

The Scroll

An official publication of the Silver Spring (MD) Alumni Chapter of Kappa Alpha Psi Fraternity, Inc.



www.SilverSpringAlumni.com

August 2011 Edition



Celebrating 100 Years Of **Φ Ν Ψ**

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A Message From The Editor



Greetings Brothers:

The 100 Year Centennial Conclave has come and gone and although final numbers are still being tallied, I'm quite sure that this was the best attended Conclave since its inception. I believe that it had to be at least 10,000+ brothers, family members and friends from around the US and abroad who converged on Indianapolis on July 5 - 10, 2011. Past Grand Polemarch, Brother Dwayne Murray, the IHQ, the Indianapolis Alumni chapter Polemarch, the local chapter planning team and others too numerous to mention are to be commended for a job well done! It wasn't DC but a good time was had by all.

Now, as we turn our attention to the next 100, I would like to begin a conversation about us - Kappa men. Recently, I was reading an article about African-Americans and what's next for us after the first black president has been elected. The article touched on blacks becoming complacent with the fact that we have elected the first black man into the white house. One person posed the question: why continue the fight for equality, for justice, for peace. Therein, I thought of how that same complacency can be related to us and our fraternity. Think about it, the thought of complacency. Not so much about equality, justice and peace. But what if our founders had been content and satisfied and didn't charter any new undergraduate chapters or what if they became content and didn't find the need to start the Guide Right program or the C. Roger Wilson Leadership Conference. What would are our great fraternity look like today in this year 2011. Complacency wasn't what got us through our first century. Brothers, we must be reminded that we cannot become complacent or content about the state of our fraternity (the good and the bad) and we must not get relaxed going into the next century. Now is the time to take our chapter and this fraternity to new heights. But it will take a unified effort of all brothers. And so, I challenge each one of you to write down one thing you will commit yourselves to working on for the fraternity in the next 365 days. I also challenge each of you to find someone, preferably an active brother, whom you know who will hold you accountable for that action, within the next year.

As we plan to enter our second century, I would like to present your thoughts and ideas about Kappa going forward. What sets us apart as an organization? I would like to consider your responses to these thoughts and ideas and share some of them in future editions of this newsletter. In the meantime, continue to reflect on the fraternities first 100 years and visualize what you would like this fraternity to become during the next 100 and then put yourself into that image.

Enjoy this edition.

I humbly remain ...

Yours in the Bond,

Anthony R. Brown

Anthony R. Brown
Editor - The Scroll



Kappa Kalendar

AUGUST

- ◇ 7th 3:00pm – 2011-12 Budget Committee Meeting
- ◇ 9th 7:30pm – Events/Fundraising Committee Meeting
- ◇ 10th 7:00pm – Chapter BOD Meeting
- ◇ 18th 7:30pm – 2011-12 Budget Committee Meeting
- ◇ 20th 6:30pm – **Chapter Meeting** – Kappa Korner
- ◇ 27th 8am-5pm – Eastern Province Officers Workshops

SEPTEMBER

- ◇ 5th Labor Day Holiday
- ◇ 7th 7:00pm – Chapter BOD Meeting
- ◇ 9th – 11th – **Chapter Retreat** – Eastern Shore Maryland
- ◇ 13th 7:30pm – Events/Fundraising Committee Meeting
- ◇ 17th 6:30pm – **Chapter Meeting**
- ◇ 22nd – 25th Congressional Black Caucus Legislative Conference, Washington, DC Convention Center
- ◇ 23rd – Kappa's CBC Reception, Hyatt Regency Capital Hill

For Updates To Dates & Times See Chapter Website www.SilverSpringAlumni.org

The Birthday Club

August 1

Bro. Bill Durham Jr.

August 16

Bro. Tyrone Thomas

August 6

Bro. Desmond Mackall

August 22

Bro. James Brown II

August 7

Bro. Kendrick Gibbs
Bro. Bryan Stover

August 28

Bro. Chris Tinker

August 12

Bro. Robb Wilkins

August 30

Bro. John T. Henderson Esq.

