



The Delta Connection

Hinesville Alumnae Chapter
Delta Sigma Theta Sorority, Inc.

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July 2016

The President's Corner



Greeting Sorors!

First and foremost, I want to thank each of you for your continued vote of confidence. It has been truly an honor to serve as your Chapter President for the last two years. Of course, there were some challenges but with those challenges, we have overcome and we have worked together through it all and I thank each of you for being a supporter of change and a supporter of the mission and vision of the Executive Team!

Congratulations and Kudos to everyone for hanging in there and finishing up the 2015-2016 sorority year! Wow, what a way to end our sorority year with a successful fundraiser, raising over \$20,000. I am so proud of Soror Genese Lane and everyone that stepped up and made sure that this was a successful event and fundraiser. So my hat is off to each of you!

The time has gone by so fast and even though we have only one month off from Delta business, please enjoy it and get some rest. I look forward to our 2016-2017 sorority year! It is going to be even bigger and even

better than 2015-2016. Soror Stevens and I will be working hard to prepare our Chapter for the upcoming year by attending the Southern Regional Conference in July and preparing for our Chapter Retreat that will be held in August.

Once again, Kudos Sorors, on a successful Sorority year! You all are awesome!

Sincerely,

Petula Y. Gomillion

Soror Petula Y. Gomillion,
Chapter President

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The Vice-President's Corner



Greetings Sorors!

I have chosen to share the Sisterhood Spotlight from the current Southern Region Membership Services Newsletter.

How to Survive the Heat

Many spend the summer months outdoors at picnics, pool parties, and sports games. However, our desire to enjoy the warmer weather can potentially lead to detrimental heat related illnesses. Heat related illnesses include the following:

Heatstroke: Heatstroke, which is often fatal, can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result.

Heat Exhaustion: When the body loses an excessive amount of salt and water, heat exhaustion can set in. The symptoms of heat exhaustion are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Heat Cramps: Heat cramps are muscle

spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in cramps.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the Centers for Disease Control. The following actions will also help protect you and your loved ones from heat-related illnesses:

- ♦ Drink more liquid than you think you need and avoid alcohol
- ♦ Wear loose, lightweight clothing and a hat
- ♦ Replace salt lost from sweating by drinking fruit juice or sports drinks
- ♦ Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.

Have a safe summer!

Sarah C. Stevens

Soror Sarah C. Stevens
Chapter Vice President
Hinesville Alumnae Chapter

Learning to Serve

Noelene Martin, from New South Wales, Australia, tells of the time when Mother Teresa visited that continent.

A new recruit to the Franciscan order in Australia was assigned to be her guide and "gofer" during her stay.

Thrilled and excited at the prospect of being so close to this great woman, he dreamed of how much he would learn from her and what they would talk about. But during her visit, he became frustrated. Although he was constantly near her, the friar never had the opportunity to say one word to Mother Teresa. There were always other people for her to meet.

Finally, her tour was over, and she was due to fly to New Guinea. In desperation, the Franciscan friar spoke to Mother Teresa, "If I pay my own fare to New Guinea, can I sit next to you on the plane so I can talk to you and learn from you?"

Mother Teresa looked at him. "You have enough money to pay airfare to New Guinea?" she asked.

"Yes," he replied eagerly.

"Then give that money to the poor," she said. "You'll learn more from that than anything I can tell you."

-The Upper Room



July

- 16 Shirley Frasier
- 22 Genese Lane
- 27 Tonja John
- 28 Christie Johnson

August

- 10 Cynthia Smith
- 15 Althea Jackson
- 30 Gwendolyn Starr

September

- 6 Sallie Richardson
- 9 Hafeeza McCullough
- 14 Debra Frazier
- 16 Christie Conyers
- 17 Veleka Douglas

Successful Aging Submitted by Soror Myra Caesar



From Left to Right: Sorors Sallie Richardson, Yvonne Woods, Readie Kelly, Sarah Stevens, Beleta Lockwood and Doris Barrett. Can you guess their ages?

As I look at the beautiful women who make up the Hinesville Alumnae Chapter month after month, I realize that they are all perfect examples of the Successfully Aging Woman. All of these women take great care of themselves and if you were to ask them their ages, you would not believe what they would tell you. As we celebrated May Week and specifically spotlight the sorority's national initiative of Mental Health and Successful Aging, I thought it would be fitting to spotlight the ladies of this chapter who exemplify and live successful lives and look great while doing it.

Successful aging is defined in three components: Absence or avoidance of disease and risk factors for disease; maintenance of physical and cognitive functioning and active engagement with life!

These ladies and many of the other ladies within our chapter exhibit all three components. They are extremely active in the sorority, their churches and within the community. Although many of them will admit that they are

retired, some of these ladies still hold full time jobs. Even their calendars have more activities than many women half their ages. Is it possible that these ladies have discovered the true secret to a long and healthy life? I believe the answer is yes.

