
ALPHA PHI ALPHA FRATERNITY, INC.

PI UPSILON LAMBDA CHAPTER

THE PULSE



ALPHA PHI ALPHA FRATERNITY, INC. THE PULSE



The Long Journey

By Brother Gregory Lambert

It was June 2000. I was walking down the aisle of the 1st Mariner's Arena in Baltimore MD. It was my commencement ceremony and I was so glad to be finishing. I wish I could say that there were no regrets. Actually, there was one sitting two seats from me.

An ALPHA. I remember him missing our group study sessions. I remember his probate. I remember the pride he had when he was in study groups during our senior year. It was at that time I regretted not going to the interest meeting the Fall prior.

Fast-forward 12 years. After seeing five of the seven continents, after being blessed to work within a stone's throw of the Coliseum, walking past the Opera House to get to work, experiencing the bitter cold of Stockholm, and enjoying the tropics of Sao Paulo.... After the joy of marriage and being able to share the world with my wife, I still wanted that thing. I wanted to see the doors of Alpha Phi Alpha Fraternity, Inc. I loved what Alpha stood for. I was already accomplished; I had peace and joy, but there was a part of me that would not rest.

Now, I'm on the other side... Life as a NEO! I love my frat. I wouldn't change my choice or the timing of entering this great Fraternity. This was the time. I was made in Spring of 2012; initiated into Alpha Phi Alpha Fraternity Inc. via the Pi Upsilon Lambda Chapter. My journey into Alpha saw some ups and downs and some tribulations, but the fact is Alpha took a strong man, enlightened him, and heightened his already vast existence. Simply being associated with the work that is done by Pi Upsilon Lambda gives me great pride and joy.

Being inside the house and seeing things with new eyes affords me the opportunity to make new and/or different suggestions concerning matters of both the chapter and the Fraternity. Seasoned Brothers can pick out the NEOs, but they are supportive in every

way. Growth is the number one goal, I'm learning, for every Alpha man. The thing I ALWAYS reflect on are the poems we learned when seeking the light of Alpha. "IF", "To Be An Alpha Man", "The Test of a Man". These poems help me when life seems to want to break me.

I enjoy the bond and spirit of true brotherhood started at the doors of Pi Upsilon Lambda; I felt the bond as far north as Buffalo and as far south as Austin. I hold pride in many labels I have in life, listed in order of least important to most important:

I am a West Indian. I'm a Trini. I'm a software engineer. I'm a son, I'm an ALPHA. I'm a husband. I'm a Christian.

God gave me life, my wife is my love, Alpha is in my heart! '06!!





THE PRESIDENT'S CORNER



Brothers,

As we begin 2014 and the second half of the 2013-2014 fraternal year, I have taken some time to reflect on all that transpired in 2013. As 2013 began, I had no idea I would end up being President of this illustrious chapter. To say it has been a challenge would be an understatement. I have definitely developed an appreciation for the position of a Chapter President and for all that my predecessors endured. Until you have been in this position, you cannot begin to comprehend all that it entails. I strongly believe that in life you have to take the good with the bad. My belief is to turn every situation into a learning situation. When mistakes are made we must learn from them and try not to repeat them. When things go well we cannot get comfortable, but we must strive to always push things to an even higher level.

In the past few months, many things have transpired; some of them totally unexpected. However, with the support of a strong Executive Board and Committee Chairs, the chapter has done some great things in the past two months to close out 2013 and enter into 2014.

Brothers John Harkless and Chris Moore, along with their committee, did an outstanding job with the "Taste of Alpha 2013." This was the second time the chapter has sold out an event this year. That is a great feeling and demonstrates what can happen when we take ownership of our events.

Brother Wade Woolfolk, as the leader of the PACE Committee, has pushed the chapter to try some new ways to provide service to the community. The chapter supported the MAAC Community Service program at the Capital Food Bank as well as the chapter's own service project at the SHARE distribution center and Christmas Caroling at Villa Rosa Nursing Home. This month members of the committee attended Alpha Night in Annapolis where our own Brother Alonzo Washington, who is also a MD State Delegate, gave remarks.

