



The Sword & Shield: an e-Newsletter from Warren G. Lee, Jr., 38th Grand Basileus

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*"ROY stands for
"return on you".
Excerpted from
"What's Your ROY?"
by Nikols and
Bergholz, 2004.*

**Don't forget to
register for the 75th
Grand Conclave in
Birmingham, AL!
History will be
made there, July 10
- 17th.**

What's Your ROY?

This acronym stands for "Return on You". Most of us are familiar with ROI; return on investment. But what about Omega's return on you? I bet that many of you could point out the ROI for a particular fundraising/social action project. But how many of you could point out your ROY – the return on the Fraternity's investment in you?

Where would you begin? And why bother to even ask this question?

I write about this topic because as I travel and dialogue with Brothers, I sometimes encounter those who only measure the value of their relationship with Omega in terms of tangible results such as cards, magazines or social gatherings. For example, these Brothers might argue that because they "pledged" and continue to pay dues, they expect the Fraternity to provide them with special perks and benefits! And we try to accommodate that expectation as best we can. (Just think back to the last time you visited a hospitality suite at a Conclave, District or chapter meeting.) However, I believe that the time has come to ask our Members to prove their value to the Fraternity. How are we making a difference in the lives of Black people?

Any finance person will tell you that ROY and ROI are both ratios of the return (expected or actual results) to the investment (resources expended). Determining Omega's investment in you is a little easier than figuring out the return on you. For example, the initiation fees can be broken down into various costs for items like pin, certificate and cards. The camaraderie and team building skills learned during your journey are, of course, priceless. The time and energy spent mentoring or training you for leadership in the Fraternity is nearly priceless.

What results have you produced and what results of value will you produce?

Suppose you chaired the reclamation effort for your Chapter and won the District award for the highest number. What's the value of that accomplishment? Or suppose you're a District or Chapter officer that 's responsible for reporting the results of your social action endeavors. Have you made a difference in your community? If so what results are shown on the Form 37?

To estimate the bottom number in the ROY equation- the **investment**- you need to be familiar with all that Omega has added to the quality of your life. To figure out the top number - the **return**- you need to understand what Omega expects of all her members as it relates to making a difference in the lives of Black people. That's hard but not impossible to figure out. Now is the time for us to do better. May the Supreme Basileus keep you in His Grace.

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Reader's Corner



Our book of the month is **How to Eat and Live Longer By Reginald J. Eadie, MD**

Reginald J. Eadie, MD is a board certified emergency medicine physician by training but for the last 10 years, he has dedicated his time and research to eradicating overweight and obesity conditions within the African-American community.

Dr. Eadie believes that this can be accomplished through education. **How to Eat and Live Longer** is a user-friendly guide for all families. It provides six simple steps to successfully turning your house into a healthy weight home. In this book he also introduces the world to his ***Eat Right – Sunlight Theory***.

Dr. Eadie gets your family up and moving while teaching you all of this with a special spiritual twist like no other book has done. I recommend it to your attention and I encourage you to follow the six steps to eating to live longer.

1. Learn your ideal body weight. Get there and stay there
2. Learn your family history
3. Change your way of thinking and your choice of foods
4. Change your level of activity
5. Educate your family and friends on proper eating and the importance of exercise
6. Maintain the new way of living, forever.

The Bus is coming! The Bus is coming!:

On July 15, 2008, we will travel by bus from Birmingham to the Selma – Montgomery area for a re-enactment of the Selma to Montgomery March. Make sure you sign up for the tour when you arrive in Birmingham so that we can make adequate preparation for you! Put on your walking shoes, dress comfortably and don't forget your camera! We'll see you in Birmingham!