UPCOMING EVENTS

Eastern Province Chapter Officer's Workshop

August 27, 2011

8:00AM – 5:00PM

Center for Learning Technology
Bowie State University



Annual Chapter Retreat

September 9-11, 2011

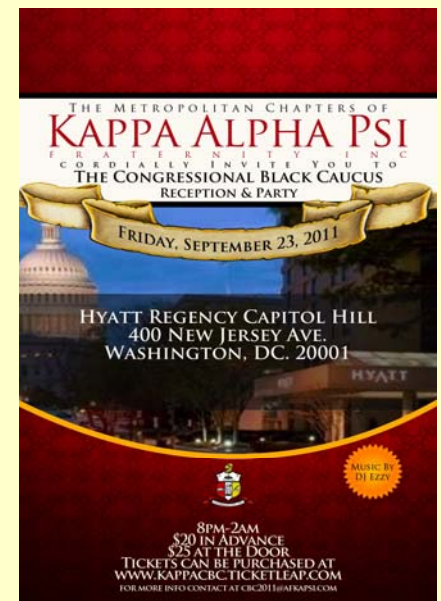
Ransome Chesapeake Retreat
Eastern Shore, MD



Metro Chapters Congressional Black Caucus Reception

September 23, 2011

Hyatt Regency Capitol Hill
Washington, DC



WHAT'S THE WORD *from the Kappa Korner*

NEW PROVINCE POLEMARCH APPOINTED

Bro. Anthony Brown - Editor

On July 12, 2011, our 32nd Grand Polemarch, Brother William Randy Bates, Jr. Esq., appointed Brother Howard L. Tutman, III "T3" as the 25th Eastern Province Polemarch. Brother Tutman goal is to embrace the theme from our Grand Polemarch, "100 years and Building: The Journey Continues" into the Eastern Province mantra. He believes that it is time for all second century Kappa men to take the next steps to take the Noble Clan and Eastern Province to the next level. The newly appointed Province Polemarch strongly encourages all Brothers to take a minute and sign in the "Brothers Only" section of the Eastern Province Website www.epkapsi.org. Over the next few days/weeks, Brother Tutman will be sending formal letters for EP positions/committee/officer appointees. Afterwards, rosters will be updated and distributed accordingly. •

EASTERN PROVINCE 2011 OFFICERS WORKSHOP

Bro. Anthony Brown - Editor

The 2011 EP Officers Workshop will be held on August 20, 2011 at the Center for Learning Technology on the campus of Bowie State University from 8am-5pm. The following chapter officers are required to attend the Eastern Province Officers Workshop: Polemarch, Vice Polemarch, Keeper of the Exchequer, MOIP Coordinator, Keeper of Records, and Chapter Advisor. Registration is \$35 before August 12. Registrations received after August 12, the late registration fee will be \$50. All payments should be made via PayPal. Chapters should submit one payment for all attendees. Attire for the day will be Kappa Kasual. •

2011 CHAPTER RETREAT

Bro. M. Alphonso - Chairman

The final touches are taking place for the upcoming 2011 Chapter Retreat which will take place September 9-11 at the Ransome Chesapeake Home on Eastern Shore Maryland. Thus far, there are over 30 registered brothers who will be traveling down to participate with us at the 2011 annual retreat "Scoping the Diamond: Silver Spring Beyond The Centennial". The committee has a host of activities planned throughout the weekend to ensure that everyone will benefit from participating (see a summary list below). The registration fee has increase to \$100. For those brothers who took advantage of the early bird registration, there will be a small rebate coming back to you. All fee payments must be paid either three ways: 1. by cash/check to the exchequer or committee member 2. online via pay pal or 3. by mail to the chapter's PO Box and made by the appropriate due date. If for some reason you have paid and you cannot attend, please notify Brother Alphonso in writing and consideration will be made on a refund (this is not guaranteed though). If you are going to be attending for one day (arriving on Saturday and leaving that evening) please speak to the Committee Chair a.s.a.p. Don't delay, get your spot NOW! Lastly, there will be a mandatory Officers meeting Friday, September 9 at 6pm. All Chapter officers are advised to plan your arrival accordingly. If you have any questions or require more information please contact one of the committee members below. •

RETREAT COMMITTEE	
Mervyn Alphonso - Chair	Kendrick Gibbs
Howard Baker	Steve Jordan
Keith Bobo	Jonathon Sutton
Anthony Brown	Lawson Williams
Roger Davidson	Revlon Williams
Thomas Flagg	

