

News For Ques

OMEGA PSI PHI FRATERNITY INCORPORATED

Nu Omega Chapter Monthly Newsletter



February 2019 Issue



(L-R) Keeth Williams, Randall Woodard, Walter Haley, Marlon Carter, Otis Cheathem, Freddie Featherstone
Row 2, Terrance Hinton, Rev. Herbert Ford, Sam Bills, Michael Stuckey, Larry Coleman, Justin Cummings
Row 3, Damon Kimbrough, Nick Martin, Reginald Collins, Tyrone Madison, Bruce Harrison, Derrick Register

Fall 2018 Initiates of Nu Omega

Written By: Terrance Hinton

On November 11, 2018, 18 I.L.L.s was initiated under the leadership of Brother Kevin While, MSP Chairman along with the help of Brothers Arnold Simmons, Charles Clement, Bobby Young and Marcelle Arbuckle.

This class begins with Damon Kimbrough. His friendships with fellow line brothers Randall Woodard, Derrick Register and Marlon Carter began in high school.

Older brothers in Omega have also inspired him. Brother Marlowe Stoudamire whom he met in high school and brother Jason Allen, whom Kimbrough met in grade school. These men share a lifelong bond; Kimbrough and Allen also played together on the Cass Tech basketball team in high school. Damon admired their passion for Omega Psi Phi. Both Brothers Stoudamire and Allen take the fraternity and community service seriously. Also, the youngest member of this class; Tyrone (Truck) Maddison, a former Michigan State University Linebacker. His mentor is Nu Omega's "Man of the year," Award Recipient, Brother Ato Polk. Brother Polk's presence commands respect. These omega men are leaders. They encourage others to do better and set the bar high through example. **Continued Page 4**

Basileus Corner



Greetings Brothers,

I am so excited about our 3rd edition of the Nu Omega Chapter News For Ques Newsletter! In this edition, you will read about the journey of our newly initiated brothers from 2018 as well

as our 2018 Founder's Day Celebration where we celebrated Brother John William's 100th birthday. It was spectacular event, with over 340 guests in attendance.

Brothers we are asking for you support in purchasing tickets for our upcoming Mardi Gras. Tickets are only \$30 and they are going fast. Please contact Brother Jason Allen, Mardi Gras Chair, at (313) 629-5965, for ticket information. Additionally, we are asking for your support in volunteering for the Omega 100 initiative led by Brother Steven McGhee. Brother McGhee is the

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Ω International Photographer celebrates 100th Birthday

Written By: RaShawn Hardy

Bro. John Herman Williams (International Photographer Emeritus) celebrated his 100th birthday October 26th. He was honored with a Lifetime Achievement Award for his numerous contributions to the fraternity on the local, district and international levels. Bro. Williams was initiated 63 years ago.

Brother Williams is Nu Omega's lone centurion. Born in 1918, he is the third child from the union of John and Emma Williams. Bro. Williams's roots trace back to Monroe, North Carolina; a small town near Charlotte. His father worked as a boilermaker on the railroad while his mother, Emma, was a housewife who lovingly nurtured the couples 6 children. During his preteen years, Bro Williams' love for photography was ignited by a gift from his sister when he was 10; a Kodak Brownie Camera.

At Shaw University, John played basketball and majored in social studies. His education was interrupted when drafted into the US Army during WWII. While serving, Bro. Williams used his weapon of choice, a camera, to document the life and culture of black soldiers overseas and statewide.

After the army, Bro. Williams returned to Shaw University graduating with a bachelor of arts in 1947. Later he moved to Detroit and began working as a photographer for the US Food and Drug Administration. To increase his formal education and photography knowledge base, he studied at Wayne State University and Eastman Kodak in Rochester, NY. During graduate studies at WSU, Williams was initiated into Omega Psi Phi Fraternity, Nu Sigma Chapter, 1955. Immediately, Brother Williams did what he has done so effectively throughout his life—photograph priceless moments of Omega events and activities.

After checking fraternity records, Grand Basileus, Bro. Judge Marion Garnett, noted that there had NEVER been an official fraternity photographer. In 1973, without reservations, Brother John H. Williams was appointed as the first official photographer for Omega Psi Phi Fraternity Inc.

In the 1994 "Pictorial Chronicle of the Omega Psi Phi Fraternity", Bro. Williams' photographs were prominently featured throughout.



10th District Representative Brother Darryl L. Jones congratulates Brother John H. Williams on his 100th birthday celebration during the Nu Omega 2018 Founders Days Dinner in Novi, Michigan.

