



ALPHA OMEGA CHAPTER NEWSLETTER

Sept./Oct. 2026
www.alphaomegachapter.org

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Grand officers attend AΩ's chapter meeting

The 43rd Grand Basileus of the Omega Psi Phi Fraternity Inc., Brother Mark E. Jackson, Sr., holds up his Alpha Omega Chapter sweater that Alpha Omega Basileus Brother Wendell Bugg presented to him during the chapter's monthly meeting on Sept. 19, 2026, as Immediate Past Grand Basileus Brother Ricky L. Lewis (left) takes a picture with his cell phone at the University of the District of Columbia's Community College. Grand Keeper of Finance Brother Lee Rideout also attended the meeting. Alpha Omega Chapter elected its officers for the 2026-2027 Omega Year and its Achievement Week Award honorees during the meeting. The honorees will be honored during the Washington, D.C. Chapters of the Omega Psi Phi Fraternity, Inc. Annual Achievement Week Brunch, Nov. 7, 2026, at Shiloh Baptist Church at 1500 9th St. N.W., Washington, D.C. The chapter's newly-elected leadership includes Basileus Wendell Bugg, Vice Basileus Eric Carter, Keeper of Records and Seal Eric Johnson, Keeper of Finance Kenneth Evans, Assistant Keepers of Records and Seal Julian McCormick and Blake Terrell, Assistant Keeper of Finance Brett Fennell, Chaplain Kevin Donalson, Keeper of Peace Brian A. Green, and Reporter Bernard Little. The 2026 Achievement Week honorees include the Omega Man of the Year Wilson Bland, Founders' Lifetime Achievement Award honoree Kenneth Brown, Superior Service Award honoree Roderick "Ricky" Moore, Brigadier General Charles Young Military Leadership Award honoree Marcus Canady, New Brothers of the Year honorees Akinyele Calhoun and Patrick Edmond, and Citizen of the Year Rosie Allen-Herring, Interim President & CEO of United Way Worldwide and National First Vice President of Delta Sigma Theta Sorority, Inc.

Grand officers attend AΩ's chapter meeting



The 43rd Grand Basileus of the Omega Psi Phi Fraternity, Inc., Brother Mark E. Jackson, Sr., receives a hearty welcome from the brothers of his "home" chapter, Alpha Omega, during the chapter's monthly meeting on Sept. 19, 2026 at the University of the District of Columbia's Community College. This was the first chapter meeting for Alpha Omega since Brother Jackson's election as Grand Basileus at the 85th Grand Conclave July 30-Aug. 3, 2026 in Cincinnati, Ohio.



The 42nd Grand Basileus of the Omega Psi Phi Fraternity, Inc., Brother Ricky L. Lewis, Immediate Past Grand Basileus, gives brief remarks during Alpha Omega Chapter's September 2026 chapter meeting at the University of the District of Columbia's Community College. The Immediate Past Grand Basileus saluted his successor, Brother Mark E. Jackson, Sr., and said he will support him however possible in order to make his administration the most successful in the fraternity's history.



Above, Grand Keeper of Finance Brother Lee Rideout talks to brothers of Alpha Omega Chapter during the chapter's monthly meeting on Sept. 19, 2026 at the University of the District of Columbia's Community College. Brother Rideout commended the work of Third District Keeper of Finance Brother Donald Lucas, of Alpha Omega Chapter, and called Brother Kenneth A. Brown, a former Grand Keeper of Finance and a member of Alpha Omega Chapter, a valued mentor. Left, Third District Representative Brother Craig Branch also saluted the efforts of brothers of Alpha Omega Chapter in making the Third District one of the most influential in the fraternity.

AΩ elects leadership team for 2026-2027



Alpha Omega Chapter elected its 2026-2027 leadership team during the chapter meeting on Sept. 19, 2026 at the University of the District of Columbia's Community College. The chapter's newly-elected officers include (top row from left) Basileus Wendell Bugg, Vice Basileus Eric Carter, and Keeper of Records and Seal Eric Johnson, (middle row from left) Keeper of Finance Kenneth Evans, Assistant Keepers of Records and Seal Julian McCormick and Blake Terrell, and (bottom row from left) Assistant Keeper of Finance Brett Fennell, Chaplain Kevin Donalson, and Chapter Reporter Bernard Little.

Alpha Omega Chapter's officers and advisors also include (top row from left) Keeper of Peace Brian A. Green, Immediate Past Basileus Frank Borris, Chapter Counselor Frederick D. Cooke, Jr., and Parliamentarian Warren A. Crummer.



AΩ elects 2026 Achievement Week honorees



Brothers of Alpha Omega Chapter selected Brother Wilson Bland (left) as the Omega Man of the Year, and Brother Roderick "Ricky" Moore (right) as the Superior Service Award honoree during the chapter's monthly meeting on Sept. 19, 2026 at the University of the District of Columbia's Community College. The honorees will be recognized during the Washington, D.C. Chapters of the Omega Psi Phi Fraternity, Inc., Annual Achievement Week Brunch, Nov. 7, 2026 at Shiloh Baptist Church at 1500 9th St. N.W., Washington, D.C. Brother Bland chairs Alpha Omega Chapter's Membership Committee, ensuring all guidelines and processes for bringing in new members are strictly followed. He manages the chapter's MSP for prospective candidates, ensuring chapter members and applicants adhere to all intake rules, criteria, and operational standards set by the fraternity. He oversees new member education and ensures brothers are MSP trained. Brother Bland attends and participates in nearly all chapter, Third District and International events, as well as assist in advising the undergraduate brothers at Alpha Chapter, where he was initiated in 1994. Brother Ricky Moore has been a stalwart worker since he was initiated into the fraternity in 2009 via Alpha Omega Chapter. He annually coordinates the chapter's holiday food box donations to the Salvation Army's Turning Point Center for Women and Children in Washington, D.C., working with the SHARE Food Network community-based, non-profit program run by Catholic Charities to purchase groceries. He coordinates the Wednesday evening social gatherings of brothers at 1231 Harvard Street and the monthly fellowship breakfast for brothers at the Busboys and Poets in Hyattsville, Maryland, which has seen an increasing number of brothers in attendance. Brother Moore can often be found at chapter events, such as at the annual Frankie P cookout and annual chapter cookout preparing foods for brothers, their family members and friends.

AΩ elects 2026 Achievement Week honorees



Alpha Omega Chapter selected Brother Kenneth A. Brown as its Founders' Lifetime Achievement Award honoree for 2026. Initiated into the Omega Psi Phi Fraternity, Inc., on April 10, 1971, through Delta Theta Chapter, Brother Brown has served the fraternity as Grand Keeper of Finance (1988-1992), the 13th Third District Representative (1978-1981), chair the Omega Psi Phi National Housing Authority (1985-1988), chair of the International Membership Development and Training Committee, member of the Fraternity's National Political Action Committee, vice president of the Board of Directors of the Omega Psi Phi Federal Credit Union (1986-1988), Omega Life Membership Foundation Chairman, Deputy Grand Marshal of the 75th Anniversary Grand Conclave, and Grand Marshal for the Centennial Conclave of the Omega Psi Phi Fraternity, Inc. He was the fraternity's first Founders' Lifetime Achievement Award recipient in 2018.