SUMMARY OF ACTIVITIES

Repast and Fellowship
Mandatory Chapter Officers Meeting (Friday 9/9 @ 6:00 pm – 8:00 pm)
"Kick-Start Your Day" Breakfast
Prepared Lunch and Dinner
Spiritual Renewal Brunch
Business Sessions
Team Building Exercises
State of the Chapter Address
2 nd Annual 3-on-3 Basketball Tournament
6 th Annual BBQ Battle
2 nd Annual IPOD Challenge
Game Night and other various activities

WHAT'S THE WORD *from the Kappa Korner*

PAN HELLENIC WORSHIP SERVICE

Bro. Desmond Mackall

Reid Temple AME Church, North Campus, located in Silver Spring held a Pan Hellenic worship service on Sunday, July 17, 2011 inviting fraternities and sororities from the divine nine. The brothers of Kappa Alpha Psi Fraternity, Inc. were the largest fraternity present, representing the organization with the usual class and charm. And of course, the Silver Spring Alumni



brother's was among the most recognizable chapter there. Reid Temple thanks the SSA Alumni brothers for coming out to support their Spiritual Renewal Service. Special thanks are in order to Brother Desmond Mackall and Brother Eric Smith who are members of Reid Temple and informed the chapter about the service. Although Reid Temple doesn't allow for others to come and run the worship service, brothers suggested that we engage in making this a quarterly event for us as a chapter to fellowship more often. •



AIDS WALK

Bro. Rodney Perkins

Brother Rodney Perkins will be participating in AIDS Walk Washington on Saturday, October 29, 2011. He will be running the 5K fundraising timed run benefiting Whitman Walker Health. Whitman Walker Health is a non-profit community based health organization, which provides dependable, high quality, comprehensive, and accessible health care to those infected with or affected by HIV/AIDS. Follow the link to support a participant, enter Rodney Perkins and you will be directed to his personal web page. Any monetary amount will help Rodney reach his personal goal of \$5000.00. Brother Perkins Thanks You for your support brothers. •

<http://www.kintera.org/faf/search/searchParticipants.asp?ievent=462578&lis=1&kntae462578=D6780E1185C74302A75A86B81E359F24>



Saturday, October 29, 2011

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Community. Caring. Quality.

WHAT'S THE WORD *from the Kappa Korner*

ADOLF J WADE ANNUAL COOKOUT

Bro. Anthony Brown - Editor



On July 16, the chapter hosted its annual Adolph J. Wade family and friends annual cookout at the Kappa Korner's park and pavilion. Over 200 family, friends, greeks, non-greeks and guest enjoyed free food, music, and fellowship with the brothers. Kappa Leaguers and their friends enjoyed several pick up games of hoops while the younger kids enjoyed the Balloon Bouncer. Brother Gerald Washington was "the man" serving up the food from the grill with the assistance from non other than Brother Bill Durahm. Brother Ken Elliot was serving up the fried fish and I have to say from the response from the guest "it was pretty damn good" as quoted from a lady guest. I guess those Fish Fry battles paid off. We had the man on the 1s and 2s, Brother Rashon Moore. As the sun started to go down, the festivities was moved to the indoors where the after-party took place and those who stayed did just that while the second round of guest started to arrive. The night continued till about 5am in the morning when the last of guest and brothers departed. All in all, the cookout and after-party was a huge success. Plenty of food, libations and fun were had by all. Special thanks to all the silhouettes that supported this endeavor with the side dishes and deserts. ●



WHAT'S THE WORD *from the Kappa Korner*

2012 METRO FOUNDERS DAY

Bro. Mario Price Esq.

Next year's Metro Founders Day Closed Banquet (a strictly black-tie affair) will take place on Saturday, January 14, 2012 at 6 p.m., at The Marriott Inn & Conference Center at UMUC. The theme will be "The Second Century Road to Kappa Land."

