

# D9 In The QC

## Bi-Monthly Newsletter

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## Welcome Message

In the midst of this pandemic we found that there was a great need in our community waiting to be filled. With a community saturated with D9 Greeks there needed to be an avenue of communication beyond clicks and likes...



Welcome to the first EVER issue of the National Panhellenic Council Charlotte Chapter's newsletter. It was time to have create a medium to converse, celebrate, and record our history. Having a newsletter will fill this need. This is our forum, your forum. Thank you all for being a part of our Mosaic!

## President's Message:

Fellow Greeks,

Between racial inequality, the pandemic, and social isolation, 2020 was an unusually stressful year. Many, including myself, had a hard time grappling with the unique challenges presented daily in our lives.

However, there were some positives:

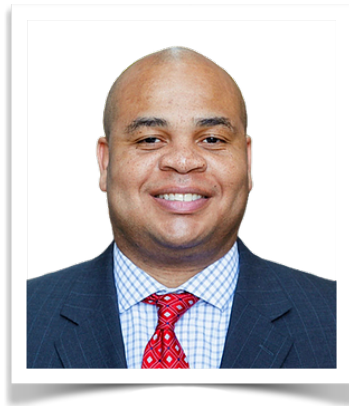
- We observed a unification in the media and businesses in the appeal for further diversity in leadership. Better policing and policies yielded safer encounters with law enforcement for black and brown communities.
- We saw states shift from supporting racist propaganda and demonstrate support for change in policy that is more inclusive for individuals of color.
- We witnessed the solidarity in support of the triumph of our Divine -9 sister, Vice-President of the United States, Kamala Harris.

Never have we displayed so powerfully that while our colors and letters vary, our allegiance to backing the achievements of leaders does not. I am overjoyed to see the support of our first woman and person of color in the office of Vice President of the United States. She is a living example for our youth that people who look like them go on to lead the world in something other than sports.

As we enter 2021, challenges still await us. There is no shortage of hatred and racism

pushed by elected officials, the media, and frankly representatives within our own organizations.

However, we must remain vigilant in opposing racism and prejudice against black and brown people.



As the Divine 9, we must together provide assistance to OUR community while remaining disciplined in our attempts to live safe during this pandemic. We do this by continuing our work to provide meals and supplies to our homeless, honor our healthcare workers, partner with small volunteer organizations and small businesses, and ensure that we recognize the temperature of local politics. No longer can we afford to be weakened by the pandemic or fear.

As one body we will stand together to do our part to ensure everyone gets access to mental and physical health resources and a voice with our local leaders. Leaders who, like us, have been charged with lifting our community.

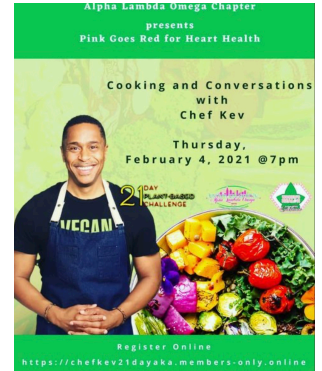
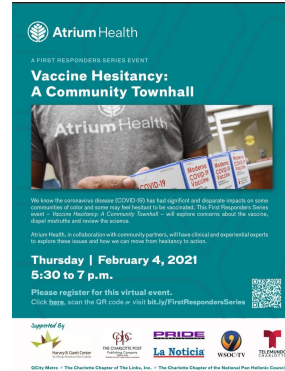
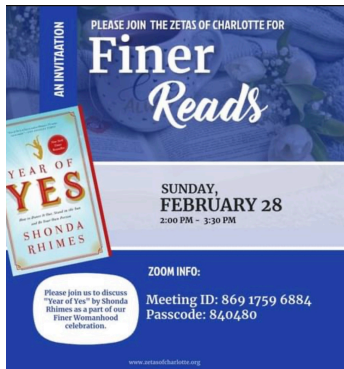
I look forward to serving with each of you this year. I am positive we will bounce back more unified. Lastly, we will take a stronger role in leading our community as each of our founders intended.