Alpha Omega Chapter selected Brother Marcus Canady as the Brigadier General Charles Young Military Leadership Award honoree for 2026. Initiated into the Omega Psi Phi Fraternity, Inc., via Alpha Omega Chapter in 2024, Brother Canady is a captain in the U.S. Coast Guard. He graduated from the U.S. Coast Guard Academy in 2000 with a degree in Operations Research and was assigned to the CGC LEGARE in Portsmouth, Virginia as a Deck Watch Officer. After two years, he was selected for Naval Flight Training in Pensacola, Florida and successfully earned his "Wings of Gold" in 2003. For the next eight years, he served as a MH-65 pilot in Miami and Jacksonville, Florida conducting counter-drug and search and rescue missions in the Strait of Florida and the maritime drug traffic zone. He participated in life-saving missions during Hurricane Katrina and executed airborne use of force to disable high speed drug trafficking vessels. After completing an MBA program at Syracuse University in 2012, he served as a budget analyst at Coast Guard Headquarters. He's a graduate of the National War College, earning a master's degree in national strategic studies. After graduation, he was assigned to Coast Guard Headquarters as the Executive Assistant to the Office of Budget Resources. In 2024, he was selected to serve as the Coast Guard Chair at the National Defense University's Eisenhower School. He is also a published author, writing the book "Intrusive Leadership: How to Become That Leader" focused on "defining, dissecting, and discussing a leadership style with immeasurable impact."

AΩ elects 2026 Achievement Week honorees



Alpha Omega Chapter selected Brothers Patrick Edmond (above left) and Akinyele Calhoun (above) as its 2026 New Brothers of the Year honorees. Both were initiated into the Omega Psi Phi Fraternity, Inc., in 2024. Brother Edmond serves as chair of Alpha Omega Chapter's Social Action Committee coordinating activities focused on uplifting those in communities serviced by Alpha Omega. He also serves on the board of the Alpha Omega Social Action and Scholarship Foundation. Brother Edmond is a regular contributor to the chapter newsletter, and he always has a camera in tow shooting pictures at various chapter, Third District, IHQ and other events where brothers are in attendance. Brother Calhoun, a social studies teacher at the historic Dunbar High School in Washington, D.C., chairs Alpha Omega's Memorial Committee, and he coordinates the memorial services for brothers who have entered Omega Chapter. Both Edmond and Calhoun are regulars at the Omega Men for Our Men gatherings at the Father McKenna Center, and Brother Calhoun has also donated numerous toiletries and other items to the program that were donated by his students at Dunbar. Alpha Omega also selected Rosie Allen-Herring (left) as its 2026 Citizen of the Year. She was recently appointed as interim president and CEO of United Way Worldwide (UWW). She has been named to the Washington Business Hall of Fame and Washington Business Journal's Power 100 Leaders. She has more than 30 years of experience in corporate finance, strategic leadership, partnerships, philanthropy, and business strategy. She is also the National First Vice President of Delta Sigma Theta Sorority, Inc., and is focused on advancing health, youth opportunity, and financial security.

Omega Psi Phi strengthens civic engagement at CBCF's 55th Annual Legislative Conference



Led by the 43rd Grand Basileus Brother Mark E. Jackson, Sr., the Omega Psi Phi Fraternity, Inc., maintained a strong presence in Washington, D.C., during the Congressional Black Caucus Foundation's (CBCF) 55th Annual Legislative Conference (ALC55) Sept. 16-20, 2026, bringing together leadership, civic engagement, voter education and fellowship throughout the week.

Held at the venue named for a member of the Omega Psi Phi Fraternity, Inc., the Walter E. Washington Convention Center, the 55th Annual Legislative Conference focused on the theme "Rooted, Ready & Rising." The Congressional Black Caucus Foundation described the conference as five days of conversations, networking, professional development and signature events bringing together leaders, advocates, professionals, students and community stakeholders from across the country.

Grand Basileus Jackson emphasized that the week extends beyond simply attending events. He pointed to the symposiums, fireside chats and educational sessions as opportunities for participants to gather information and return home better equipped to serve their respective communities. Central to that effort, he said, is civic engagement and empowering people to become more active participants in their communities.

Grand Basileus Jackson began his conference activities with the James E. Clyburn Leadership Institute, where he delivered greetings and welcomed a new cohort beginning a year-long leadership development experience. The program focused on public engagement, civic participation, campaigns and other areas designed to prepare participants for greater involvement in public and community leadership. He also highlighted Omega Network for Action (ONFA) while recognizing Brother Congressman James E. Clyburn's connection to the fraternity.

That focus on civic leadership continued Thursday, Sept. 17, at Howard University's Blackburn Center Ballroom, where representatives from across the National Pan-Hellenic Council came together for a conversation centered on voter engagement, civic participation and increasing youth participation in the electoral process.

The gathering included representation from all nine NPHC international organizations, including six of the nine International Presidents, creating an opportunity to discuss how historically Black Greek-letter organizations can coordinate efforts to educate and engage the communities they serve.

Omega Psi Phi's engagement at the CBCF's ALC55 continued Sept. 18 with the symposium

"Where Do We Go From Here: Addressing the Systemic Dismantling of the Civil Rights Act," presented in conjunction with Brother Congressman Clyburn.

The session focused on voter participation, collaboration, approaches to voter registration and efforts to increase Black male civic participation, highlighted in the message from Grand Basileus Jackson as major focuses of the fraternity.

The forum reflected the broader civic-engagement emphasis of this year's conference. CBCF opened ALC55 with its own call for leadership, civic engagement and collective action, with programming addressing public policy and issues affecting Black communities nationwide..

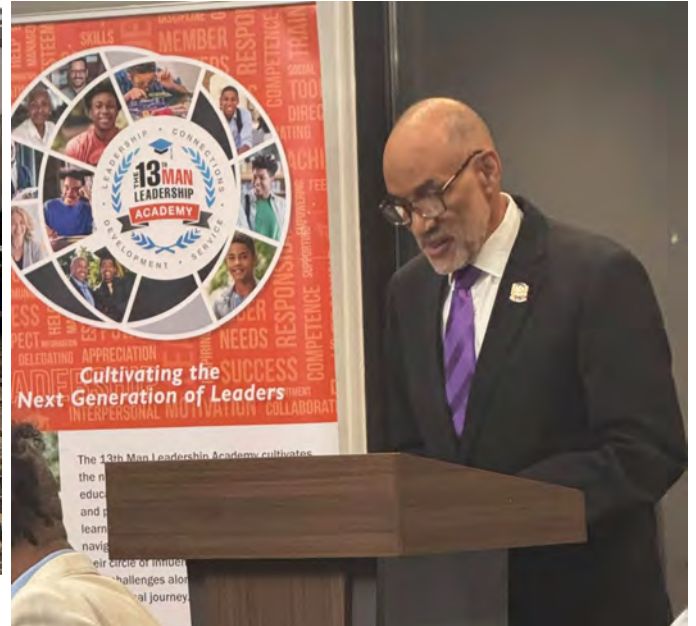
For Omega Psi Phi, the week represented an opportunity to connect the fraternity's tradition of leadership and service with substantive conversations about civic participation, public engagement and community impact.

As Grand Basileus Jackson emphasized, the value of the Congressional Black Caucus Foundation's Annual Legislative Conference is not limited to what happens in Washington. The opportunity is to learn, engage and take that knowledge back into communities across the country. **(International Headquarters)**

Omega Psi Phi Life Membership Foundation awards The 13th Man \$25,000 grant for youth mentoring

The 13th Man recently received a \$25,000 grant from the Omega Life Membership Foundation (OLMF), to provide vital resources and expand their core initiatives, specifically The 13th Man Leadership Academy.