M
A
N
L
Y

D
E
E
D
S

THE PRESIDENT'S CORNER



Under the leadership of Brother Anthony Barnes, the chapter had a good Mid-Year Retreat where we covered the business of Alpha and got a few things off of our chests!

In closing, the year 2013 has been one of great change and challenges for both the chapter and myself. There have been many successes with the 20th Anniversary really showcasing the best of PUL. I have lost several close friends unexpectedly this year and many of my friends have lost their parents. It is rather humbling to realize that we are now the elders in our families in our 40s. In 2014, I intend to focus on what is important and do everything I can to help the chapter to continue to move forward. We have much work ahead of us as we prepare to execute the following activities:

- Caregivers' Symposium led by Bros. Keith Wilson and Wade Woolfolk
- Youth Leadership Development Institute (YLDI), as well as,
- execute Project Learn under the leadership of Bro. Dwight Deneal and the Educational Affairs Committee
- IMDP under the leadership of Bro. Charles Hines

- Fathers' Day Breakfast under the leadership of Bros. Jeff Johnson and William Green
- Candidate forums under the leadership of Bro. Tony Harris

There is plenty of work to be done and we need the support of **all** brothers in the chapter to continue to execute our programs in an excellent manner. If you have not joined a committee we really need you to step up and be apart of a committee.

Thanks for being a great brotherhood. There is no place like PUL!

Fraternally,

Frank T. Malone

President
Alpha Phi Alpha Fraternity, Inc.

WHEN WALKING IS MORE THAN JUST FOR GOOD HEALTH

By Brother Michael L. Nelson

In the early morning hours of November 16, 2013, members, friends, and guests of the National Pan Hellenic Council of Prince George's County (NPHCPGC) met for a health walk/run over the Woodrow Wilson Bridge. Although the weather was damp and chilly, a sizable crowd showed up to get their "walk on". Consequently, Brothers, this is truly an example when walking is more than just for good health.

On September 30, 2013 the National Pan-Hellenic Council of Prince George's County invited the chapter presidents of each of Prince George's County's fraternities and sororities to a Presidents Roundtable Empowerment Council. The event was graciously hosted by the Sisters of Alpha Kappa Alpha Sorority, Inc., Iota Gamma Omega Chapter at their Ivy Youth and Family Center located in Suitland, Maryland.

The empowerment council was convened to accomplish three objectives: first, have a candid dialogue on how the NPHCPGC can be of added-value to Alpha Phi Alpha's mission; second, forge a stronger bond among the individual sororities and fraternities that makeup the National Pan-Hellenic Council of Prince George's County; third, and most important, produce an action plan that will allow for mutual support of each of our chapters' projects and programs for the upcoming 2014 service year.

At the council, many ideas were bantered about and discussed; one was a Quarterly Health Walk/Run over the Woodrow Wilson Bridge; proposed by Polemarch DeWayne Wilcher, Kappa Alpha Psi, Inc., Upper Marlboro Waldorf Chapter. President Wilcher then enlisted his chapter Brother Quinten Gilmore to be the committee chair for the event (and boy did they step to the plate). The walk was a total success.

The initial inscription on the winners' plaque goes to the Brothers of Kappa Alpha Psi Fraternity, Inc., Upper Marlboro Waldorf Chapter and to the Sisters of Sigma Gamma Rho Sorority, Inc., Zeta Tau Sigma Chapter; they had the most participants on the walk.