When I asked Soror Sarah Stevens what her secret is to aging successfully, she stated, "along with exercising, eating "almost" right, and getting out doing something as often and much as I can, I often think of the serenity prayer when it comes to aging successfully . . . "God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference." Also, "Don't worry, be happy" helps tremendously!

Hollywood maybe instead of turning to medicine to help treat the aging process, we should all take notes from these women who are indeed the true Stars in looking amazing as they get older! BRAVO Sorors! You look marvelous!

Sisterhood Event Submitted by Soror Chinyere Reid

Sisterhood is the core of our identity within Delta Sigma Theta Sorority, Inc. Members of the Hinesville Alumnae Chapter continue to model how true sisterhood is conceived to be. Eleven members of the Hinesville Alumnae Chapter came to support the P.A.S.S. Committee in celebrating our Devastating and Dynamic Delta Dears on March 29, 2016 at the Midnight Star Pottery in Richmond Hill. Sorors were able to create unique items and eat while fellowshiping with one another. The unique items included Mother's Day gifts (Soror Johnson and Jamesha), family name establishment/tree plates (Sorors S. Frasier, S. Stevens, G. Lane, Lockwood and P. Gomillion), and DST plates/purses (Sorors C. Boozier, E. Anderson, Y. Woods, and T. Torres). There is no need to say that everyone had a great time! This event brought smiles, bonds, and love. This is what true sisterhood is all about!



Sorors at Midnight Pottery

Creative God who "colors outside the lines with love, help us spread your goodness without regard for human-devised boundaries.

May Week 2016 - "Building Hope for the Future" Submitted by Soror Myra Caesar

May Week for the Hinesville Alumnae Chapter was held on May 3rd and also from May 9-14, 2016.

On May 3rd, the chapter participated and co-hosted with the local chapters of Alpha Kappa Alpha Sorority, Inc., Zeta Phi Beta Sorority, Inc. and the Community of Inspired Women, the 2nd Annual Mental Health Forum.

In 2014, Mental Health across the lifespan initiative was launched. Mental Health across the Lifespan is a collaborative effort of Delta Sigma Theta Sorority, Inc. with the National Institute of Child Health and Human Development both part of the National Institute of Health component.

Through this collaboration the Hinesville Alumnae

Chapter partners with other Greek and community based organizations to raise awareness about issues affecting women and their families throughout the lifespan. This initiative also aims to reinforce the importance of recognizing the signs of mental illness and of seeking help and treatment from healthcare providers.

There were eight sorors in attendance at this year's event which attracted over 100 attendees. There was a wonderful display of information provided by several local agencies along with tons of amazing refreshments provided by Soror Jackie Day, a local caterer.



Pictured are: Sorors Shipman-Davis, Stevens, Baker-Lane, Smith, Jones, Caesar, Walton and Starr.

May Week 2016 - "Building Hope for the Future" Submitted by Soror Myra Caesar

Pictured are: Sorors Woods, Caesar, Torres, Gomillion, Covington, Patterson.
Not pictured Soror Ferrell.

On May 14th, seven sorors participated in the Hinesville Homeless Coalition Project Connect Event which was held at Bradwell Institute. This annual event provides assistance to those individuals who need assistance in locating agencies that can assist them in securing homes, food and clothing. There were over 50 agencies present and the Sorors of the Hinesville Alumnae Chapter were present as well; providing assistance to the coalition with registration, and kid activities.

In addition, the chapter provided several raffle prizes which included children's books, toiletries, and Krispy Kreme gift certificates. These items were raffled by the coalition to assist the participants within the program. Thank you to all of the sorors who volunteered and attended the May Week events. Your dedication and commitment to the sorority and our chapter are truly remarkable.

Awards Presentation Submitted by Soror Petula Gomillion

Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. ended the 2015-2016 sorority year with recognizing our members who have demonstrated selflessness, dedication and devotion to the mission of our Sorority.

The trophies awarded to Soror Yvonne Woods for "Soror of the Year" and Soror Dalmyra Caesar for "The President's Award" have a creative "S" and the "S" stands for Sisterhood, Service & Scholarship and most importantly these two ladies are an example of our Jewels.

Congratulations again to Soror Woods for being awarded the Soror of the Year Award and to Soror Caesar for being awarded The President's Award.

Congratulations to Soror Cynthia Smith (not pictured) for Honorable Mention for the Soror of the Year Award. Soror Smith as well exem-

plify the "S" in that trophy.

Congratulations also goes out to Sorors Gene-se Baker-Lane, Chinyere Reid and Sarah Baker for their dedication and devotion to the Chapter throughout the year.