Brother Bruce Bradford (Rho Psi, 1967), is a board member of The 13th Man, a mentoring and leadership development nonprofit organization serving young men in the DMV (DC, Maryland, Virginia) and Charlotte regions. Its mission is the elevate and empower young men to become confident community leaders through mentorship, experiential learning, and personal and professional development. Its motto is "Cultivating the Next Generation of Leaders."



Photos by Bro. Elgin Funches and The 13th Man Leadership Academy



AΩ brothers participate in Organization Day with Alpha Chapter

On Oct. 1, Alpha Omega Chapter brothers who are Alpha Chapter alums joined Alpha Chapter and other brothers of the Omega Psi Phi Fraternity, Inc., to participate in Alpha Chapter Organization Day for Omega Week 2026. "Alpha Chapter Alums and Current from 1973- 2026 attended the Alpha Chapter Organization Day at The Mecca," stated Brother Chauncey D. Manson, III (16-73-A). "We answered and asked questions about Alpha Chapter, providing our individual insights, perspectives, memories and what it means to be Alpha Chapter, a member of Omega Psi Phi Fraternity, Inc., and a Howard University student and alum." Brothers who participated in the panel pictured above included (right to left) Chauncey D. Manson, III (16-73-A), Robert Warren (11-80-A), Wilson Bland (8-94-A), Jerome Bailey (7-96-A), Andre Samuels (2-97-A), James Garris (3-2006-A), Owen Garrick (2-23-A), Kelvin Jones (2-26-A), and moderator Marquise Donegan (9-25-A). *Photos from Brother Chauncey D. Manson, III*



Omega Men for Our Men

New name, same mission: Brothers continue community outreach initiative

Although Omega Men for Homeless Men has been re-branded as "Omega Men for Our Men," the mission of the community outreach initiative remains the same, explained Brother Julian McCormick, who sits of the planning committee for the project.

"The change is simple, but the meaning is profound," said Brother McCormick. "We do not define the men we serve by their circumstances. We see them as our men, our brothers, our fellow men, and members of our community. But by the grace of Almighty God, any of us could find ourselves facing similar, or potentially worse circumstances."

"The meal we provide is important, but the fellowship, dignity, connection, and sense of belonging we share are even greater," Brother McCormick added. "Where society may turn its back, we turn toward them. As we are now in our 17th year, we remain committed to serving, supporting, and uplifting Our Men."

Brother McCormick and others on the planning committee are encouraging Alpha Omega Brothers to "get involved, bring a brother, give your time, and help us continue this important work."

OMFOM meets for 1 p.m. Sunday games of the Washington Commanders and/or Baltimore Ravens at the Father McKenna Center, 19 I St N.W., Washington, DC 20001.

Topics of discussions include the power of the right perspective, empathetic relationships, sharper problem-solving, lowering stress and anxiety, greater resilience and more.

Donated items such as toiletries, new men's underwear and socks, are also accepted.



Alpha Omega Chapter celebrates 104 years

The Alpha Omega Chapter of Omega Psi Phi Fraternity, Inc. will host its Founders Day Celebration on Saturday, November 14, 2026, from 12:00 PM to 6:00 PM at GAIA in Washington, D.C. In the fall of 1922 when Alpha Omega Chapter was launched, Omega Psi Phi Fraternity was only 11 years old, a youth with a lot of questions both about itself and about everything around it. Only two years earlier, the fraternity had come up with an answer to one of the most burning questions facing it: How could a young Omega build a structure that would allow members who had received so much from their undergraduate experience to continue to derive benefits and the "good fellowship" as they moved into their careers and on to graduate education. The solution was to set up graduate chapters, with the first one being Lambda of Norfolk, Va., in November 1920 (now Lambda Omega). In 1922, Grand Basileus J. Alston Atkins would restructure the system for assigning names to chapters, adding the word "Omega" to the names of graduate chapters and tying them to the name of the undergraduate chapter in the city. For Washington, D.C., the birthplace of Omega and the location of its Alpha Chapter at Howard University, this new system meant that the graduate chapter carried the name "Alpha" as a tribute to the first chapter and the name "Omega" to distinguish it as a graduate chapter. Not surprising, many of the earliest members of Alpha Omega were men who had entered the fraternity through Howard University. The founders of the chapter were principals, college instructors, language instructors, authors, and officials in the physical education department of the city. Charter members included Cato Wesley Adams, George Edward Brice, Walter Spurgeon Burke, Gordon David Houston, Campbell Carrington Johnson, Charles Leonard Johnson, Charles Herbert Marshall, Sr., Charles Herbert Marshall, Jr. and Garnet Crummel Wilkinson.



THE ALPHA OMEGA CHAPTER
OF OMEGA PSI PHI FRATERNITY INC.
PRESENTS THE

FOUNDERS DAY

CELEBRATION

ROOTED
IN DC
BUILT FOR
A HIGHER
PURPOSE

MEN
CHANGED
A NATION
FOREVER

SCIENCE HALL

HOWARD UNIVERSITY

Dr. Ernest Everett Just

SATURDAY, NOVEMBER 14, 2026

★★★

GAIA
1025 VERMONT AVE NW
12PM - 6PM

★★★

SCAN TO
PURCHASE
TICKETS

MANHOOD ★ SCHOLARSHIP ★ PERSEVERANCE ★ UPLIFT

Fraternity implements recommendations, initiatives voted on at the 85th Grand Conclave in Cincinnati



Notice: Implementation of 85th Grand Conclave Recommendations and Initiatives

Greetings, Brothers.

I hope this message finds you well and in good spirits. As we prepare to begin our **2027 fiscal year on November 1, 2026**, we also enter an important period of implementation and progress for our Fraternity. During the **85th Grand Conclave**, the Brotherhood considered and approved several recommendations designed to enhance the operations of the Fraternity and strengthen the overall membership experience. International Headquarters, in coordination with the Supreme Council, appropriate committees, and other Fraternity leadership, has been working to ensure that the necessary policies, procedures, systems, and administrative processes are in place to support their successful implementation.

This communication serves as the **official announcement to the Brotherhood of the 12 approved recommendations, their respective effective dates, and applicable implementation requirements**. Also included is an initiative presented by **Grand Chaplain Brother Roi Johnson** and approved by the Supreme Council for implementation. Brothers are encouraged to carefully review the information provided, as several of these actions may impact individual members, chapters, districts, officers, and the overall administration of the Fraternity.

Outlined below are the approved recommendations from the **85th Grand Conclave**, along with the Supreme Council-approved initiative.

Recommendation #12 – Clarity to the Bylaws

This bylaw amendment clarifies when changes approved at a Grand Conclave take effect. The Bylaws previously set a deadline for publishing the revised governing documents but did not state when the changes themselves became effective. Under the new language, approved changes to the Constitution and Bylaws, policies and procedures, and administrative procedures take effect on the date the revised documents are issued. If the Grand Conclave approves a recommendation with its own specific effective date, that date controls.

Effective date: November 1, 2028

Recommendation #22 – Conflict of Interest and Recusal

This bylaw amendment adds a new section to Chapter 1, Article 1, Section 2 of the Bylaws, which governs the Supreme Council. Any member of the Supreme Council who has a direct personal interest in a matter under consideration must disclose that interest and recuse himself from voting on it. A direct personal interest includes, but is not limited to, disciplinary actions, investigations, removal from office, compensation, or any other action where the member is the subject of the decision or may personally benefit or be harmed by the outcome.

Effective date: August 2, 2026

Recommendation #23 – Military Affairs as a Standing Committee

This bylaw amendment adds Military Affairs to the list of standing committees in Chapter 5, Article 4 of the Bylaws.