The epilogue is this: this was more than a health walk. We envisioned this friendly competition to be much more and needless to say all of the Pan-Hel's goals were met:

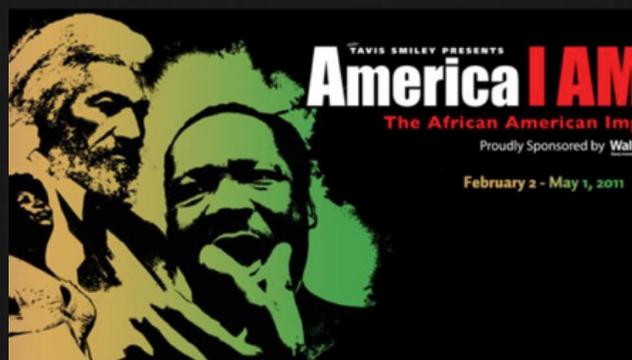
- o Short term:
 - ♣ Participation
 - ♣ Unity of purpose
 - ♣ Cooperation
 - ♣ Friendship
 - ♣ Networking
 - ♣ Camaraderie
- o Long term:
 - ♣ Tone-setter for future collaboration activities/events
 - ♣ A study in leadership for our younger fraters to witness the power of cooperation that exceeds the boundaries of their own chapter

This is truly an example when walking is more than just for good health.



REV. DR. MARTIN LUTHER KING, JR. HOLIDAY DAY OF SERVICE

Flashback to February of 2011. The anticipation of Tavis Smiley’s “America I Am” Exhibit was debuting at the National Geographic Museum in Washington, DC. Anxiety was at an all-time high. Educators, Parents, Students, Community Leaders, and Politicians were all salivating at what this priceless exhibit would bring. I heard whispers of the jail cell bars and bench that Rev. Dr. Martin Luther King, Jr. was imprisoned behind and sat upon would be on display. I heard murmurings of the original Charter of our Dear A Phi A being on display. We were all at the door waiting impatiently to be let into the solid steel doors of the museum. With tickets in hand, we all smiled and pushed through the rush of warm air as the large slabs creaked open. We did not even mind the frigid temperatures on that day. It was all well worth the wait.



MLK, JR. DAY OF SERVICE

I am always excited when it comes to our history. I am always excited to help others and walk in the same steps as Bro. King. Just a month earlier, I thought about his legacy when I signed up on his day of service to become a Bone Marrow Donor. On that special MLK Holiday, I was not only serving the needy, assisting military vets and families, but I was signing up to potentially save someone's life. I was beaming with the pride of Jesus Christ. It is so humbling to be able to call such a great man, my Brother. He overshadowed me all of my life and it felt right when I walked onto the campus of Morehouse College for the first time. I was in awe of his larger than life and empowering statue in front of the Memorial Chapel that bore his name. He shared a connection with us all that transcends time.

Clearing my mind, I come back to the present. It is indeed 2014 and this Man of God, this Brother is once again challenging me to solidify my purpose in this world. I touched the bars of the jail cell that he had sat in when he constructed one of the greatest letters comparable to Paul's letters to the churches in the Gospel. His message was clear, sobering, precise, and poetic. He repre-

sents the last true prophet of his generation. Allowing my eyes to browse over the stool in which he sat to write this letter, I could envision his posture as he wrote with both nobility and defiance to his critics that dared to call themselves clergymen. The whole scene spoke to me. I was stuck. There were so many great and memorable things in the exhibit, but once again, Bro. King had invaded the recesses of my mind. He firmly planted himself into my life once again, proving that hope and faith can take root in us all and grow into a giant cedar tree of justice. The first time that I read the Letter from Birmingham Jail, I was learning his speech, his tactics, and his graciousness. I was soaking in the vibe that mattered the most and it was his humility. It struck me that a powerful man did not have to walk with a big stick, have an empowering stature, or scream at the top of his lungs. All a powerful man had to do was sit back and let God work for righteousness. This man was obedient. When he said in the letter, "*Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection,*" I was floored! It takes great wisdom to expose

cowards for that which they truly are. So many tried to pacify his efforts by saying that they supported him, but thought that his methods and timing were wrong. How can one demand for justice, but listen to those that coerce a man into believing that he must wait for a better time. A fare heart can be misguided if not for the wisdom and knowledge of the righteous. What Dr. King called for then is the same thing, that if he were alive, he would be calling for now. He is asking for justice. He is asking for equality. He is asking for courage. He is asking for gall. He is asking for fortitude. He is asking for righteousness. He is asking for each and every one of us to stand up.

