



The Delta Connection

Hinesville Alumnae Chapter
Delta Sigma Theta Sorority, Inc.

Volume 2 Δ Issue 3

April 2016

The President's Corner



Happy Sisterhood Month!

As we move forward into the Spring months, I am excited to see the growth in our Chapter. If you look back over the past year and a half, we have collectively planted

seeds for success. There have been many of you working hard in cultivating the seeds with the fruit of your labor and I want to thank each of you from the bottom of my heart for your commitment and dedication to our mission, our Chapter and our Sorority.

Spring also signifies change, it is an election year for us, at Hinesville Alumnae Chapter and we need the spirit of farmers and nurturers to step up and join the leadership team. You have to know as a leader, you are always planting a seed for success and cultivating a vision that will surpass our current expectations. I hope that by now some of you have submitted your Delta resumes and entered your name for an elected position and if you didn't, I hope that you will be willing to be called on to lead or participate on a committee. We need more than the faithful few, we need everyone working to move HAC further into greatness.

In closing, I have been honored to serve as your Chapter President and I hope that I have done all I could to do to articulate a vision, set forth a goal and moved us forward to growth and success and lastly, thank you for believing in me to lead this Chapter; it has truly been an honor.

Sincerely,

Petula Y. Gomillion

Soror Petula Y. Gomillion,
Chapter President
Hinesville Alumnae Chapter

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The Vice-President's Corner



Greetings Sorors,

After reading the message from the Southern Region Membership Services Committee Newsletter (March), I thought I'd

share it in our newsletter.

"May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer." Psalm 19:14

As we work to preserve and sustain our illustrious sisterhood, let's remember we were founded 103 years ago on Christian principles. The manner in which we carry ourselves reflects not only on us as individuals, but us as an inclusive part of Delta Sigma Theta Sorority, Incorporated. We must stop and think about the words we speak, the body language we project, and the attitude we portray. The Founders endured much in their quest to establish our organization. It is incumbent upon us to continue their legacy of excellence. When we as members of society put the spirit of God in the midst of our lives, we tend to display a better image of ourselves. Yes, we make mistakes. But our Heavenly Father is with us to be our "Rock and Redeemer."

Therefore, if we as individuals and collectively as an organization work diligently based on our Christian principles, our Delta Oath, and Code of Conduct, our sorority will continue into the future as a bright and

shining beacon for humanity.

~The Membership Services Committee

YID,

Soror Sarah C. Stevens

Sarah C. Stevens
Chapter Vice President
Hinesville Alumnae Chapter

We draw people to Christ not by loudly discrediting what they believe, by telling them how wrong they are and how right we are, but by showing them a light that is so lovely that they want with all their hearts to know the source of it.

—Madeleine L'Engle

God Enables You To Control Your Thoughts

*You will keep in perfect peace him whose mind is steadfast,
because he trusts in You.*

Isaiah 26:3

Your thoughts are your servant. Your thoughts influence your deeds because what you think and believe is the result of your circumstances. It is therefore imperative to discipline your thoughts in order to have a positive and constructive disposition towards life.

The greatest force in a healthy and emotional life is allowing the Holy Spirit to take control of your thoughts. You can, through the strength that Christ grants you, control your thoughts, and in doing so, experience the peace of God. There will be moments of disruption when evil thoughts will try to re-establish themselves but if you focus on God and give Him control, nothing will destroy your peace.

*You are my only Savior. Help me to trust in God
as my shield against the Evil One. Amen*



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Hinesville Alumnae Chapter Founders Day 2016

Submitted by Soror Yvonne Woods, Founders Day Chair

On February 7, 2016 the Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. observed their 103rd Founders Day. The celebration was held at the Liberty County Community Complex in Midway, Georgia with more than one hundred and fifty in attendance. The tables were adorned with crisp white linen and red and white roses. Sorors from Savannah, Waycross, Brunswick and Statesboro joined us as we listened to an inspiring message from our South Georgia State Coordinator, Soror Lillie D. Ward, Ph.D. She reminded

us about our beginning and the purpose for our existence. The room glowed in a sea of red as she beautifully addressed the theme: "Upon Whose Shoulders We Stand." Our founders chose the colors crimson and cream because they represent courage and purity.

Today, we the women of Hinesville Alumnae Chapter still stand upon the shoulders of twenty-two young collegiate women who had the courage to fight for justice even when justice was not afforded the.



Hinesville Alumnae Chapter Founders Day 2016



Upon Whose Shoulders We Stand

Scenes from Hinesville Alumnae Chapter HBC College Tour 2016



Pictured above are scenes from the second year of a successful college tour sponsored by Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. for our G.E.M.S. and other interested youth in our service area.

Finding Balance in Life

It's all too easy to get caught up in one good part of life and lose focus on the other parts. It's important to have balance in your life and spend enough time with each different aspect. You will be a lot less stressed, a lot more at peace, and much more happy if you live a balanced life.