- Inform military and veteran brothers of their federal and state benefits.

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- Serve as liaison with the Veterans Administration and other agencies on claims and entitlements for brothers and eligible family members.
- Share best practices, mentoring, and leadership training, and set a baseline of required district activities.
- Document and highlight Omega's military history.

Effective date: August 2, 2026

Recommendation #27 – Leadership Recusal Requirement

This bylaw amendment adds a new Article 8 to Chapter 1 of the Bylaws and establishes requirements to prevent potential conflicts of interest when allegations are made against certain Fraternity leaders. When a member of the Supreme Council, the Executive Director, or any other national or international officer is accused of violating the Member Code of Conduct or any other rule, regulation, policy, or procedure of the Fraternity, the accused Brother may not serve as an investigator or as a member of any committee responsible for investigating the alleged violation; attend or participate in any meeting, proceeding, or hearing concerning the alleged violation, except for the adjudication hearing at which the matter is formally considered; or vote on any matter related to the alleged violation. These restrictions are intended to preserve the independence and integrity of the investigative and adjudicative process and prevent actual or perceived conflicts of interest.

Effective date: August 2, 2026

Recommendation #34 – Supreme Council Meeting Invitation

This policy provides that all Supreme Council meetings, except those discussing privileged information, will be virtually available to all financial members. The meeting link will be sent to each financial brother with advance notice. When privileged, legal, or personal matters arise during a meeting, the Supreme Council will move to a separate closed session and then return to the open meeting.

Effective date: August 2, 2026

Recommendation #39 – Golden Bridge Builder Program

This policy adopts a Golden Bridge Builders Recognition Program modeled in the 10th District as an official fraternity-wide program, executed and administered at the district level. It establishes a standardized process for recognizing financial brothers who have completed 50 or more years of service. The process covers uniform eligibility, development and retention of records, ceremonial recognition, and historical preservation across all districts.

Effective date: November 1, 2026

Recommendation #44 – Reporting of Suspended and Expelled Brothers

This recommendation changes how suspended or expelled members are listed on the Fraternity's website. Currently the listing shows the member's name, initiation date, and current chapter. For a member who is inactive, the chapter shown is often his last active chapter or his initiation chapter. Going forward, if a member is not active or financial with any chapter at the time of his suspension or expulsion, the website will list his current chapter as "not affiliated with a chapter."

Effective date: November 1, 2026

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Recommendation #50 – Talent Hunt Emeritus, Brother Larry C. Pough ('1970 Theta Sigma)

This recommendation appoints Brother Larry C. Pugh to the title of International Talent Hunt Chairman Emeritus. The title recognizes his 38 years of service to the Talent Hunt program: 18 years as a district chairman and 20 years as international chairman.

Effective date: November 1, 2026

Recommendation #52 – When We Wear the Gloves

This recommendation standardizes when and how the poem "When We Wear the Gloves" is recited during the memorial service. The poem will be recited immediately after the Keeper of Records and Seal reads the departed brother's biography and history. It is led by the KRS or another designated brother who has it memorized. Brothers raise their gloved hands at chest level, palms facing inward, when the recitation begins and return to the left-over-right position at its conclusion. Recitation of the poem remains optional, as approved at the Charlotte Conclave.

Effective date: November 1, 2026

Recommendation #53 – Life Every Voice and Sing

This recommendation provides that members will sing "Lift Every Voice and Sing" at the opening of all formal international meetings of the Fraternity.

Effective date: November 1, 2026

Recommendation #57 – "55+ Years of Service Complimentary Registration"

This recommendation extends complimentary registration for Grand Conclaves and Leadership Conferences to brothers with 55 or more years of service who are eligible for service awards. Previously this benefit began at 60 years. Once a brother has received his 55-year service award, he is eligible for complimentary registration every year, not only in his service award year.

Effective date: November 1, 2026

Recommendation #68 – Memorial Service Procession

This recommendation establishes a uniform order for Brothers to line up and enter the procession during the Memorial Service. Brothers will enter in pairs, beginning with Brothers who are family members, followed by current Supreme Council members, former Grand Basilei, Brothers serving in the U.S. Senate or Congress, Brothers serving in a state legislature, line brothers, current district officers, current chapter officers, Brothers from the deceased Brother's current chapter, former Supreme Council members, Brothers from the deceased Brother's initiation chapter, and all other Brothers in attendance. The procession will conclude with the Basileus, Chaplain, and KRS, along with the Brothers designated to recite "When We Wear the Gloves," if the poem is included in the service. At the conclusion of the ceremony, Brothers will process out in the same order in which they entered.

Effective date: August 3, 2026

Grand Chaplain Report - Omega Dears Initiative

Presented by Grand Chaplain Brother Roi Johnson, this initiative strengthens the Fraternity's commitment to the widows of Brothers who have entered Omega Chapter by establishing a more consistent and coordinated approach to keeping the widows connected to their Omega Psi Phi Fraternity family. Chapters are encouraged to continue and build upon their existing efforts or establish meaningful initiatives that provide ongoing engagement, recognition, and support to these women. International Headquarters, the Grand Keeper of

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Records and Seal in collaboration with the Office of the Grand Chaplain and other appropriate Fraternity leadership, will develop a comprehensive framework incorporating successful practices that can be utilized by chapters throughout the Brotherhood and provide guidance that chapters can adapt and implement.

Effective date: August 3, 2026

As we move forward with the implementation of these recommendations and initiatives, International Headquarters will continue working closely with the Supreme Council, International Committees, districts, chapters, and other Fraternity leadership to ensure that the appropriate guidance, resources, systems, and processes are in place. Where additional procedures or implementation instructions are necessary, they will be communicated to the Brotherhood through the appropriate channels.

As we enter the 2027 fiscal year, we look forward to continuing this important work together and building upon the progress of the 85th Grand Conclave.

Thank you for your continued service

Fraternally,

John Howard
Executive Director
Omega Psi Phi Fraternity, Inc.

This communication is provided as an informational resource to assist Brothers in understanding the approved recommendations and initiatives. It does not constitute the official minutes or record of the 85th Grand Conclave or Supreme Council. In the event of any discrepancy, the official records of the Fraternity shall govern.

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2026 D.C. General Election slated for Nov. 3

The DC General Election will be held on Tuesday, November 3, 2026. Same-day registration is available on Election Day.

Register to vote: <https://dcboe.org/voters/register-to-vote/register-update-voter-registration>

Voter Registration Status: <https://apps.dcboe.org/vrs>

D.C. 2026 Elections: <https://dcboe.org/elections/2026-elections>

Virginia upcoming elections

**November 3, 2026 -
General and Special
Elections**

- U.S. Senate
- U.S. House of Reps.
- Virginia House of Delegates,
District 20 Special Election
- Local Offices (General and
Special Elections*)
- Proposed Constitutional
Amendments

Deadlines:

- Register to Vote/Update
Registration: 10/23/2026
- Early in-person voting: 9/18/2026
through 10/31/2026
- Apply for ballot to be mailed to
you: through 10/23/2026

-- [https://vote.elections.virginia.gov/
VoterInformation](https://vote.elections.virginia.gov/VoterInformation)
-- [https://www.elections.virginia.gov/
citizen-portal/](https://www.elections.virginia.gov/citizen-portal/)
-- [https://www.elections.virginia.gov/
casting-a-ballot/early-voting-office-
locations/](https://www.elections.virginia.gov/casting-a-ballot/early-voting-office-locations/)
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locations/](https://www.elections.virginia.gov/casting-a-ballot/early-voting-office-locations/)

2026 DC ELECTION

- | | |
|------------------------|--------------------|
| ✓ MAYOR | ✓ WARD 3 |
| ✓ COUNCIL CHAIRMAN | ✓ WARD 5 |
| ✓ ATTORNEY GENERAL | ✓ WARD 6 |
| ✓ DELEGATE TO CONGRESS | ✓ 2 AT-LARGE SEATS |
| ✓ WARD 1 | |

Maryland elections

Early voting in Maryland will be held
Thursday, October 22, 2026 through
Thursday, October 29, 2026

Election day is Nov. 3 2026

For more information about

Maryland's 2026 elections

visit: <https://elections.maryland.gov>

September observed as Suicide Prevention Month

Submitted by Brother Quincy Handy
Alpha Omega Chapter Health
Initiative Committee Chair

September marks Suicide Prevention Month. This time serves as a vital reminder to support one another, check in on loved ones, and break long-standing silences around mental health.