Where were you when my Savior died?

Where were you when Malcolm died?

Many of us know the answers to these rhetorical questions, but the crux of the matter still remains....

Where are you now and on what principles do you stand?

As a man of Alpha, we are expected to be "Servants of All," but are we really? Are you reclaiming your right to be a part of the oldest and greatest organization created? Do you meditate on the goals and mission of the Black and Old Gold? Can I count on my Brother to save my life, even when it means that he will lose his? Do not walk in shallow understanding. Do not be lukewarm because

the Lord Himself said that He would spit you out. Don't quit! Seek to change your life so that you can benefit and serve others. If Dr. King live in us, then his legacy was not left in shambles. His memory is not in vain. Contrary to what many people believe, President Obama is not the only African American to which we can look upon to see the "Dream" realized. Every single day that I look in the mirror, I see a reflection of the "Dream" realized.

So now, I can tell you that I collected myself that day and I thanked God for the experience of being in the presence of greatness. Bro. King's everlasting imprint is on all things that God has allowed him to touch and influence. Now, his monument has been erected and I have enjoyed it countless times since its birth. I stand tall and proud as an Alpha. I confess to you that I don't serve on MLK Day.... I serve EVERYDAY! I challenge you to do the same and share the experience with someone else.

Rev. Bro. Jumanne B. Bradford

Associate Editor to The Sphinx

Editor of The PULSE

profxshon@yahoo.com

profxshon@gmail.com

202^549^1212

PACE

PUL **ALPHAS** for
COMMUNITY
EXCELLENCE

Moving Communities Forward.

MLK, JR. DAY OF SERVICE

By Bro. Wade Woolfolk

Coordinator, PACE Program

The Mid-Year School Supply Drive held on Saturday,

January 18th. As PUL's MLK Day of Service, it was a great success! As you can see, we had a box full of supplies.

Thank you to the following brothers that donated: Anthony Barnes, William Green, Anthony Harris, Keith Holloway, Ashley Hoover, Denny Johnson, Mike Johnson, Rashid Mahdi, Frank Malone, and Juneous Pettijohn.

Supplies were received from ladies of Delta Sigma Theta PGCAC. We had a few Starbucks patrons, actually go out to purchase items and come back and donate. Other people who donated included: Mr. Johnny Montgomery, Ms. Denise Joseph, candidate for Prince George's County Public Schools - School Board District 9, and Ms. Annetta Jackson, an educator with Prince George's County Public Schools.

All donated items have been sorted and delivered to Shepherd's Cove. Special thanks to the Brothers that helped to sort and deliver the supplies.

Look for us to do this event again in August, as a kick-off to the next fraternal year.

Thanks for a great event!



L to R: Bro. Wade Woolfolk, ????????, ????????, Bro. Anthony Barnes, President Frank Malone, Bro. Denny Johnson; Bottom: Bro. Woolfolk



PROJECT ALPHA

By Brother Jerome Tarver



This year, the men of Pi Upsilon Lambda and Interested Candidates convened at the Cheltenham Detention Center (CDC) on October 26th, 2013, to conduct its annual Project Alpha (PA) Program. The Program initially was to consist of two 30 minute sessions on "Sexually Transmitted Infection Awareness," which included discussion on sexual responsibility. However, since an explosion of Brothers and excited Interested Candidates descended upon the facility, the program took on some additional responsibilities, namely training on "Conflict Resolution."