As Chairman of the 37th Annual Metropolitan Founders' Day Committee, I am quite excited about working with brothers from across this area as we showcase the collective leadership, commitment and attention to detail that reflect the essence of SSA - the top of the Metropolitan diamond. In addition to myself, the core committee consist of the board and officers of this chapter, Brothers Spencer Becton (Hyattsville-Landover), Charles Exum (EP BOD for Region 2, Bowie/Mitchellville), Craig Dean (College Park/Sandy Spring), Todd Morehead (Alexandria-Fairfax), Ken Phillips (Upper Marlboro-Waldorf), Rob Jenkins (DC), and R. Branch.

Despite receiving a relatively late confirmation of our responsibility as Founders' Day host, the chapter has been quite busy over the past month. In addition to securing the venue and negotiating the contract, we have received acceptances from the 30th Grand Polemarch, Samuel C. Hamilton, and current Grant Board Member and former Eastern Province Polemarch, Anthony Hill to participate in this event. We are currently closing in on several worthy candidates to serve as keynote speaker.

Although much has been accomplished, the bulk of the load remains. And it will be up to the efforts of the entire chapter for this event to succeed. We will need to handle the logistics of the event, staff the strategus committee, requisition all necessary implements, select souvenirs, design and promote ad sales for the program books, plan the after party, secure outside vendors, coordinate ticket sales with all Metropolitan chapters, communicate with Province and Grand Chapter all matters of protocol, and do all of these things flawlessly. Founders' Day is a ZERO-FAIL endeavor.

Brothers, I am confident that we are up for the task. The next committee meeting will be held at the Kappa Korner on Wednesday, August 17 at 8:00pm. More detailed information concerning this event will be forthcoming. ●

SICK AND SHUT IN

Amenities Committee

Brothers, please keep Brother I. Benni Singleton in your prayers. On Sunday, July 24 after passing out at the conclusion of the worship service, he was rushed to WHC where the doctors diagnosed him with Type 2 diabetes. Brother Singleton is home resting and would be glad to here from brothers. ●

PARLIAMENTARY CONVERSATION



Each month, this space will be devoted to parliamentary tips. The purpose of which shall be to make brothers (new, young and seasoned) more effective in membership meetings.

Subsidiary Motions (*Amendments*)

Subsidiary motions are motions which direct or change how a main motion is handled. These motions include: Tabling, Previous Question or Close Debate, Limit/Extend Debate, Postpone to a Definite Time, Refer to Committee, *Amendment*, and Postpone Indefinitely.

Amend

- Purpose: To change the pending motion before it is acted upon; proposed amendments must be germane to the main motion.
- Needs a second.
- Amendable, but the secondary amendment must be relevant or related to the primary amendment.
- Debatable. Debate goes only to the amendment.
- Majority vote required to adopt. If amending a motion or document that takes a two-thirds vote to adopt, the proposed amendment takes only a majority vote.
- Can be reconsidered.
- Result: If adopted, the proposed change becomes part of the pending motion.

The purpose of this motion is to change the main motion. There are four ways to amend: 1. Insert words within a motion. 2. Add words at the end of a motion. 3. Strike out words. 4. Strike out and insert words.

Anyone can make the motion to amend. The amendment must be relevant, or related, to the motion it is amending. For example, if the members are discussing a motion to get new carpet, a member can't propose to add an amendment to sponsor a dance on July 4. Sponsoring a dance on July 4 is not relevant to getting new carpet; it is really a new main motion.

An amendment can be amended. The first amendment is a *primary amendment*, and it applies to the main motion. Its amendment is called a *secondary amendment* and applies only to the primary amendment. The secondary amendment must be relevant to the primary amendment. It needs a second and is debatable. Debate is on the merits of the secondary amendment. An amendment to the third degree is not allowed. Only one set of primary and secondary amendments can be pending at the same time.

Next month I will give you examples of the ways to amend a main motion using the 4 ways to amend describe above by: 1. inserting words within a motion. 2. Adding words at the end of a motion. 3. Striking out words. And 4. Striking out and inserting words.

Stay Tuned!!

Bro. A. Brown - Editor

The Journey Home: The Centennial Celebration

Silver Spring Chapter was well represented at the 100 Year Centennial Celebration in Indianapolis, Indiana. We had over 30 chapter brothers take part in some way, shape or form of the celebration. The week was filled with more than enough activities and excursions that left you baffled to what to do next. Someone ask me, what was the highlight of the Centennial. And from a personal standpoint, I'm not sure whether it was what I believe was the 10,000+ people that where there or the many historic activities from the Public Meeting, The Pilgrimage to Bloomington, IN, the business meetings or just the many social parties and activities that took place. If you weren't able to attend, my hope is that you get a feel for the spirit of Phi Nu Pi from this little synopsis as well as from the pictures.