Although suicide affects people from every background, its impact on the Black community, especially Black men, deserves urgent attention. In many Black communities, mental health concerns have historically been met with stigma, mistrust of health care systems, or pressure to appear strong. For Black men in particular, cultural expectations, systemic racism, restrictive ideas of masculinity, socioeconomic inequities, and racial trauma have all been linked to rising suicide risk.

According to the Centers for Disease Control and Prevention, suicide is the second leading cause of death for African Americans ages 15 to 24. Steven Kogan, a professor in UGA's College of Family and Consumer Sciences, explains that suicidal thoughts can be accompanied by a deep sense of isolation: "no one knows me, nobody cares about me, there's nobody there for me, I am alone." These factors can make asking for support feel difficult or unsafe.

Recognizing when someone is struggling can save a life. Suicidal ideation often comes with warning signs, which may appear as subtle emotional or behavioral changes. Watch for these ten clues:

1. Expressing feelings of hopelessness or having no reason to live.
2. Talking about being a burden to friends, family, or society.



3. Withdrawing from social circles, family activities, or favorite hobbies.
4. Experiencing extreme mood swings, moving rapidly from deep sadness to sudden calm.
5. Increasing the use of alcohol, prescription drugs, or other substances.
6. Giving away prized personal possessions or settling long-standing affairs unexpectedly.
7. Expressing feelings of being trapped or in unbearable emotional pain.
8. Showing abnormal aggression, irritability, or unexpected outbursts.
9. Changing sleep patterns dramatically, either sleeping constantly or suffering from severe insomnia.
10. Saying goodbye to loved ones as if they will not see them again.

Learning to spot these clues is a skill anyone can acquire. Mental Health First Aid (MHFA) training equips people

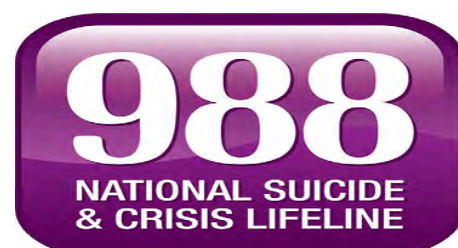
with the tools to identify, understand, and respond to signs of mental health challenges or crises. To find basic MHFA training visit <https://mentalhealthfirstaid.org/>. Also, some local public health departments, community organizations and municipal health centers offer subsidized or free MHFA certification sessions throughout the year.

Taking time to learn these warning signs can help build stronger, safer networks for everyone. Reaching out, listening without judgment, and guiding someone to help makes a real difference.

If you or someone you know is in crisis, support is available 24/7. Call or text 988 to reach the Suicide & Crisis Lifeline, or text HOME to 741741 to connect with the Crisis Text Line.

References:

- Kogan, S. M., Reck, A. J., Curtis, M. G., & Oshri, A. (2025). *Childhood adversity and racial discrimination forecast suicidal and death ideation among emerging adult Black men: A longitudinal analysis*. *Cultural Diversity & Ethnic Minority Psychology*, 31(2), 347–355. <https://doi.org/10.1037/cdp0000641>
- *Racial Battle Fatigue and Intergenerational Trauma: The Impact of Racism on Black Men's Mental Health*: <https://resilientmindcounseling.com/racial-battle-fatigue-intergenerational-trauma/>





Brothers hold monthly fellowship breakfast

Alpha Omega Chapter hosts its monthly fellowship breakfast on the third Friday of every month at the Busboys and Poets Restaurant in Hyattsville, Maryland. The monthly breakfast serves as an outing for brothers to break bread and fellowship, as well as for detached brothers to reconnect with the fraternity. The breakfast, coordinated by Brothers Ricky Moore and Reggie Parker, has grown to include attendance by brothers from other chapters in the Washington, D.C., Maryland and northern Virginia region. The next breakfast is scheduled for Oct. 16, 2026 at 10 a.m. at the Busboys and Poets.



Photos by Bro. Chauncey Manson III

Alpha Omega cardigans, items for sale online

The Alpha Omega Chapter cardigan is still available to order on the chapter's e-commerce website at <https://shopaq.org/>. These new sweaters are a great way to represent Alpha Omega and the fraternity at events and chapter functions. Brothers can customize it with their name, line name, number, and life membership number (if applicable) on the chest. Other Alpha Omega Chapter products are also available at the site. For more information, reach out to Brother Jamal Robinson at his email, JaklRobinson@gmail.com or (260) 804-1798.



Sick and Shut-in Brothers

Brother, You Are On My Mind

Floyd Robinson.....	Alpha Chapter.....	11/23/1948.....	Markwrob59@gmail.com.....	240-481-1861
Ralph Briscoe.....	Eta Gamma.....	4/6/1955.....		301-625-8655
Harold Jones.....	Apha Omega.....	4/22/1990.....	h_jcomcast.net.....	301-922-9862
Jesse Kingsberry.....	OmicronGamma.....	3/13/1982.....	jeki2116@ol.com.....	202-269-2116
Kenneth Milam.....	Alpha Omega.....	11/3/1978.....		771-210-7093
Charles Janifer.....	OmicronGamma.....	1986.....		202-924-0239

Brother, You're On My Mind



The Omega Psi Phi Fraternity, Inc. launched the Brother, You're On My Mind (BYOMM) initiative in 2015 in partnership with the National Institute on Minority Health and Health Disparities to change the national dialogue regarding mental health among African American men. Every year, more than 40 million Americans struggle with mental illness. African American men are as likely as anyone else to have mental illness, but they are less likely to get help. For more information, visit <https://oppf.org/byomm/>



Reclamation and retention are ongoing goals for Alpha Omega Chapter, and to meet those goals, Basileus Wendell Bugg urges all brothers to pay their dues and seek out brothers who are are reclaimable to bring them back into the fold of Omega.

