuals to shape their own destinies. Groups engage in activities that encourage self-reflection and personal goal-setting. Usually, kids must research and share short narratives about public figures from Black history—from Martin Luther King Jr. to Rihanna—whose achievements were attributed to persistence.

Ujima (Collective Work and Responsibility): Stresses collaboration and shared responsibility for community development. Expect to participate in collective projects or volunteer work to improve the local community.

Ujamaa (Cooperative Economics): Promotes financial literacy and entrepreneurship by highlighting community-based businesses or social enterprises that provide collective prosperity. Families try to buy from or support local Black-owned businesses. Conversations revolve around economic empowerment, responsible spending, and the power of investing. Elders pass down financial advice and money lessons to younger generations.

Nia (Purpose): Encourages setting community-oriented goals and working toward them, collectively. Groups discuss problems they face and set goals to overcome them for the betterment of the community. A break for an individualistic mindset, this principle encourages deriving purpose from helping others and seeing oneself as an integral part of a larger society that deeply relies on their talents.

Kuumba (Creativity): Celebrates creativity and fosters continuous improvement. This is a fun day to engage in creative activities, such as art-, music-, or craft-making. Expect to incorporate African words and West African Adinkra symbols. Handmade gifts are exchanged, emphasizing the value of personal creativity in each.

Imani (Faith): Encourages belief in oneself, community, and positive change. The final candle on the Kinara closes the celebration with a symbol of faith. Families engage in discussions or activities that encourage optimism, planning for, and belief in a positive future. This is also the most festive day, celebrated with a large, potluck-style meal (called Karamu) open to all.



Why Join Delta Education and Charitable Foundation

BECOME a member of a Foundation that supports the Community At-large and possess the following qualities:

- **D**EDICATED to serve the members of the community and other partnership/collaborations.
- **E**NERGIZED to promote Hot Topics relevant to good health and educational endeavors.
- **C**OMMITTED to Social Justice Issues.
- **F**UNDRAISING for scholarships and community programs.

Frequently Asked Questions

What are the qualifications to join Delta Education and Charitable Foundation?

- Be a citizen in good standing and willing to serve and give their time and resources to help the Foundation accomplish its mission.

Do I have to be an African American?

- No. It is a goal of the Foundation to become a diverse organization with members of all genders, races and ethnicities.

Do I have to be a member of Delta Sigma Theta?

- No. We are all a part of various other organizations.

Can I also be a member of the Divine 9 or any other organization?

- Yes. We strive on the intellect and contributions of people that share similar interests.

How often does the Foundation meet?

- Bi-monthly or as necessary by call meetings.

How much are the annual dues?

- Annual dues are \$25 for June 1, 2024 through December 31, 2024



Together Everyone Achieves More
Membership and Donor Information

- Yes, I would like to become a member of the Delta Education and Charitable Foundation (DECF). Annual dues \$50.
- Yes, I would like to show my support through the enclosed donation of:
_____ \$10 _____ \$20 _____ \$25 _____ Other Amount
- Yes, I wish to receive periodic updates of DECF's programs and events.

Name: _____

Address: _____

Primary Phone: _____ Email: _____

DECF is a 501(c)(3) not-for-profit charitable organization. All contributions are tax deductible to the fullest extent allowed by law. For more information contact the following:

Pamela Cashaw, President - 713-515-6252 or Daphne Moss, Vice-President - 713-824-7614

_____ I HAVE ENCLOSED A CHECK OR MONEY ORDER PAYABLE TO "DECF" FOR \$ _____

Please send check to: DECF, P.O. Box 42227 - Houston, TX 77242-2227

Or Zelle to : decf1974@gmail.com

Thank you for your continuous support!
DECF BOARD MEMBERS

Dave Moss
President Emeritus

Pamela Cashaw
President

Daphne Moss
Vice President

Jacquelyn Blossom
Secretary

Grace Macklin
Treasurer

Barbara Branch
Financial Secretary

Marna Arvie
Member

Fraulyn Baisey
Member

Maureen Gordon
Member

Cynthia Jones
Member

MISSION

DECF has a commitment to service, scholarships and educational purposes, yet not limited to such purposes; we shall continue our endeavors in the areas of social awareness, physical and mental health and cultural development in the communities we serve.

VISION

To operate in partnership with other like-minded organizations.

VALUES

Respect – Stewardship - Ethics - Learning and Innovation



CELEBRATING MILESTONES

**Inter-Grated Missionary Church
40 Years of Service
And Community Partner
Pastor Fred and First Lady Fraulyn Baisey**

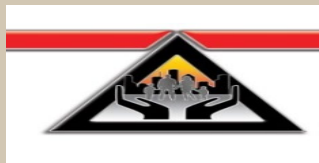


**Marykaye Childs Henry and Her Three Sisters
Celebrates Her Mother Robbie Childs
90th Birthday**



**James and Donna Scott
Celebrates 40 years of Holy Matrimony**





SAVE THE DATE - MARCH 1, 2025

For our Signature Scholarship Fundraiser

PURCHASE YOUR TABLE(S) AND TICKET(S) EARLY

SPONSOR LEVELS: DIAMOND - \$3000; GOLD - \$2000; SILVER - \$1200; BRONZE -
\$500; KREWE - \$250

TICKETS - \$100

IF YOU WOULD LIKE TO SAVE YOUR SPOT AND/OR MAKE SPECIAL
ARRANGEMENTS

CONTACT GRACE MACKLIN - 832-438-6654 OR BARBARA BRANCH - 713-582-3931



DELTA EDUCATION AND CHARITABLE FOUNDATION
PRESENTS

Carnivale Mystique

MARDI GRAS GALA
SCHOLARSHIP FUNDRAISER

SATURDAY, MARCH 1, 2025
7:00 P.M. - 12:00 A.M.

Safari Texas Ranch

INFINITY BALLROOM
11627 FM 1464 • RICHMOND, TEXAS 77407

BLACK TIE AFFAIR \$100

TOGETHER **E**VERYONE
ACHIEVES **M**ORE
FOR
DELTA **E**DUICATION AND
CHARITABLE **F**OUNDATION