The business meetings were of course informative, educational, as well as political. According to sources that attended, the highlight was when the proposed Amendments to the Constitution and Statutes where presented and voted based on acceptance of minutes. At least that's what they thought. It wasn't until an undergraduate proposed a question concerning the matter and then the chair presiding over the meeting had no other choice but to call for an actual vote on each and every proposed amendment. The outcome from those votes where as follows: (For detail description of the Amendment(s) please contact the chapters delegates)

1. Article XXV. Membership - Proposed New Section 25. Vote - Failed
2. Statute 16. Election of National Officers - Section 17. Vote - Adopted
3. Statute 21. Election of Chapter Officers - Section 4. Vote - Adopted
4. Statute 22. Membership Intake - New Section 16. A Legacy Candidate. Vote - Failed
5. Statute 26. Fraternity Publications - Section 3. Vote - Adopted
6. Glossary - New Section. Legacy Status for Candidates. Vote - Failed



One of the historical moments was the pilgrimage to where it all began, Bloomington, IN on the campus of Indiana University. Brothers got in cars, trucks and buses in what seemed like convoys over to Indiana University. When brothers arrived, the Historic Kappa Trail was paved and first stop was the Diggs Memorial Fraternity House. After decades of fundraising and working to have an official Chapter House on IU's campus, the Diggs Memorial Fraternity House opened in 1963. The house was sold to IU in 2004 and now houses the IUPD and IU Foundation Offices. The trail then took us to 425 E. Kirkwood Avenue, the birthplace of the fraternity, Molly Spaulding House. As they gathered around a wood-burning stove for warmth on a cold, January 5th, 1911, Kappa Alpha Nu was founded. The house has since then been converted to a restaurant, however a historical bronze plaque marks the site today. Walking just a few feet down the block was another

historical Kappa site - Buffalouies at the Gables. The Gables restaurant was the first to be desegregated in the City of Bloomington. IU President Wells gave football star and Kappa, George Tallaferro, money to go to the Gables with white football players. Bro. Tallaferro was so popular, no one said anything. A few days later, he did the same thing. Finally, George took another black player with him. Quietly and without drama or fanfare, the Gables was desegregated. Other restaurants in town quickly followed suit. Moving down the trail a little further the Centennial Bench is a tribute to our fraternity's 100th year which graces the People's Park, a public park known for hosting rallies for civil rights and social justice. The trail then took us to the first chapter house 721 Hunter Avenue. Fifteen Kappa and pledges lived at this residence from 1914-1917. The house was originally built by a man for him and his wife. Kappa's rented the house and under Founder Diggs, lived with very strict rules. Breaking of





those rules was cause for eviction and so now a historical plaque takes a spot on the red and white house on Hunter Avenue. The historic Kappa Trail continued on to many other places such as the Bethel A.M.E. Church, where Founders attended service and held meetings; River Jordan where Founders complained about the “icy blasts” of air from the river on cold winter days, and also spoke of the many “baptisms of freshmen”, by upperclassmen as a campus tradition; Greek Walk where a Kappa brick with inscription KAP 1911 is laid by the statue of Herman B. Wells; The Centennial Bridge, the major bridge on IU’s campus has been named the Kappa Centennial Bridge which crosses the historic River Jordan. The bridge is another tribute to the founding of our organization and our 100th anniversary.

Now for the night life, there were more than enough parties, more than enough hospitality suites, more than enough food and libations. The only thing that wasn’t more than enough were the ladies, which was the only disappointing thing about the entire week. I’ll leave that entire discussion for another time though. So you see, the journey home was definitely a once in a life time experience. From taking care of Kappa business, to the touring of the historical sites, to the night life festivities, the 100th Centennial Celebration was one that we all can share with those who come behind us. ●



KAPPA HEALTH Korner

PROSTATE HEALTH

Bro. Rodney Perkins RN, MSN

The prostate is a gland. It helps make semen, the fluid that contains sperm. It surrounds the urethra, the tube that carries urine from the bladder out through the penis. A young man's prostate is about the size of a walnut. It slowly grows larger with age. If it gets too large, it can cause problems. The older men get, the more likely they are to have prostate problems.