It was a memorable experience for all, especially since many in the group had never been to CDC. Upon arrival, the Brothers of PUL joined in with the Interested Candidates to round up attendees to participate in the various workshops. PA attendees shared some profound life lessons on making positive life choices and encouraged the young

men to continue to dream and to set goals despite their current situation. In turn, the young men shared some life histories, including how they arrived at CDC and how they wanted to break the pattern of institutionalization in their families that began with many of their fathers and grandfathers. Noteworthy, was the declaration by many of the participants that they would break the cycle and not have their children (yes some of these 14 -17 year olds already had children) end up at the CDC. In addition, some of PA attendees played cards and games with the young men to gain their attention before they shared some heart-moving life experiences. This seemingly minor task was a major accomplishment for many of the participants, who did not have positive male role models willing to take time out to spend time with them or even to listen.

The trust earned by the PA attendees and the young men was enjoyed by all. As a result,



Let us take this time to wish Happy Birthday to the following Brothers:

- Kirk R. Foggie - Jan. 6
- Juneous Pettijohn - Jan. 8
- Glenn A. Malone - Jan. 8
- Christopher Greene - Jan. 9
- Jeffrey J. Johnson - Jan. 15
- Van F. Rawls, Jr. - Jan. 16
- DeLano McRavin - Jan. 17
- Rashid Mahdi - Jan. 24
- Rev. Jumanne B. Bradford - Jan 25
- Darius Beckett - Jan. 26
- Darius Beckett - Jan. 26
- Reginald J. Mitchell - Feb. 2
- Duane J. Edwards - Feb. 4
- Mark K. Thaw - Feb. 7
- Courtney D. Hewitt - Feb. 20
- Jamal B. Okon - Feb. 23
- Raymond L. Blackstone - Feb. 26

there is much excitement for another session. Positive feedback about a future plan of action laid out by the CDC staff has been relayed to our Educational Affairs Chairman. The plan discussed how the chapter could return and help the young men focus on self-examination and sacrifice instead of the fast life, which leads to poor outcomes. As everyone took a deep breath, a consensus was forming around the idea of helping these young men face a very unfriendly society. One that is leery of their reintegration. Our commitment was evident towards this effort.

For this year's PA program, it seems everyone came away with a deeper appreciation and a better overall understanding of Alpha's purpose and our need to serve others. I also think the youth marveled at some of our accomplishments, despite heartaches, headaches, disappointments, and set backs. I also believed the PA attendees were equally

impressed by the fortitude of the young men and their ability to survive despite many life challenges. Overall, this was a memorable moment for all.



Happy Alpha Anniversary (Alphaversary):

- Duane Edwards - Jan. 16 - 15 years Black & Old Golden

Upcoming Dates to mark on Calendars:

A Phire House Party.....3/29/14

March of Dimes.....4/26/14



Left to Right: General President Mark S. Tillman; Bro. Anthony Harris, PUL President Bro. Frank Malone, Bro. Alonzo Washington, Bro. Paul Brown, and Bro. Wade Woolfolk; Bro. Alonzo Washington, Delegate (MD District 22)

PUL BROTHERS ATTEND ANNUAL ALPHA NIGHT IN ANNAPOLIS

BY BROTHER ANTHONY HARRIS

Representatives of the Maryland House of Delegates, including Brother Alonzo Washington of Pi Upsilon Lambda Chapter, welcomed Alpha Phi Alpha Fraternity to the annual Alpha Night in Annapolis on Jan. 27, where the fraternity was recognized for its service to communities throughout the state of Maryland during a session on the state House floor.

During a reception at the Maryland House of Delegates, Brothers from Pi Upsilon Lambda Chapter listened as General President Brother Mark Tillman and Eastern Region Vice President Brother R. Anthony Mills thanked Brothers who serve in the state legislature; answering the call to service.

Alpha Night in Annapolis was started over a decade ago by Brother Keith Haynes, a delegate serving the 44th Legislative District in Baltimore City and a member of the Delta Lambda Chapter. Brother Haynes spoke of the importance of having brothers come to Annapolis to demonstrate to elected officials our interest in the legislative process.

PUL Brothers in attendance were Chapter President Brother Frank T. Malone, Brother Paul Brown, Brother Wade Woolfolk, and Brother Anthony Harris. Brother Washington, a delegate serving the 22nd Legislative District in Prince George's County, openly spoke of the challenges that he overcame to reach his goals and to reach back to help those facing similar obstacles.