Respectfully,

Greek Leland Howard President, Charlotte  
NPHC



# "Word on the Street"



# Community Spotlight

AND THE WINNER IS...

## NPHC Newsletter Naming Contest

GREEK FALECIA MORROW -AKA RPO



### IN EARLY JANUARY...

The council decided to open the process of creating this newsletter up to the general body. The committee had a vision, but not a name. Countless wonderful names were submitted and voted upon, however, the name that prevailed, "D9 In The QC" was submitted by Rho Psi Omega's very own Falecia Morrow. Congratulations Greek Morrow and thank you for your contribution.



# What Have You Done For YOU Lately?

Cheniqua Arthur

We are living in unprecedented times. I repeat, We are living in unprecedented times. Now that the obvious is out there, let me ask you a question: How are you doing. No really, how are you?

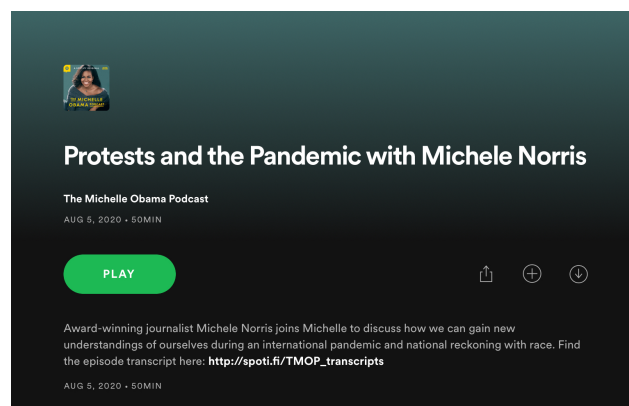
We have now been in a global pandemic for more than a year, facing societal, health, and personal uncertainties. Our current predicament is enough to make even the strongest people crack. Recently, former First Lady Michelle Obama spoke out about her own battles with depression during this time.

In the second episode of her podcast “The Michelle Obama Podcast” she states, “You know, um, so I, I know that I am dealing with some form of low-grade depression. Not just because of the quarantine, but because of the racial strife, and just seeing this administration, watching the hypocrisy of it, day in and day out, is dispiriting.” This admission is a reminder that mental crises, no matter how seemingly small know no bounds. Even those among us that are in the most coveted positions in our communities are subject to mental and emotional health degradation.

It is more important than ever to be keepers of our own communities and remember to perform regular check-ins with the people in our lives. Not only is it important to check in with others, but it is also imperative to perform regular emotional temperature checks with ourselves. Take the time to ask, am I abnormally tired, have I felt out of character this week, has my appetite been consistent, have I had a hard time working or focusing? If you have performed your check-in for the week and are doing well, check in with a couple of friends and ask the same questions. If you find that you are having a rough week and need some extra care here are some ways to refill your tank:

- Create and keep a journal
- Begin and/or end your day with yoga or meditation
- Plan a virtual date with a friend
- Add something you love to your space (decor, flowers, paint a wall, etc...)
- Try a new recipe
- Rearrange your space
- Open a new book
- Rent an RV and take a road trip
- Have cake and ice cream for dinner (just this once!)
- Take a personal day
- Watch your favorite childhood show or movie
- Have a spa day
- Write a friend a letter...then mail it. It will give you both something to look forward to and provide a bit of nostalgia.
- Most of all, remember to allow yourself some grace. Even superheroes have it rough!

If at any point you feel things are out of control and too much to handle, do not be afraid to ask for help. There are countless resources in the Charlotte area to aid in mental and emotional support. Attached to this link is a list numbers for local resources and hotlines to fit your specific needs: <https://www.mecknc.gov/HealthDepartment/RyanWhite/Pages/Mental-wellness,-Substance-use,-and-Tobacco.aspx>





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How to Submit an article to  
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- Must be a Word doc only
- 250 words with original authors contact info.
- if submitting photos, please submit as a jpeg or png photo.
- Submitting author's contact name/organization/chapter must included
- All submissions are due by the 5th of the previous month for the new issue.