The three most common prostate problems are prostatitis, prostate enlargement and prostate cancer. Although most prostate problems are not cancer, prostate cancer affects many men. Talking to your doctor about prostate problems and whether screening is the right choice for you will protect your prostate health and overall health.

Prostatitis

Prostatitis is an infection or inflammation of the prostate that often causes pain or discomfort. The pain may be in the penis, around the rectum, or in the pelvic area. It may occur during urination or ejaculation. Prostatitis is the most common prostate problem for men younger than 50. Prostatitis can come on suddenly, or it can keep going away and coming back. There are different types of prostatitis. A sudden infection can give you symptoms such as:

- ◇ Fever, chills, and nausea
- ◇ Pain and burning when urinating and during ejaculation
- ◇ Strong and frequent urge to urinate, but only being able to pass small amounts of urine
- ◇ Lower back or abdominal pain
- ◇ Blood in the urine

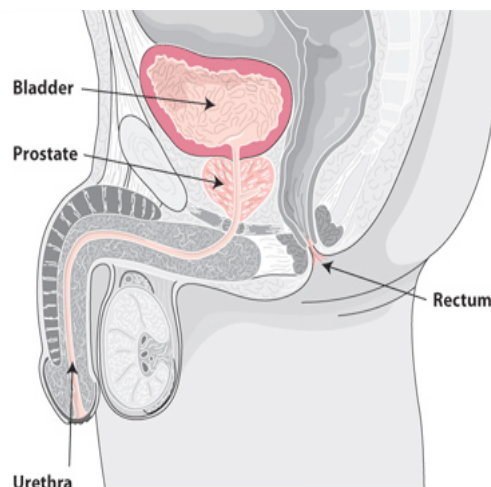
See your doctor right away if you have any of these symptoms. An acute infection can be life-threatening, but it can be easy to diagnose and treat.

Chronic prostatitis is the most common but least understood form of prostatitis. It is also called chronic pelvic pain syndrome. It is difficult to diagnose because the symptoms are not the same for every patient, and many of the symptoms — such as painful or burning urination and incomplete emptying of the bladder — could be signs of another disease. Chronic pelvic pain cannot be cured, but treatment helps many men manage their symptoms.

Prostate Enlargement

For men over 50, the most common prostate problem is prostate enlargement, also called benign prostatic hyperplasia. As the prostate grows, it squeezes the urethra, causing urinary problems. Some of these problems include:

- ◇ A frequent and urgent need to urinate
- ◇ Trouble starting a urine stream, even though you feel you have to rush to get to the bathroom
- ◇ A weak stream of urine
- ◇ A small amount of urine each time you go
- ◇ The feeling that you still have to go, even when you have just finished urinating
- ◇ Waking up to urinate more than once or twice a night
- ◇ Leaking or dribbling urine
- ◇ Small amounts of blood in your urine



KAPPA HEALTH Korner *(cont.)*



Prostate Cancer

Prostate cancer is one of the leading causes of cancer death among men. Researchers are trying to figure out what things might put a man at risk of prostate cancer. Some possibilities include eating a diet that is high in animal fat and being exposed to certain chemicals like pesticides.

Drugs to prevent prostate cancer

Medications called 5-ARIs (like finasteride) may help reduce the risk of prostate cancer. But 5-ARIs are not right for everyone. If you have regular prostate screenings and have no signs of prostate cancer, ask your doctor about the risks and benefits of 5-ARIs for you.

The following are known risk factors for prostate cancer:

- ◇ Age - Being 50 years of age or older
- ◇ Family history - Having a brother, son, or father who had prostate cancer increases your risk (and a family history of breast or ovarian cancer may also increase your risk)
- ◇ Race - Being African-American
- ◇ Genes - Having certain genes can raise your risk

Finding prostate cancer early may save lives. But experts don't agree about whether all men should get screened regularly for prostate cancer. Experts who don't support regular screening point out that some prostate cancers grow very slowly and are not dangerous. And, they say, if a man gets screened, he could wind up getting treatment for cancer that he doesn't need and that can have side effects.