Chapter dues are:

- Regular member: \$400
- Life member: \$275
- Senior Brother: \$370
- Senior Brother Life Member: \$245
- Jr. Brother (under 30 years of age): \$220
- Super Senior Brother (at least 70 fraternal years in OPPF): \$0
- Late fee (after Dec. 31): \$5
- Reinstatement fee (reclamation): \$3
- Credit card fee for online payments: \$3
- Dues can be paid online at: <https://alphaomegachapter.org/aqdues/>



Rev. Rob Tolson
Third District Chaplain

***Everyone is invited to join the
The Third District Worship and
Prayer service every Sunday at
1911 (7:11 p.m.)***

***Password: 090950
Dial In: 301-715-8592***

Zoom: Meeting ID: 770 6700 5487

Third District Facebook page at: www.facebook.com/3rddistrictques/live/

Calendar of Events and Key Dates

- **Alpha Omega Chapter Fellowship Breakfast** -- Oct. 16, 10 a.m., Busboys and Poets, Hyattsville, Maryland
- **Chapter Meeting** -- Oct. 17, 10 a.m. UDC Community College, Lamond-Riggs Campus, 5171 South Dakota Ave. NE (No tie or jacket required meeting.)
- **Omega Men For Our Men** -- 1 p.m. home games of the Washington Commanders and/or Baltimore Ravens Father McKenna Center
- **Souls to the Polls March** -- Oct. 18, 1 p.m. Dunfries, Virginia Community Center; Oct. 25, 1 p.m. 2731 Canton Hill Rd, Woodbridge, Virginia. Assemble at noon.
- **Washington D.C. Chapters of the Omega Psi Phi Fraternity, Inc. Achievement Week Brunch** -- Nov. 7, Shiloh Baptist Church, 9th Street, Washington, D.C.

Alpha Omega Membership as of Sept. 2026

- Total financial.....347
- Retained.....319
- Dual affiliation.....5
- Total transfers.....7
- Total reclaimed.....16

Wendell Bugg
Basileus

301-503-4290, wdbugg@gmail.com

Eric Carter
Vice Basileus

301-792-7183, aqvicebasileus@gmail.com

Eric Johnson

Keeper of Records and Seal

202-600-0050, aqkrs1911@gmail.com

Kenneth Evans
Keeper of Finance

202-327-3924, aqfinances1922@gmail.com

Bernard Little
Chapter Reporter

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alphaomegachapterreporter@gmail.com

Alpha Omega Chapter Officers

Nicholas Young
Chaplain

Derek Faison
Keeper of Peace
202-669-7573
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Brett Fennell

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Brian A. Green

Assistant KoP
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Frank Borris, IPB

202-253-1481
aqbasileusborris@gmail.com

ADVISORS:

Frederick Cooke, Jr., Chapter Counsel
Warren A. Crummer, Parliamentarian



Alpha Omega Chapter Committee Chairs

Achievement Week Committee

Larry A. Brown

202-413-8332

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Alpha Tau Alpha (ATA)

Committee Phillip W. Thomas

202-285-6665

pwthomas@me.com

Audit Committee Ransom

Miller

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Automation

Mark Brown

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Bylaws Review Committee

Joe D. Briggs

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Communications & Public Relations Committee

Barry L. Hudson

202-487-5950

blehudson@gmail.com

Fatherhood & Mentoring Committee Chair: TBD

Financial Strategy

Donald Lucas

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dcluke58@gmail.com

Fundraising Committee

Jamal Robinson

260-804-1798

jaklrobinson@gmail.com

Health Initiative Committee

Quincy Handy

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qvhandy@gmail.com

History & Archives Committee

Kyle Yeldell

Mardi Gras Committee

Nathan L. Hunter

202-258-4066

aqmardigraschair@gmail.com

Membership Committee

Wilson Bland

202-510-4858

wtbland894@gmail.com

Memorials Committee

Akinyele Calhoun

mfundiakinyele@gmail.com

Amenities Committee, Bridge Builders Committee Chairs: TBD

Military Affairs

Michael Williams

202-412-5650

aqmilitary@gmail.com

Pan Hellenic

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Political Action

Frank Hernandez

maduro611@gmail.com

Real Estate

Anthony Freeman

anthony.freeman0811@gmail.com

Reclamation & Retention Committee Chair: TBD

Scholarship Committee

Charles Milligan

240-893-861

cdmilligan@icloud.com

Social Committee

Robert Holman

(301) 377-3223

rgholman2@aol.com

Social Action Committee

Patrick Edmond

4patrickedmond@gmail.com

202-746-8231

STEM Committee

Nijel Redrick

(240) 460-5258

nijel.redrick@gmail.com

Talent Hunt

Committee Chair: TBD

Undergraduate Advisory Committee Chair: TBD

Ways and Means Committee

Kevin Donalson

kev.donalson@gmail.com

571-926-1856



Attention Brothers Who Have Current and Former Military Service

The Alpha Omega Military Affairs Committee is asking brothers who currently serve or have served in the military to complete a questionnaire that will help the committee and chapter better support our military brothers. The link <https://forms.gle/xmbqCoIA5WycpnEK9> will assist the committee identify brothers who have military service, which will enable them to direct brothers to services and support. If you have any questions, please reach out to Brother Michael A. Williams, Military Affairs Committee Chairman, at 202-412-5650 or aqmilitary@gmail.com.

VETERAN'S
FAITH, WELLNESS, & VA COMPENSATION
COMMUNITY VIDEO CALL

EVERY THURSDAY
11:00 AM CST | 12:00 PM EST



Teleconference:
1-301-715-8592; 204-800-4240#
Participant ID: 488-968#
Video Conference:
Computer: www.zoom.us/join
Meeting ID: 204-800-4240 Password: 1911

Military Veterans and Their Families are Invited

Fueling the Future: Q3 \$19.22 Uplift Campaign Help Fund Our Foundation



The Alpha Omega Chapter has a proud tradition of academic excellence through our Scholarship program. Having awarded well over \$120,000 in recent years, our annual impact from \$10,000 to \$25,000 — we are ready for our next big leap. To combat rising college costs, we are partnering with the Alpha Omega Scholarship Committee to set a bold new target of \$30,000 in annual scholarships.

The \$19.22 Uplift Campaign

To hit our \$30,000 goal, we are aggressively pursuing grants, corporate donations, and fundraising events. However, the bedrock of this campaign is direct support from you, the Brothers.

- The Goal: Fund \$30,000 in college scholarships.
- The Ask: A minimum recurring monthly donation of \$19.22 (one-time gifts are also warmly welcomed).
- The Impact: Small, consistent contributions add up rapidly to sustain our foundation's mission.

How to Contribute

Giving takes less than 10 minutes, is completely secure, and provides immediate electronic tax receipts.

1. Visit <http://www.aosasf.org/scholarship-donation/>
2. Set up your recurring or one-time gift using a credit card or debit card.
3. Know that you are directly paving the way for a student's higher education.

We extend our deepest gratitude to the Brothers who have already stepped up to contribute!

About the Foundation

The Alpha Omega Social Action and Scholarship Foundation, Inc. (AOSASF) is an IRS-approved 501(c)(3) non-profit organization. Beyond our flagship college scholarships, your support drives a wide array of vital community initiatives, including:

- High School Talent Hunt Scholarship Awards
- Thanksgiving and Christmas Community Dinners
- High School Mentoring & Fatherhood Institute Programs
- Anti-Domestic Violence Initiatives
- "Back To School Supplies" Drives
- Project Giveback, We Feed Our People, and Omega Men for Homeless Men

If you have any questions, please reach out to Brother Donnell Jackson at 732-207-1134 or via email at donnell.jacksonwrja@yahoo.com.

Brother Nathan Hunter, Chairman

Brother Gregory Boykin, Executive Director

COALITION FOR ACTION

FAITH • COMMUNITY • JUSTICE • VOTE



NAACP



LEAGUE OF WOMEN VOTERS
PRINCE WILLIAM COUNTY



Black Women on the Ball



ncnw
National Council of
Native Women



ASSOCIATION FOR THE
STUDY OF AFRICAN
AMERICAN LIFE AND HISTORY
Northern Virginia Branch



virginia
interfaith
center
FOR PUBLIC POLICY

UNITED IN PURPOSE SOULS TO THE POLLS MARCH

Two Sundays. One Mission. **GET OUT AND VOTE.**



SUNDAY, OCTOBER 18
1:00 PM – 5:00 PM



Dumfries Community Center
17757 Main St
Dumfries, VA 22026

Voter Support • Community Engagement • Music • Food



SUNDAY, OCTOBER 25
1:00 PM – 5:00 PM



DMV – 2731 Caton Hill Rd
Woodbridge, VA 22192
March & Free Food Location



OCTOBER 25
MARCH DAY

Assemble at 12:00 Noon
Telegraph Road Commuter Lot
March to the DMV

*Free food platters at the DMV location for all participants — while supplies last, no guarantees.

