


**DELTA EDUCATION AND CHARITABLE FOUNDATION**

Education, Scholarships and Services  
P.O. Box 42227  
Houston, Texas 77242-2227

*Together Everyone Achieves More*

**DECF  
NEWS/UPDATES**

**Executive Board Meeting**

*TBA via email*

**Foundation Meeting**

*Integrated Missionary Church  
TBA via email*

**SAVE THE DATE**  
**MARDI GRAS GALA**  
**FEBRUARY 17, 2024**

**Membership Services**

*Membership in DECF is open. Contact Daphne Moss, Chair or visit [decfonline.com](http://decfonline.com) for additional information.*

**Community Service Projects**

*\*Jordan Grove's Food Pantry  
Contact Maureen Gordon  
\*Jack Yates High School  
Contact Lelita Titus  
Other Community projects are welcomed.*

**Health Topics**

**Health Observances**  
**HIV/AIDS Awareness**

**Hot Topics**

**Your Voice – Your Vote**  
**December 9<sup>th</sup> Run-off**

**Mayor**

**City Council Members**

**Controller**

***Greetings,***

As we welcome the month of December, the month of relaxation with an open heart. May you live under the Divine glory and keep moving ahead. This month we will celebrate Christmas on Monday, December 25<sup>th</sup>. Christmas is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily as a religious and cultural celebration among billions of people around the world. It is also called Noël, Nativity, Xmas, Yule, observed by Christians and many non-Christians. It is a feast central to the Christian liturgical year. Celebrations include worshipping, midnight masses, gift-giving, family and other social gatherings, symbolic decorations, and of course feasting, and etc.

As Christmas brings family and friends together, it helps us appreciate the love in our lives we can often take for granted. May the true meaning of the holiday season fill your heart and home with many blessings.

May the Christmas spirit be with you the whole month through. Wishing you a magical, magnificent, and merry month of December! As the weather turns colder, may your hearts be warmed by thoughts of Christmas and time spent with loved ones.

*Have a glorious December and a wonderful holiday season!*



***Pamela Cashaw, President***  
***Dave Moss, President Emeritus***



## HEALTH TOPICS

### ***DECEMBER 2023 HEALTH OBSERVANCES***

Every month, there are hundreds of national and international celebrations dedicated to raising awareness and support for meaningful causes. We should note that December is among the most *sparse* months for awareness days and months — likely because traditional winter holidays tend to overshadow any awareness holidays. December is the twelfth month of the year and has 31 days filled with ***diverse cultural and religious celebrations worldwide, including Christmas, Hanukkah, and Kwanzaa.*** However there are several awareness issues celebrated in December — though ***the five that often get the most attention include HIV/AIDS Awareness Month, Universal Human Rights Month, Seasonal Affective Disorder Awareness Month, Learn a Foreign Language Month, and Dressemer.*** Other awareness days observed in December include the following:

<b><i>December Awareness/Observances</i></b>	<b><i>Date</i></b>
Rosa Parks Bus Seat Refusal Anniversary	December 1
<b><i>World AIDS Day – HIV Awareness</i></b>	<b><i>December 1</i></b>
<b><i>Dressemer</i></b>	<b><i>December 1</i></b>
Giving Tuesday - 1st Tuesday after Thanksgiving	
	December 2
International Day of Persons with Disabilities	December 3
National Influenza Awareness	December 3-9
National Hand-washing Awareness	December 3-9
Wildlife Conservation Day	December 4
International Cheetah Day	December 4
International Volunteer Day	December 5
World Soil Day	December 5
Pansexual/Panromantic Pride Day	December 8
National Llama Day	December 9
<b><i>Universal Human Rights Day</i></b>	<b><i>December 10</i></b>
Nobel Prize Day	December 10
International Animal Rights Day	December 10
International Mountain Day	December 11
Monkey Day	December 14
Bill of Rights Day	December 15
International Day to End Violence Against Sex Workers	December 17
International Migrants Day	December 18
International Day of Epidemic Preparedness	December 27
Visit the Zoo	December 27
Trans Youth Day	December 28
New Year's Eve	December 31
<b><i>Seasonal Affective Disorder Awareness</i></b>	<b><i>Month</i></b>
National Car Donation	Month
<b><i>Learn a Foreign Language</i></b>	<b><i>Month</i></b>
International Sharps Injury Prevention Awareness	Month

***The Five (5) observances that often get the most attention are briefly described on page 3.  
 Protection from COVID, Flu, and RSV see page 4.***



**HIV/AIDS AWARENESS MONTH:** Every year on December 1, we observe World AIDS Day to show support for people living with HIV/AIDS and work toward our goal of ending stigma and increasing HIV testing. This year's theme is "World AIDS Day 35: Remember and Commit. Show support for people living with HIV by **wearing a RED RIBBON**, and explore other ways you can get involved and encourage people to get tested for HIV and start a conversation with their health care professional

**UNIVERSAL HUMAN RIGHTS MONTH:** December 10, 2023 marks the 75th anniversary of one of the world's most groundbreaking global pledges: the Universal Declaration of Human Rights (UDHR). This landmark document enshrines the inalienable rights that everyone is entitled to as a human being - regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Seventy-five years ago, the United Nations General Assembly proclaimed a common standard of fundamental human rights for all in the Universal Declaration of Human Rights (UDHR). This document asserted, for the first time, universally protected rights that everyone is entitled to as a human being – regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth, or other status.