Every man needs to decide if screening is right for him. Talk to your doctor about the pros and cons of routine screening for you. Some issues to discuss include your age, your overall health, your family medical history, and whether or not you feel comfortable "watching and waiting" if tests find cancer.

If you choose screening, you might have:

- ◇ A digital rectal exam (DRE), in which the doctor or nurse inserts a gloved finger into your rectum to feel your prostate.
- ◇ A prostate specific antigen (PSA) test, which is a blood test. The levels of PSA in the blood can be higher in men who have prostate cancer.

Prostate cancer usually doesn't cause any symptoms in the beginning. If you have symptoms, they might include blood in the urine, pain or burning while urinating, not being able to urinate, and constant pain in the lower back. These symptoms could be a sign of some other condition, but see your doctor as soon as possible if you have any of them. ●

To learn more check out the following web sites:

[Prostate Health Guide](#)

[WebMD - Prostate Cancer](#)

[Mens Health](#)

[Understanding Prostate Changes - National Cancer Institute](#)

KEEPING YOU HEALTHY!!

Kappa SPOTLIGHT

Brother John T. Henderson Jr., Esq.



Brother John T. Henderson Jr. is a 1979 initiate of the Gamma Sigma Chapter at the University of Arkansas, Pine Bluff. After graduating from the University of Arkansas, Brother Henderson went on to receive his Law degree from Howard University School of Law. He is a resident of Silver Spring, Maryland and he is currently an Admin Law Judge for the state of Maryland. I had a chance to speak with Brother Henderson in a one on one interview and this is what I discovered:

The Scroll: What was the reason why you became a Kappa man?

Brother Henderson: Kappa's where the smoothest, coolest and some of the smartest black men on campus and I considered myself to have those same characteristics. As well, my homeboy from Kansas was already a Kappa on campus.

The Scroll: What would you consider one thing you enjoy about being a Kappa?

Brother Henderson: Brotherhood, when it works.

The Scroll: What are some of the Officer positions that you have held since you been in the bond?

Brother Henderson: I've held Polemarch's position, Vice-Polemarch, Board of Directors, MOIP Chairman and Province Council.

The Scroll: What is something that your Kappa brothers would be surprise to know about you?

Brother Henderson: I cry sometimes when I'm watching movies.

The Scroll: What would be your fondest Kappa memory?

Brother Henderson: The night that we cross those burning sands; The hardship ended and the journey began. That was very special moment.

The Scroll: If you weren't a Kappa, what would you have been?

Brother Henderson: Probably nothing.

The Scroll: As we move beyond 100 Years, what would you hope for Kappa be?

Brother Henderson: To live up to the Kappa of my dreams and get rid of the coalition.

The Scroll: What is your favorite pastime?

Brother Henderson: Music of course

The Scroll: What would you say was the best perk about your career?

Brother Henderson: The times when I am helping people.

The Scroll: Tell me what you are most passionate about?

Brother Henderson: My family - wife and daughter and drumming

The Scroll: If you could talk or interview any Kappa, dead or alive, who would it be?

Brother Henderson: Elder Watson Diggs; I would want to know why he created this great fraternity? Would he be satisfied with the state of our fraternity? And what his thoughts would be on Hazing as we know of it today?

The Scroll: What would you say is your philosophy about life?

Brother Henderson: Wake up, live life to the fullest, leave that day behind and start all over again. Do that until death.

The Scroll: What's the one thing you want to tell your Kappa Brothers?

Brother Henderson: Stop doing Kappa out of your own ambition, instead do it for the sake of Kappa!

Our Kommitment To GUIDE RIGHT

KAMP KAPPA

Bro. I. Solomon - Reporter

Kappa men from Alexandria/Fairfax, Bowie/Mitchellville, and Silver Spring Alumni chapters along with 37 campers (ages 10-16) attended this year's Kamp Kappa at the William B. Synder Camp in Haymarket, VA. Kappa Leaguers from all three chapters, Silver Spring (Emanuel Russom), along with other young men not affiliated with Kappa League, made their way for a week long, life changing experience with the hopes of gaining new insight, and experiencing the great outdoors. Kamp Kappa exposes young men to nature and the camping experience and provides worthwhile experiences, bonding, teambuilding, physical rigor, leadership and lessons to young men and as well facilitates discussions on manhood, responsibility, and accountability.