PARTICIPATING ORGANIZATIONS (DIVINE 9)

- ✓ Alpha Phi Alpha Fraternity, Inc.
- ✓ Alpha Kappa Alpha Sorority, Inc.
- ✓ Kappa Alpha Psi Fraternity, Inc.
- ✓ Omega Psi Phi Fraternity, Inc.
- ✓ Delta Sigma Theta Sorority, Inc.

- ✓ Phi Beta Sigma Fraternity, Inc.
- ✓ Zeta Phi Beta Sorority, Inc.
- ✓ Sigma Gamma Rho Sorority, Inc.
- ✓ Iota Phi Theta Fraternity, Inc.



OUR VOICES. OUR VOTES.
OUR FUTURE.



Presented by the Coalition for Action
LET YOUR VOICE BE HEARD — VOTE!



IN SUPPORT OF THE ALPHA OMEGA SOCIAL ACTION & SCHOLARSHIP FOUNDATION

The Mardi Gras Ball is an annual fundraiser that has assisted in providing over \$200,000 in scholarships to qualified Washington area high school and college students based upon their academic achievements and community service involvement.

67th Annual Alpha Omega MARDI GRAS 2027

SATURDAY, FEBRUARY 6, 2027

7PM - 1AM

COCKTAIL HOUR 7-8PM | DINNER SERVED @ 8PM

SPECIAL CELEBRITY

GUEST DJ

DRESS IS COSTUME OR FORMAL

BETHESDA NORTH
MARRIOTT

5701 MARINELLI ROAD,
NORTH BETHESDA, MD

FOR MORE INFO PLEASE CONTACT:

NATHAN HUNTER

740.498.1911

aqmardigraschair@gmail.com

GREGORY BOYKIN

301.758.9773

unclephiltheq@verizon.net

TERRENCE GILLIAM

202.243.9799

quepsi6@yahoo.com

This is a 501© (3) charitable organization and your donation is tax deductible to the extent permitted by law.

www.AlphaOmegaMardiGras.org

The countdown is on. Mardi Gras 2027 is coming, and tickets are officially on sale. Tickets are \$150 per person and \$1,500 per table of 10. Every ticket supports the Alpha Omega Social Action & Scholarship Foundation and the scholarships it awards to DC-area students. Returning table hosts are able to hold their tables by placing a deposit of at least one seat (\$150) per table by Nov. 1, 2026. The planning committee strongly encourage paying half (\$750) now. By Dec. 6, 2026, half of the table deposit (\$750) is due. The balance is due by Jan. 6, 2027. Tables without a deposit by November 1 will be released to the public.



Brother Bruce Bradford qualifies for 2027 National Senior Olympics

Brother Bruce Bradford, 1967 Rho Psi, now in Alpha Omega and an avid swimmer, recently qualified for the 2027 National Senior Olympics to be held in Tulsa, Oklahoma from June 30 to July 11, 2027. At the Takoma Aquatic Center in Washington, D.C., on Sept. 19-20, Brother Bradford finished first in five events in the 2026 D.C. Senior Games Swimming Competition to qualify for next year's Senior Olympics.

Brother Bradford placed first in the men's 75-79 50-yard breaststroke in a time of 47.95, first in the men's 75-79 100-yard breaststroke in a time of 1:42.23, first in the men's 75-79 50-yard freestyle in a time of 34.86, first in the men's 75-79 100-yard freestyle in a time of 1:16.66, and first in the men's 75-79 500-yard freestyle in a time of 8:26.40.

A former H.D. Woodson swimming coach, Brother Bradford was a 2024 inductee into the D.C. Sports Hall of Fame. He is widely respected for his coaching prowess.

Brother Bradford's H.D. Woodson teams won D.C. Public School swimming championships even when his pool had no water due to financial restraints. He also built a strong tennis program at Woodson and later oversaw all high school tennis programs in the District.

In September 2025, Advisory Neighborhood Commission 7C voted 8-0 to adopt Resolution 7C-25-11-13, supporting the renaming of the H.D. Woodson Senior High School swimming pool to the "Bruce D. Bradford Aquatic Center."

A four-year scholarship athlete on the Tennessee State Tiger Shark Swim Team, Brother Bradford is also a 1996 inductee in the Tennessee State University Athletics Hall of Fame. He is a former president of the D.C. Coaches Association for D.C. Public School, and a former president of American Alliance for Health, Physical Education, Recreation and Dance.

A native Washingtonian, Brother Bradford's

more than three decades as the swimming coach at H.D. Woodson included sending a number of students to HBCUs such as Tennessee State, South Carolina State, Johnson C. Smith, Hampton, and Alabama State.

His passion for aquatic led him to scuba diving and becoming a scuba diving instructor, training more than two dozen students into becoming certified scuba divers in various certifications. He was also inducted into the Hall of Fame for the National Association of Black Scuba Divers.

Regarding his recent success in the D.C. Senior Games, Brother Bradford, 77, said, "I am set to swim those events in the national championship in Tulsa in July 2027. It will be a lot of heavy competition there."

Brother Bradford also shared that he is a prostate cancer survivor, tackling the disease through seed implantation. He encourages not only brothers but others to get screened for the disease, eat right and exercise.

ANYONE CAN GET BREAST CANCER

MEN GET BREAST CANCER TOO

WARNING SIGNS

- Most commonly it is a lump in the chest that is nearly always painless
- A discharge or liquid that comes from the nipple and may be blood stained
- A tender or inverted nipple that is pulled into the chest
- Swelling of the chest area and sometimes of the lymph nodes under the arm
- Ulcers or sores around the nipple area or on the chest

WHY CHEST CHECK?

Because many men don't know they have breast tissue, and with no routine screening most breast cancers are only found by checking the chest!

BUT

Any symptoms you find...
Don't wait, visit your doctor
if only to put your mind
at rest!

Early detection means
a greater chance of
successful treatment.

Check your chest...
Same day every month!

For more information, visit the Centers for Disease Control and Prevention (CDC) website <https://www.cdc.gov/breast-cancer/about/men.html>

Now is the time for flu shots, say doctors

The National News Desk (TNND)

Doctors say now is the time to get vaccinated against the flu, with virus activity still low but picking up in parts of the country.

“And we want to start vaccinating September, October, so that we’re well equipped, so that the vaccines last all the way through May season,” said Dr. Juanita Mora, the national medical spokesperson for the American Lung Association.

The American Lung Association launched its campaign to get people vaccinated before the worst of respiratory disease season kicks in.

The Centers for Disease Control and Prevention’s outlook calls for a moderate flu season, comparable to last year.

The CDC’s latest report shows seasonal flu activity is still low, though it warned that flu activity is increasing in many parts of the country. And a report from Epic Research found that flu rates got off to their earliest start in the last five years.

“We are very early in the influenza season,” said Dr. Yuan-Po Tu, the medical director for infectious disease and outbreak response at Optum Care Washington (state). “What’s unusual about this season is how early it has taken off, especially on the West Coast.”