The Chapter President took the opportunity to recognize Soror Virie Walton on her retirement from the Liberty County School System and her commitment to our Chapter as she served as our Chapter Treasurer for many years.

Many people don't understand the impact the military has on a community but we do here in the Hinesville Alumnae Chapter. Many of our members are either Retired or Active Service women or spouses to a Servicemen and we cherish them. Yesterday we bid farewell to our member, Soror Veleka Douglas, who will be moving on to another duty station in Washington, D.C.. Thank you Soror Douglas for your devotion to the sorority and for your service to our country. We salute You!



Still Small Voice

Unsure if this is God's voice or the voice of the enemy?

God

Stills You
Reassures You
Leads You
Enlightens You
Forgives You
Calms You
Encourages You
Comforts You

Satan

Pushes You
Frightens You
Pushes You
Confuses You
Condemns You
Stresses You
Discourages You
Worries You

Italiano Pasta Salad

Ingredients

1 pound - Rotini pasta
 1/2 cup - Pepperoni or salami (sliced & diced)
 1/2 cup - Shredded Swiss
 1 can - Sliced black olives, drained (4 ounces)
 1 can - Mushrooms, drained (4 ounces)
 Italian dressing
 1 cup - Italian dressing
 1/2 cup - Parmesan cheese
 1 tablespoon - Lemon juice
 1/2 teaspoon - Sugar
 1/2 teaspoon - Seasoned salt
 1/2 teaspoon - Black pepper

Directions

1 Cook pasta according to package directions. Drain but "do not" rinse (see

notes) . Allow to cool, string a couple of times to help prevent sticking.

2 Mix Italian dressing ingredients separately.

3 Mix pasta salad with remaining ingredients. Then blend in the Italian dressing mix.

4 Refrigerate for several hours before serving. Stir and refresh just before serving. Can be made a day or two in advance.

Notes By not rinsing the pasta the starches from it stick to the pasta and helps any sauce adhere to the pasta much better giving it a better coating.

Spotlight Column

Submitted by Soror Edith Anderson

Sisters of Delta Sigma Theta

Smile – you are on camera and this is your moment.

The final article of this year spotlights the dynamic, diverse, and devoted sisters of the greatest chapter of the 200,000-member plus Delta Sigma Theta Sorority, Inc. Yes, sorors you should be proud to be a member of the Hinesville Alumnae Chapter.

Chartered on May 24, 1987, this illustrious chapter has made a mark in this community and surrounding communities. However, it has taken the collaborative efforts of all members of the sorority. Whatever role you play in this sorority, you have made a difference.

The members of the Hinesville Alumnae Chapter make up a beautiful flower garden. The most arresting flower gardens are the ones that are arrayed with a variety of flowers. These gardens have a propensity to draw us to them as we watch them grow. These majestic flowers have different personalities, sizes, colors, and fragrances. Likewise, the sisters who make up this Chapter come with different personalities, backgrounds, talents, gifts, abilities, skills, knowledge, and passion. When all of these components are combined, the chapter is a very enviable force.

Sisters, you have done well this year under the leadership of our great president and vice president, Sorors Petula Gomillion and Sarah Stevens. That does not mean we earned an A plus, because there is always room to

improve. But the grade earned helped to make us a better sorority. New members came, old members were reclaimed, and the chapter grew, and the bond of sisterhood was strengthened.

Members worked diligently on their committees to accomplish each assigned task. You exemplified devoted service to mankind. You worked faithfully as volunteers at community programs, walkers during the Relay for Life, mentors to the young GEMS, escorts during the college tours, experts in your fields providing knowledge on panels, and being leaders and servants in the community.

You spent endless hours to ensure the 2016 Cotillion was a success. In the midst of all you accomplished, you took the time to have a little fun and relaxation at the Christmas Ball, the Founders' Day dinner, and various PASS activities.

Soror Chante Baker made us, "Hinesville Alumnae Chapter proud," with her rousing speech during the Martin Luther King Jr., Observance Day Program. This event is one of the largest in the community.

My sisters, you have given much this year, and the sorority is better because of you. Therefore, enjoy your summer. Take time to read a good book, see a movie, walk on the beach, listen to a little jazz, eat dinner at your favorite restaurant, and enjoy your husband, children and grandchildren.

Whatever you do, just enjoy the “moment,” and as the late writer Alex Haley said, “Find the good and praise.” Please remember the good will always outweigh the negative. Speak positive and get positive results.

God bless you, and I salute you - my sisters.
You are the best!!!



,Hinesville Alumnae Chapter members

*A good exercise for the heart is to
bend down and help someone up.*

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

“It is only in the giving of oneself to others that we truly live.”

—Ethel Percy Andrus

Refocus Δ Reaffirm Δ Reconnect

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PLACE
STAMP
HERE