Brother Norman Simon of Alexandria-Fairfax acknowledged that "the campers gain valuable experiences during the week and returning year after year." Campers are encouraged to achieve and perform to the best of their ability and to always finish. The Kamp Kappa experience included Tents on platforms, Boot camp style discipline, 6am runs, advanced knot tying, 95+ degree heat, discussions on manhood and responsibility, mock trial sessions, team building exercises, meet and greet with Judges and attorneys from Alexandria City, campfires, and a Six Flags America field trip. ●



KAPPA Kommentary

OUR EMOTIONAL GUIDANCE SYSTEM

Bro. Anthony Brown - Editor

Did you know that our emotions are kinda like our car's fuel gauge—measuring just how connected we are to good ol' Source.

When we're feeling great (loving/appreciative/ empowered/joyful), we're connected to the Divine within us. Tank is full. All good right? When we're feeling all depressed/helpless/disempowered, that's basically our emotional guidance system/fuel gauge telling us we're on "E"—disconnected from the highest within us. Eek.

Now, here is a very important point, if we're driving our car and notice we're approaching "E," we don't whine and moan and get all up in our stuff. We simply pull over at the next gas station and fill up. Yah?

Well, hello! Why don't we approach our emotions the same way. If we're feeling all cranky-saurus-rex, we just need to notice we're approaching "E" and simply *FILL UP!!* by pulling over at the nearest source energy station (aka, doing whatever it is that makes us feel most connected to our Highest Selves—whether that's dancing, meditation, walking, running, biking, yoga, tai-chi, playing with our babies, cuddling with our Love or whatever!).

Now, personally, (even though gas prices are where they are) I try not to let my car get lower than say a ¼ tank as I'm not a huge fan of worrying about running out of gas in the middle of the road.

SAME THING WITH MY LIFE.

Not sure about you, but I've run out of emotional gas one too many times. So, now I pretty much like to top off that ol' tank daily—starting with my AM meditation and exercise (a few sit-ups, push-ups, and chin-ups) and ending with my PM meditation and appreciations. It's REALLY hard for me to have a really bad day when I make sure the tank is close to full. I highly recommend it.

How 'bout you? You driving near "E" way too often? What are your key fill-'er-up practices you can partake to stay connected and feeling great?! •



The original number of Provinces? Can you name them?

Please send your answers to ARBrown1911@gmail.com

Subject: August Kappa Trivia

The first brother who sends me the correct answer (datetime stamp of email) will win a prize at the next chapter meeting.

July Trivia Answer: *Pillar of the Province Award* Winner: *None*

WORDS To Live By

SPIRITUAL KONNECTION

Bro. A. Brown - Editor

For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. (1Corinthians 12:12)

This scripture resonates with me as I think about our chapter and each member and how we must work as a unified group going forward into the next century.

God is pleased when we operate as a cohesive unit. When we operate in the spirit of unity, God looks for opportunities to show His power and to do impossible things. A lack of unity causes marriages, businesses, organizations and communities, among other things to fail and falter.

Jesus Christ understood the importance of unity by asking God five times in one prayer that they "may be one" (John 17). God recognizes the power of unity as being so incredible that He confused those deciding to build a tower to heaven. He understood that they were going to outdo themselves, so He created different languages to keep them from communicating with one another (Genesis 11:1-9).

Don't get it twisted though; Unity does not mean uniformity. God desires that you and I walk worthy of the calling with which you and I are called. He desires that it be done in lowliness, gentleness and longsuffering, and that we bear one another with love - endeavoring to keep the unity of the Spirit in the bond of peace. Keeping unity requires effort, compromise and sacrifice. It means sometimes doing things that we don't want to do. In order to have unity, we must sacrifice or yield. God has given each of us a gift and we must serve as one image of the body of Christ - joined and knot together - every part doing its share. We may not agree on everything, but it is important that we are headed in the same direction for the advancement of our great fraternity.

Operating in unity can have amazing or devastating results. The walls and gates of Jericho were destroyed because of the children of Israel's unity and obedience to the instructions of God.



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