**Seasonal Affective Disorder Awareness Month:** During the month of December, awareness is being built around seasonal affective disorder also referred to as SAD or seasonal depression. It is a form of depression related to the changing of seasons. Most sufferers live far from the equator where daylight becomes scarce in the winter months. Linked to a biochemical imbalance occurring in the brain, SAD can cause bouts of fatigue, depression, and social withdrawal. SAD is more than just the "winter blues." People with seasonal affective disorder experience mood changes and symptoms similar to depression. These changes usually occur during the fall and winter months, and they can be distressing and interfere with day-to-day life. **Symptoms include:** Feeling sad or having a depressed mood, Loss of interest or pleasure in activities, Change in appetite, Change in sleeping patterns, Loss of energy or increased fatigue, Difficulty thinking, concentrating, or making decisions, Thoughts of death or suicide. **Help is available. Contact your healthcare provider.**

**Learn a Foreign Language Month:** Learning another language comes with a wealth of benefits. That's why December is National Learn a Foreign Language Month. Most people learn a second language while in school. They may not be proficient in the language, especially if they do not have the opportunity to speak conversationally in that language. However, the opportunity to learn another language comes with many benefits. It improves your understanding of your native language; Your understanding of other cultures improves; Your confidence improves; Job opportunities improve; It makes travel easier in countries where the new language is spoken. Learning a new language also provides a boost to our brains by improving memory, creativity, attention span, and reducing cognitive decline. It's never too late to learn a new language. However, it is easier the earlier you start. That also means children tend to master a second language faster than adults. But don't let that discourage you. If you have children, learn alongside them.

**Dressember:** Dressember is a collaborative movement leveraging fashion and creativity to restore dignity to victims and survivors of human trafficking. Every December, advocates from all over the world pledge to wear a dress or tie for the 31 days of December. Some plan their outfits ahead of time, others challenge themselves to wear the same dress or tie during the whole month, and others enjoy mixing and matching with things in their closet each morning. That's the beauty of the challenge: you make it your own. Rest assured; you do not need to go buy a whole new wardrobe to participate. Part of the fun is using what you have right where you are to show support against Human Trafficking.



### **Protect yourself and others from COVID-19, Flu, and RSV**

Respiratory viruses commonly cause illness such as Flu, COVID-19, and Respiratory Syncytial Virus (RSV), especially in the fall and winter. High overall respiratory illness activity in Texas based on healthcare visits for fever and cough or sore throat:

It is important to take the time now to get your recommended vaccinations to reduce your risk of serious illness. You can also protect yourself with preventive actions and seek medical advice if you have symptoms. If you are at high risk of getting very sick from COVID-19, talk with a healthcare provider about additional prevention actions.

More ways to protect yourself and others: Stay up to date with vaccines. Stay home, Get tested, higher-risk individuals should be cautious, medical experts are emphasizing that high-risk persons should resume wearing masks to prevent potentially deadly infection. Mask mandates have returned in some areas and institutions across the US but not in Texas. seek treatment from your health care professional.

### **TIPS FOR HEATER SAFETY DURING THE WINTER'S COLD WEATHER**

When the temperature starts dropping, you turn to your heater to keep you and your family warm. As you use the heater in your house this winter, keep these seven safety tips in mind.

1. Check all of your home's smoke detectors to see if they are working properly.
2. Install a carbon monoxide detector on every floor of your house as well.
3. Have a professional inspect your gas heater at least once a year
4. If you use a fireplace, have a professional inspect and clean it every year.
5. If you use a wood-burning stove, a professional should inspect and clean the chimney each year.
6. Never use an oven or a gas or electric range as a heating source.
7. Keep a safe perimeter around electric space heaters. Make sure the heater is away from water or flammable items such as curtains, paper, blankets or furniture. Check for faulty wiring that can cause electric shock or fire. Supervise children and pets around space heaters. Turn heaters off before leaving the room or going to sleep.

### **DECF WELCOMES COMMUNITY SERVICE PROJECTS**

1. **Jordan Grove Missionary Baptist Church – Food Pantry:** Serving the Greater Houston area every Wednesday from 9:30 a.m. until 12:30 p.m. Contact Maureen Gordon to sign-up and for other details.
2. **Jack Yates High School Band Members:** Requesting donations of toiletries and other needed items: White socks for performances, Hygiene Items – deodorant, wipes, etc. Gatorade and snacks for practices and performances. **Note:** DECF contributed \$250 to support this effort. If you would like to add to this contribution, please see Grace Macklin. You can make your contribution payable to DECF and specify Jack Yates High School Band.