The different things you do in your life fall into different categories. For example, exercising falls into physical while attending a church service falls into spiritual. The four categories of health are Physical, Mental, Emotional, and Spiritual. To be truly healthy, you must be paying enough time and attention to each of these categories in your life.

To break these areas down further and into more realistic ways of how we spend our time, we can use the Life Balance Wheel. This wheel is a variation of eight categories: Mental, Social, Spiritual, Physical, Family, Professional, Financial, and Community. You should spend adequate amounts of time in your life in each of these categories in order to be truly balanced. Knowing what areas in your life is important, but what exactly should you do to get your life balanced?

Evaluate. Get a weekly schedule and fill out exactly how you are spending your time for the whole week, hour by hour. Then, at the end of the week, categorize each of your activities and your time into one of the six categories. Add up the hours for each category and see how they stack up. Not every section requires the same amount of time, but make sure that you are spending at least some time in each. Sometimes it's surprising to see how you've been spending (or wasting) your time, so it's helpful to do this every few months or so.

Meditate. Set aside part of each day (even if it is only a few minutes) to have some quiet time to think and meditate. Think about how you are spending your time. Take notes on what is going well in your life, and also take notes on what categories you haven't been spending enough time in.

Learn to say no. You aren't magic—you won't be able to take advantage of every opportunity and say yes to every request. Learn to say no, and realize that you don't need to do everything—you just need to do your best.



Communication Resolutions

God cares how we communicate with other believers. Is there a "communication" resolution below that you should apply to your own life?

I will talk less.

Proverbs 10:19 - When there are many words, transgression is unavoidable, but he who restrains his lips is wise.

James 1:26 - If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless.

I will listen carefully.

Proverbs 18:2 - A fool does not delight in understanding, but only in revealing his own mind.

Romans 12:15 - Rejoice with those who rejoice, and weep with those who weep.

I will rebuke my brother if necessary, and forgive him when he repents.

Proverbs 28:23 - He who rebukes a man will afterward find more favor than he who flatters with the tongue.

Luke 17:3 - If your brother sins, rebuke him; and if he repents, forgive him.

I will accept rebukes and repent.

Proverbs 12:1 - Whoever loves discipline loves knowledge, but he who hates reproof is stupid.

Romans 6:12 - Let not sin therefore reign in your mortal bodies, to make you obey their passions.

I will confess my sins regularly.

Proverbs 28:13 - He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.

James 5:16 - Therefore, confess your sins to one another.

I will always tell the truth.

Proverbs 26:28 - A lying tongue hates those it crushes, And a flattering mouth works ruin.

Revelation 21:8 - But for...all liars, their part will be in the lake that burns with fire and brimstone, which is the second death.

I will encourage other believers every day.

Proverbs 16:24 - Pleasant words are a honeycomb, Sweet to the soul and healing to the bones.

Hebrews 3:13 - But encourage one another day after day, as long as it is still called "Today," so that none of you will be hardened by the deceitfulness of sin.

I will avoid unedifying speech.

Proverbs 12:18 - There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing.

Ephesians 4:29 - Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

I will treat all believers with respect.

Proverbs 22:2 - The rich and the poor have a
(See Communication page 9)

Staying Sharp

The English word character comes from Greek for a sharp-pointed instrument. Much of this original meaning is implied in the word as we use it, for isn't character the means by which we make an impression on the world? To be sure, the instrument itself is not a finished product [but] a mere tool; but, like many a fine instrument, character improves with

use. Our actions and reactions temper the blade and make the edge powerful or impotent. We each must forge our own character, be responsible for keeping it in condition and be responsible for its results.

Answers

Answers to prayers
Come in various ways,
Sometimes in minutes,
Sometimes in days.
And some take years
To fully unfold
The harvest of love
And blessings they hold.

Answers to prayers
Come in various forms,
Sometimes in sunlight,
Sometimes through storms.
And some blossom late,
But each one will flower -
Have faith and wait!

-Helen Inwood
in His Mysterious Ways

Communication (Continued from page 8)

common bond, The Lord is the maker of them all.

1 Corinthians 12:24-25 - But God has so composed the body, giving more abundant honor to that member which lacked, so that there may be no division in the body, but that the members may have the same care for one another.

I will demonstrate love with more than words.

Proverbs 19:17 - One who is gracious to a poor man lends to the LORD, And He will repay him for his good deed.

1 John 3:17 - But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him?

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Soror in the Spotlight

A Talented Young Lady

Submitted by Soror Edith Anderson



“There is an elephant in the room,” she said as she recited the poem with such poise and talent.

This young and talented lady is none other than Soror Dalmyra (Myra) Price Caesar who hails from the sunny state of Florida. The only child of Richard (deceased) and Dorothy Price of Blakely, Georgia, she was born in Cocoa Beach, Florida, but calls Blakely, Georgia home.