Memorial Service

Brothers,

Please plan to share with us on March 10, 2019, at the second annual Joint Omega Memorial and Worship Service. We will once again be hosted by the Oak Grove A.M.E. Church, which is under the pastorate of Brother Dr. Robert Brumfield. This year our fellowship will be shared by six local graduate chapters, Nu Omega, Omicron Alpha Alpha, Rho Mu Nu, Sigma Rho, Tau Kappa Kappa, Tau Mu Nu, and all area undergraduate chapters. We are thrilled to announce that our Immediate Past Grand Chaplain, Brother Bishop Staccato Powell will be our special guest, and that he will bless us with a word from God. Further, Tenth District Representative, Brother Darryl Jones, Tenth District Chaplain, Brother Reverend Richard Keller, and other dignitaries are expected to be in attendance for this sacred occasion. Our initial Joint Omega Memorial and Worship Service was a tremendous success and served as a true blessing to the families of our departed brothers. It was a joyous celebration of the life and of the memories shared from brother to brother. The program will begin at 4 p.m. and brothers are asked to assemble at 3:15 p.m. Brothers, your assistance is needed in the planning and execution of this mandated event. If you are willing to lend, your time, talents, and gifts to the success of this gathering, please notify me at mkillie@gmail.com or 313.320.5252.

Rev. Brother Marcus K. Hillie (Chaplain)



Nu Omega and Detroit Police Coat Giveaway

Written by : Assistant Editor Joseph Wilson

On Saturday December 15, 2018 the brothers of Nu Omega Chapter assisted the Detroit Police Departments “Bridging the gap initiative.” The brothers lent helping hands with DPD’s 6th Annual Warm Coat Giveaway at the DPD Training Center located at 6050 Linwood in Detroit. The initiative was led by DPD Captain and Nu Omega brother Keith Williams.

Families who were present received free food, clothes, toys and flu shots. Bro. Damon Kimbrough a retired Detroit Police Officer knows the value and importance of providing this service to the community. Kimbrough along with his line brothers assisted Captain Williams with this event and serviced over 1,000 families in need. Captain Williams has been a part of this endeavor for several years and has co chaired the event for the past 2 years.

Basileus Corner

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Superintendent of Harper Woods Schools District and is the 1st African-American to hold this position. He is asking brothers to volunteer to serve as presenters for a district-wide Career Day. Harper Woods School District serves a very large African American students population and he is asking for a strong Omega presence in this endeavor. The date for this activity is Friday February 22nd. For information and to volunteer, please contact Brother McGhee at (313) 434-3770.

Our chapter is doing great things and we want our membership and friends to be aware of the great programs, stories, and projects Nu Omega is involved in with our brotherhood and our community.

Enjoy!

Fraternally,

Michael B. Carruthers, Ph.D.

56th Basileus of Nu Omega Chapter

High Blood Pressure: The Silent Killer

Written by : Henry McKee

High Blood Pressure is a condition in which blood pressure stays above a healthy range and puts too much pressure against the artery walls. Blood pressure is measured by two numbers, for example 140/90. The top number is called diastolic pressure and measures the pressure when the heart beats. the bottom number is called diastolic pressure and measures the pressure as the heart rest between beats.

In most cases, there is no one cause of primary high blood pressure. It often happen with age. Other factors are: Being African American, family history, lack of exercise, poor diet, consuming too much salt, consuming too much alcohol, being overweight, stress, smoking sleep apnea.

Left untreated, high blood pressure can damage the heart, arteries, kidneys and greatly increase the risk for stroke and heart attack.

Eating a healthy, low salt diet, getting regular exercise, quitting smoking, staying at a healthy weight, and taking medication can lower blood pressure to a healthy range.

Most people who have high blood pressure do not have any symptoms. This can go on for years. A severe type of high blood pressure, called hypersensitive crisis, occurs when blood pressure is higher than 180/110. It can cause severe headaches, shortness of breath, nose bleeds, and extreme anxiety. A hypersensitive crisis require immediate medical attention.

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Fall 2018 Initiates of Nu Omega

"We need quality men and Mr. Kimbrough is a quality man!," brother Allen said referring to Kimbrough, whose accomplishments include working on the Detroit Police Force, serving as a federal officer, owning a Private Investigation agency and writing songs for singer Aaliyah, who was a close friend.

The bulk of this class came together in January of 2018 when Brothers Al Smith and Cornelius Pierson, who joined Omega Psi Phi in 2016, were feeding the homeless on fourth Saturday's at Cots Homeless Shelter in Detroit. Smith and Pearson welcomed the assistance of these men of interest. From there, more men began showing interest.

18 ILLs are teachers, pastors and accomplished gentlemen. They are ready to accept the challenge and get to work for Omega.

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High Blood Pressure: The Silent Killer

A guide to blood pressure readings is as follows:

Normal 120/80 Elevated 120 -129/80 Stage 2 140+/90 Crisis 180+/120

Blood pressure can be monitored by you on a regular basis at home. Also, you can use your cell phone app to store your data. "My Heart" is a free app available for Android phones and for "I phones."