Mora said what’s expected to be a moderate flu season could take a turn for the worse if people let their guard down on vaccinations. About half of children and a little under half of adults got the flu shot last season, according to CDC data.

And Tu said even moderate flu seasons, along with other respiratory diseases, can stress hospitals.

The American Lung Association said respiratory viruses cause hundreds of thousands of hospitalizations each year, including 390,000 hospitalizations and 24,000 deaths last flu season.

The American Lung Association said flu shots are recommended for everyone 6 months and older.

Mora said both the flu and COVID shots should be taken annually.



The American Lung Association said a single RSV, respiratory syncytial virus, vaccine is recommended for adults 75 and older if they haven’t already received one. The same applies for adults 50 to 74 who are at an increased risk due to an underlying health condition, such as chronic lung or heart disease.

The American Academy of Pediatrics recommends an RSV antibody immunization for infants younger than 8 months entering their first RSV season, unless they’ve already been protected via a maternal vaccination during pregnancy. The AAP also recommends a vaccination for high-risk children ages 8 to 19 months entering their second season.

“Vaccines are always the best way to help decrease disease,” Tu said. “It doesn’t necessarily prevent infection, but decreases your risk of ending up in the hospital, in the emergency room, making your diabetes or heart failure or underlying chronic health conditions worse. And it also prevents deaths. And so, although the vaccine is not perfect, it’s your best defense, along with doing the regular things, increasing your ventilation, wearing a mask, washing your hands, etc.”

Mora said people should seek emergency care if they experience breathing problems during the flu, such as shortness of breath or wheezing.

Black men and other Black adults experience significant health disparities regarding the seasonal influenza vaccine, facing both lower vaccination rates and a higher risk of severe illness. According to the Centers for Disease Control and Prevention (CDC).

During the 2023–2024 flu season, the National Foundation for Infectious Diseases (NFID) reported that flu vaccine coverage was 42% among Black adults, compared to 49% among White adults.

This lower uptake is particularly dangerous because Black adults also experience higher rates of chronic conditions, such as cardiometabolic risks, pre-diabetes, and type 2 diabetes. Having these underlying conditions significantly raises the risk of severe flu complications.

The causes of these lower vaccination rates are multi-layered and structural including:

- **Healthcare Inequities:** Obstacles such as a lack of direct healthcare access, missing health insurance, and fewer opportunities for doctors to offer the vaccine play major roles.
- **Systemic Mistrust & Misinformation:** Historical and ongoing experiences with racism and prejudice in medicine have fostered deep-seated distrust.
- **Concerns About Side Effects:** Surveys indicate that many unvaccinated individuals are hesitant due to a fear that the shot will make them sick, or a belief that they don’t personally need it.

Overcoming the gap takes a multifaceted approach to rebuild trust and improve access, including collaborations with trusted community hubs like barbershops, local churches, and grassroots organizations have proven highly effective at sharing accurate information.



ALPHA OMEGA CHAPTER

OMEGA PSI PHI FRATERNITY, INC.

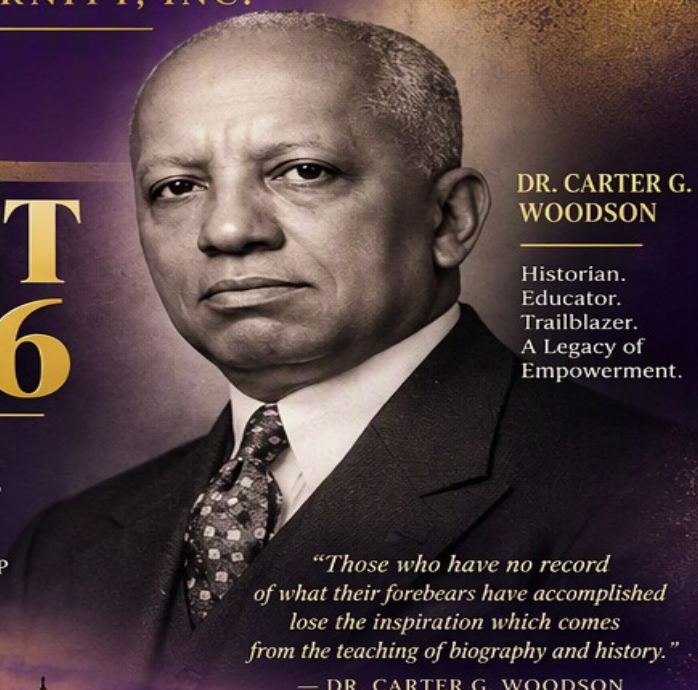
P R E S E N T

ACHIEVEMENT WEEK 2026

*"The Omega Standard:
Leadership Rooted in Service"*

SERVICE | SCHOLARSHIP | BROTHERHOOD | LEADERSHIP

OUR HISTORY
INSPIRES
OUR TOMORROW



DR. CARTER G.
WOODSON

Historian.
Educator.
Trailblazer.
A Legacy of
Empowerment.

*"Those who have no record
of what their forebears have accomplished
lose the inspiration which comes
from the teaching of biography and history."*

— DR. CARTER G. WOODSON

2026 ACHIEVEMENT WEEK ACTIVITIES AND EVENTS


**SATURDAY,
NOVEMBER 7**

10:00 AM
Achievement Week Awards Breakfast
Shiloh Baptist Church
1500 9th St. NW
Washington, DC



4:00 PM
Health Forum/Fair
Location and Topic TBA


**SUNDAY,
NOVEMBER 8**

1:00 PM
Omega for Our Men Football Game
Father McKenna Center
North Capitol St. NW
Washington, DC


**WEDNESDAY,
NOVEMBER 11**

11:00 AM
**Veteran's Day Program /
Tribute to Frank Coleman**
Lincoln Memorial Cemetery
4001 Suitland Road
Suitland, MD



7:00 PM
**Veteran's Day Fellowship /
Ike McKee Variety Night**
Foundation Headquarters
1231 Harvard St. NW
Washington, DC


**SATURDAY,
NOVEMBER 14**

2:00 PM
Day Party
Gaia Lounge
1025 Vermont Ave. NW
Washington, DC


**SUNDAY,
NOVEMBER 15**

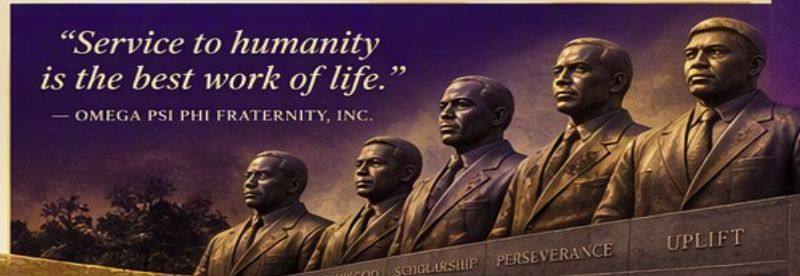
10:30 AM
Call to Chapel
Howard University Cramton Auditorium
2455 6th St. NW
Washington, DC


**TUESDAY,
NOVEMBER 17**

6:30 PM
**Founders Day Celebration
and Rededication Ceremony**
Cramton Auditorium
Howard University
2455 6th St. NW
Washington, DC

*"Service to humanity
is the best work of life."*

— OMEGA PSI PHI FRATERNITY, INC.



ALPHA OMEGA CHAPTER • WASHINGTON, D.C.

BUILDING ON A PROUD LEGACY • SERVING FOR A BRIGHTER TOMORROW

MANHOOD

SCHOLARSHIP

PERSEVERANCE

UPLIFT