## **YOUR VOICE YOUR VOICE YOUR VOICE YOUR VOTE YOUR VOTE YOUR VOTE**

### **2023 HOUSTON MAYOR RACE**

The race to become the 63rd Mayor of the City of Houston will continue. No candidate was able to receive at least 50% of the overall vote for the election. The runoff will take place on Saturday, December 9th and will include State Senator John Whitmire who received 107,097 votes- 42.5% and Congresswoman Sheila Jackson Lee who received 89,773 votes - 35.6% in the General election held in November.

### **2023 HOUSTON CONTROLLER**

The race for Houston's next City Controller is headed to the December runoff between attorney Chris Hollins and former Harris County treasurer Orlando Sanchez. Hollins (45.2%) and Sanchez (27.0%)

### **NEARLY HALF OF HOUSTON CITY COUNCIL RACES HEADED TO DECEMBER RUNOFF**

Seven city council seats are headed to a runoff, some including incumbents who will have to defend their seats.

District D – incumbent Carolyn Evans-Shabazz received 48.8% of the votes and will be in a runoff against Travis McGee.

District G – Mary Nan Huffman with 49.42% will see Tony Buzbee. Huffman was close to not needing a runoff, with 49.42% of the votes and Buzbee's with 41.3% of the votes.

District H – Mario Castillo received 46.38% of the votes, and will see his opponent Cynthia Reyes Revilla who received 24.72% of the votes.

### **CITY COUNCIL AT-LARGE POSITIONS HEADED TO DECEMBER RUNOFF**

Position 1 – Julian Ramirez who received 25.21% and Melanie Miles received 24.31%.

Position 2 – Willie Davis received 31.78% and Nick Hellyar received and 23.06% respectively.

Position 3 – Richard Cantu, 22% of the votes and Twila Carter, 20.69% of the votes.

Position 4 – Incumbent Letitia Plummer was just under the needed amount of votes, and received 47.94% of the vote. She will face Roy Morales who received 33.25% of the vote.

### **INFORMATION YOU SHOULD KNOW**

Can you still vote in the runoff on Dec. 9 if you didn't vote on Nov. 7th or earlier?

Yes. Houstonians that didn't vote on Nov. 7th or during early voting can vote in the runoff but they must be registered to vote 30 days in advance (Thursday).

### **WILL THERE BE ANOTHER EARLY VOTING PERIOD?**

Yes, but it will be shorter this time around. "It normally starts on a Monday, goes through the weekend and then stops in the middle of the week to allow them to prepare the logistics for the Saturday runoff on December 9th".

### **WHY IS THE RUNOFF ON A SATURDAY?**

Scheduling runoffs on Saturdays is a Houston tradition, "in part because it's not a uniform election day at the state level like it was November 7th."

**DECF**

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P.O. Box 42227

Houston, TX 77242-2227

Website: [www.decfonline.com](http://www.decfonline.com)

**Together Everyone Achieves More  
Membership and Donor Information**

- Yes, I would like to become a member of the Delta Education and Charitable Foundation (DECF). Annual dues \$50.
- Yes, I would like to show my support through the enclosed donation of:  
     \_\_\_\_\_ \$100      \_\_\_\_\_ \$200      \_\_\_\_\_ \$250      \_\_\_\_\_ Other Amount
- Yes, I wish to receive periodic updates of DECF’s programs and events.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Email: \_\_\_\_\_

DECF is a 501(c)(3) not-for-profit charitable organization. All contributions are tax deductible to the fullest extent allowed by law. For more information contact the following:

Pamela Cashaw, President - 713-515-6252 or Daphne Moss, Vice-President - 713-824-7614

\_\_\_\_\_ I HAVE ENCLOSED A CHECK OR MONEY ORDER PAYABLE TO “DECF” FOR \$\_\_\_\_\_

Please send check to: DECF, P.O. Box 42227 - Houston, TX 77242-2227 “or QR Code”



Zelle or Pay Pal – [decf1974@gmail.com](mailto:decf1974@gmail.com)

***Thank you for your continuous support!***

**DECF BOARD MEMBERS**

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*Cynthia Jones*  
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***MISSION***

*DECF continues its commitment to service, scholarships and educational purposes, yet not limited to such purposes; we shall continue our endeavors in the areas of social awareness and cultural development in the communities we serve.*



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***SAVE THE DATE***

**FEBRUARY 17, 2024**

**DELTA EDUCATION AND CHARITABLE FOUNDATION  
(D.E.C.F.)**

**ANNUAL SCHOLARSHIP FUNDRAISER**

***“CARNIVALE MYSTIQUE-MARDI GRAS GALA”***

**SATURDAY, FEB. 17, 2024**

***SAFARI TEXAS RANCH***

**11627 FM 1464 RICHMOND, TX 774907**

***LET THE GOOD TIMES ROLL!!***

**Dinner, Music, N.O. Hustlers Brass Band and Tramps,  
Dancing, Silent Auction, Krewes, 360 Photo Booth  
and back by popular demand the 50/50 split Money Bag**

***YOUR SUPPORT IS GREATLY APPRECIATED!***