Your doctor may prescribe medication to go along with your change in life style. The types of medication will depend on your condition and stage of HBP. They can include: Thiazide diuretics to rid the body of excess water Angiotensin to help relax blood vessels Beta blockers, which slows the heartbeat Calcium-channel blockers, which relax the muscles of blood vessels

You can help lower blood pressure by Eating a healthy, low fat, high fiber diet, Limiting salt to less than 3/4 of teaspoon, Exercise at least 30 minutes a day weekly, Staying at a healthy weight Managing stress Limiting alcohol to no more than 2 drinks a day Quit smoking Because HBP has no symptoms, it is important to have your blood pressure checked regularly, especially as you get older. If you are diagnosed with HBP, you can keep it under control and lower your risk for serious health problems by making healthy life style changes and taking blood pressure medications as directed.

WHEN WE WEAR THE GLOVES

Written By Rev. Marcus K. Hillie

On September 22, 2018, Brother Thomas Henry Best III, entered Omega Chapter. Brother Best was born on July 21, 1929, in Orangeburg, South Carolina, He attended South Carolina State University, where he was initiated into our beloved fraternity in 1950 at South Carolina State (Xi Psi). A Memorial Service was conducted on October 20, 2018, to honor Brother Best at the All Saints Episcopal Church, 3837 W. Seven Mile Road, Detroit, Michigan.

On December 2, 2018, Brother Terry Ernest Hodge entered Omega Chapter. Brother Hodge was born on March 30, 1951, in Detroit, Michigan. He matriculated through the Detroit Public School system and Michigan State University (Sigma), where he entered the sacred fold of our fraternity. A Memorial Service was conducted on December 12, 2018, to honor the memory of Brother Hodge at Triumph Church – East, 2760 E. Grand Boulevard, Detroit, Michigan.

On December 19, 2018, Brother Wilbert Hyman entered Omega Chapter. Brother Hyman was born on October 31, 1950, in Detroit, Michigan. He matriculated through the Detroit Public School system and the University of Detroit (Chi Gamma), where he entered the sacred fold of our fraternity in 1971. A Memorial Service was conducted on December 29, 2018, to honor the memory of Brother Hyman at the Swanson Funeral Home, 2760 E. Grand Boulevard, Detroit, Michigan.

Father Of Black History



The Father of Black History Month, Dr. Carter G. Woodson, was born in 1875 near New Canton, VA. He was the son of former slaves. In 1907, he obtained his BA degree from the University of Chicago. In 1912, he received his PhD from Harvard University.

In 1915, he and friends established the Association for the Study of Negro Life and History. A year later, the Journal of Negro History, began quarterly publication. In 1926, Woodson proposed and launched the annual February observance of "Negro History Week," which became "Black History Month" in 1976. It is said that he chose February for the observance because February 12th was Abraham Lincoln's birthday and February 14th was the accepted birthday of Frederick Douglass.

Dr. Woodson was the founder of Associated Publishers, the founder and editor of the Negro History Bulletin, and the author of more than 30 books. His best known publication is The Mis-Education of the Negro, originally published in 1933 and still pertinent today.

Newsletter Committee

Chapter Editor : Derrick Miller

Assistant Editor : Joseph Wilson

If you have any events or stories you want covered please email:
jwilsongroup@gmail.com

UPCOMING EVENTS

The Omega 100

The Omega 100 is a showcase of career, education and mentoring for students in the Harper Woods District led by Nu Omega Brother Steven McGhee—Superintendent of Harper Woods Schools District.

What does the Omega 100 look like?

Brothers will arrive in the AM (7:45AM) or Post Lunch (12:00PM), then go to their assigned to classrooms. The Brother will do a background on himself, then open up into his presentation.

The instructor will give the presenter assistance with addressing the climate of each classroom group.

The coordinator is looking for each brother to present his background to connect with the students, educational background - give way for insight and inspiration, career - spark interest, and finally we are asking the brother to MOST IMPORTANTLY be able to CONNECT your career to their lives.

The student is asking **"How does this connect to me?"** WE NEED TO BE ABLE TO ANSWER THIS.

Your presentation or showcase will vary depending on your grade level and how much time you would like to commit.

Brothers will be contacted by the coordinator by February 1st to put them in contact with the teacher of the classroom that brother will be assigned to.

The tentative date is **Friday, February 22nd 2019.**

We are looking for 100 or more brothers to be in attendance.

There are four buildings, grades Pre - K through 12th.

This event will be the Harper Woods School Districts Grand Finale to our **Black History Month.**



Hosted by Nu Omega Chapter, Omega Psi Phi Fraternity, Inc.

2019 MARDI GRAS



MARCH 9, 2019
8PM-1AM
ST. GEORGE CATHEDRAL
CULTURAL CENTER
18405 W NINE MILE RD | SOUTHFIELD MI 48075

THE ULTIMATE B.Y.O.B.
ADVANCE TABLES OF TEN (\$250) ONLY UNTIL FEB 1ST, TICKETS (\$30)

FOR TICKETS CALL OR TEXT JASON ALLEN (313) 629-5965 | KEVIN WHITE (313) 574-7534 | JUSTIN CUMMINGS (313) 938-4621 | DAMON KIMBROUGH (313) 999-9550