Pursuant to graduating from high school, Caesar attended college at Georgia Southern University in Statesboro, Georgia. She is a natural leader, and as a student at Georgia Southern, she was involved in a plethora of activities. She was a Student Ambassador, Student Council Member, NAACP and Black Student Alliance President, and keynote speaker at several campus events. Additionally, she was a gospel choir member, coordinator for several major campus events, a volunteer with the Big Brother/Big Sister Program, and a contestant in several pageants.

Myra received a Bachelors of Business Administration from Georgia Southern University in May 1995 and a Master of Arts in Human Resource Management and Development from Webster University in May 2006. Caesar left an indelible mark at Georgia Southern University. As of result of her dedi-

cation and commitment to the students and faculty at Georgia Southern, an award was named in her honor, The *Dalmyra Price Student Leadership Award*, which is still awarded every year in the Spring at Georgia Southern.

After graduating from Georgia Southern, Myra joined the United States Army and served honorably for 20 years. She served in various capacities and travelled all over the world, to include combat operations in Iraq and Kuwait. During her tenure with the military she was awarded many distinguished awards due to her exemplary service. On July 1, 2015, she retired from the military as a Major.

Myra started working for Goodwill in August of 2015 and after three months, she was promoted from Retail Store Manager in Training to Training and Development Coordinator for Goodwill of the Coastal Empire. As the Training and Development Coordinator, she is solely responsible for training all 600 members of the organization from Senior Level Executives to Retail Sales Associates.

Soror Caesar was initiated into the Fort Bragg Area Alumnae Chapter, Delta Sigma Theta Sorority, Inc., in the Spring of 2011. While a member of that Chapter, she served as the Ways and Means Committee Chair and a member of the Social Action Committee.

An energetic soror who inspires others to keep working and going, she currently serves as the Recording Secretary for the Hinesville Alumnae Chapter, and served as Correspondence Secretary for the Hinesville Alumnae Chapter from 2014-2015. She is also the Fundraising Committee Chair and a member of the Program Planning and Development Committee, Social Action Committee, Membership Committee, and Heritage and Archives Committee.

“My desire to see my community rise is what inspires me about Delta. It is my desire to do what the Founders intended 103 years ago, and that is to bring the issues that face the African American community to the forefront and address them head on! If we want to change the trajectory of the community, someone has to do it,” said Soror Caesar.

“If not me, then who? I believe that the African-American community is responsible for its success or failure, and that is why organizations like Delta Sigma Theta Sorority, Inc. are so important because it is our responsibility as black college educated women to lead the charge without fear or intimidation. I don’t take this responsibility lightly and neither did the Founders.”

“The Founders attacked the issue of women’s rights head on by being the only black women to march in the Women’s Suffrage March in 1913. I can just imagine how they felt; being the only black women in the parade with all of those hateful people screaming and probably throwing things at them, but yet they marched

so that we could have a chance to a better life. It is important to me that I remember that as I continue to work for Delta!”

Soror Caesar is also a member of Toastmasters of Richmond Hill. A prolific speaker, she was first place winner in District and Area Speech Contest-Toastmaster’s International. She has also spoken for the Division Black History Event - 3rd Infantry Division, Baghdad, Iraq in 2005; guest speaker for 44th MED Women’s History Event, 3rd Infantry Division, Baghdad, Iraq in 2005; guest speaker for the Kiwanis Club, Peoria, Illinois in 2008; and guest speaker for high school event, Peoria, Illinois in 2007.

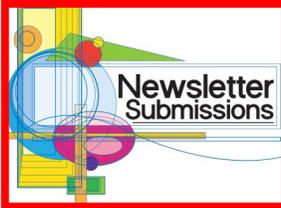
She is a member of Black Girls Run Savannah, where she leads a running group in Richmond Hill, the Junior League of Savannah, and the Savannah Chapter of the Society for Human Resource Management.

Soror Myra is married to United States Army Officer, Major Kevin Caesar who is currently stationed at Fort Jackson, South Carolina, and they have one daughter, Imani who is a junior at Richmond Hill High School and a member of the Hinesville Alumnae Chapter’s DELTA GEMS program.

In her spare time, Myra enjoys spending time with her family and friends, traveling, reading, running, and singing! Her favorite motto is *“It is your attitude, not your aptitude that determines your altitude”!*

2015-2016 Hinesville Alumnae Chapter Elected Officers

- President - Soror Petula Gomillion
- Vice President - Soror Sarah Stevens
- Recording Secretary - Soror Dalmyra Caesar
- Corresponding Secretary - Soror Genese Baker Lane
- Financial Secretary - Soror Cynthia Smith
- Treasurer - Soror Virie Walton
- Chaplain - Soror Debra Covington
- Parliamentarian - Soror Gwen Starr
- Sergeant-at-Arms - Soror Tamika Torres



This quarterly chapter newsletter is what we make it! Please submit articles and photos to the chapter journalist at Hac_journalist@yahoo.com.



The Delta Connection Staff
 Soror Shirley Frasier, Editor
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 Soror Debra Covington
 Soror Chante' Martin
 Soror Valarie Luckey-Merritt

Refocus Δ Reaffirm Δ Reconnect

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