After the reception, Brothers were invited to the House chamber, where Alpha Phi Alpha was formally recognized with a proclamation thanking the fraternity for its service. Brothers Tillman and Mills were joined by Brothers Haynes and Washington during the presentation.



Yes, I am ICE COLD! Greetings, Brothers! I am Rev. Bro. Jumanne B. Bradford. It is a pleasure to serve as your Associate Editor to the SPHINX. I appreciate the confidence that our president, Brother Frank Malone has shown. I am a vessel to be used by the Lord. Special thanks to Brother Jamal Okon, who has been most gracious and quick to assist in the transition. It is he that deserves our thanks and adoration, not only for his service, but for being a true Man of God and taking care of his household, first. We will continue to pray for your household.

For more information on my background please visit www.profxshonworksministries.com or www.linkedin.com/pub/rev-jumanne-b-bradford/7/a25/228/

Guidelines for submission (All guidelines will be as required by The SPHINX):

All photos should have captions.
All videos should have credits.

This first edition of The PULSE will not be the final format as it will morph into a publication that closely resembles The SPHINX.

Email: profxshon@gmail.com with questions, concerns, and submissions.

1. News articles: Less than 300 words, (stories, current events, or issues and do not have to be fraternity-related).
2. Features: Less than 1,000 words, (long-form, in-depth on issues, i.e. healthcare, business, economics, law, education and other areas such as sports, entertainment, travel and leisure).
3. Chapter News: Less than 150 words, (latest accomplishments of brothers; chapter as whole; community projects, etc.).
4. Brothers on the Move: Less than 150 words, (latest accomplishments of individual brother, promotions, new positions in workplace or academia, special honors or graduations, degrees, etc.)
5. NEO News: Less than 500 words, and written by a neophyte brother. Article should explore his journey into Alpha Phi Alpha; why he joined, any special anecdotes about life as a new brother.
6. Arts and Culture: Less than 200 words, (reviews of books, audio, video and film projects by, about, or on Alpha brothers or fraternity issues of concern; must include publisher, number of pages, author name, etc.)

IOTA UPSILON LAMBDA'S MLK, JR. BREAKFAST

BY

BROTHER KEITH MILLER

IUL does it again! On January 20, the Brothers of PUL attended IUL's 38th annual Dr. Martin Luther King, Jr. Breakfast, held at the Bethesda Marriot and Conference Center. Since 1976, the Brothers of Iota Upsilon Lambda of Montgomery County have commemorated the life and legacy of our fallen brother, Dr. King. Through this signature event, funding for several scholarships for area youth have been achieved.

This year's theme was "Back to Basics: Civil Rights Means Voting Rights." We were encouraged to hold fast to the privilege voting, bestowed upon us due to the courageous efforts of Civil Rights Era. Additionally, we were inspired to continue our efforts as Alpha men with voter registration so that our voice as a people will be heard on matters that are important to us.

The mistress of ceremonies was Leslie Foster, an anchor at WUSA9 Television. The keynote speaker was Congressman Chris Van Hollen of Maryland's 8th Congressional District. He applauded Alpha Phi Alpha's efforts with voter registration. He encouraged us to oppose any restriction to our constitutional right to vote. He informed us on efforts Congress has made in passing a bill that he cosponsored last year: The Voter Empowerment Act of 2013.

Community Service Awards were given to the Montgomery County Chapter of Zeta Phi Beta and to community activist, Carolyn V. Snowden, posthumously. A Public Service Award was given to Bro. Charles E. McGee, a 93 year old member of IUL, who was a Tuskegee Airman and is in the National Aviation Hall of Fame. In 2007, he received the Congressional Gold Medal of Honor, the Nation's highest civilian honor.

The true highlight of the program was the IUL ensemble. The audience was on their feet. IUL pulled off their signature event in true Alpha style.