



The Delta Connection

Hinesville Alumnae Chapter
Delta Sigma Theta Sorority, Inc.

Volume 2 Δ Issue 1

October 2015

The President's Corner



Welcome Back My Beautiful Sorors:

I can't help but think about our first Chapter meeting of this Sorority year and the fun we had with our Delta Flight HAC 05-1987 simulation and the excitement and anticipation of

us landing in our Service Areas and preparing to do the work of Delta.

Sorors, we are standing on the edge of our destiny but something is holding you back. Is it fear, past disappointments, or are you running out of gas, already? Whatever your reason, I need you to dig within you to power through it.

We have a packed schedule of events and activities, the work of Delta is not for the weary and with that being said, we need more than just the same old members doing all the work, I'm asking EVERYONE to dig deep within them to give Delta and HAC a little bit more of you. The reward of digging deep is so much greater than the inconvenience of attending a few committee meetings or selling set number of tickets. Think about the impact we can and will have on the community we serve, think about the young

people lives we touch through the GEMS program and scholarship. Trust me, I wouldn't be asking you to do nothing that I wouldn't put on myself.

Reclamation is of high importance for us here at HAC. We need each of you to encourage our sisters to return home. Send cards of encouragement or simple hellos and let them know about the good work of Delta and what we are doing. We would love to have them come back to be apart of it all!

In closing, I will leave you all with these

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The Vice-President's Corner



Greetings Sorors,

I am excited as we continue our journey in Delta this sorority year. There is a lot of work ahead and with **all of us working together**, our

goals will be accomplished. By now each soror should be serving on one or more committee(s).

Our calendar includes programs based upon all of the sorority's Five Point Programmatic Thrust. To date, we have begun work in four areas: Educational Development, International Awareness and Involvement, Physical and Mental Health and Political Awareness and Involvement.

National President Paulette C. Walker stated in a recent message, "*We must continue to conduct our programs with pride, dignity, and anticipation that our projected and measurable outcomes will guarantee positive changes in the lives of others.*" Additionally, she stated that "*Now is the time for us to come together to be counted and accountable.*"

Hinesville Alumnae we are ready!

Her love for DST

Was evident from the start.

When asked, "Why be a Delta?"

She said, "It's just in my heart!"

Membership in Delta Sigma Theta is a Lifetime Commitment!

This year we want to continue "*Building the Delta Connection*" with our "special" soror (expressing any act of kindness, love, etc.) and by *Bringing our sorors back!* (Reclaim! Reclaim! Reclaim!) Go get them, Hinesville Alumnae!

Let's journey on . . .

Yours In Delta,

Sarah C. Stevens

Soror Sarah C. Stevens
Chapter Vice President

President (Continued from page 1)

words:

"And let us not be weary in well doing: for in due season we shall reap, if we faint not."

~Galatians 6:9

"We must never despair; our situation has been compromising before, and it has changed for the better; so I trust it will again. If difficulties arise, we must put forth new exertion and proportion our efforts to the exigencies of the times."~ George Washington

Yours In Delta,

Petula Y. Gomillion

Soror Petula Y. Gomillion
Chapter President
Hinesville Alumnae Chapter

Excerpt from the 25th on the 25th October 25, 2015

A few points to keep in mind when faced with what seems impossible:

- ◆ If you don't like a situation or a word, change it.
- ◆ Focus on the possible and uncover infinite ideas.
- ◆ Strive for constant learning.
- ◆ Don't allow negativity to hinder your progress.

In other words Sorors:

Don't allow the small problems to hinder your progress, passion or purpose!!

*Dr. Paulette C. Walker
National President
Delta Sigma Theta Sorority, Inc.*



BIRTHDAYS
this quarter



October

3	Edith Anderson
7	Daisy Jones
8	Debra Covington
14	Chinreye Boozier
18	Clara Rowsey-Stewart

November

1	Annie Stewart
19	Charisse Brown
30	Virie Walton

December

13	Linda Flora
21	Petula Gomillion

Deltas on the Move

Submitted by Soror Dalmyra Caesar



“Our lives begin to end the day we become silent about things that matter.” Dr. Martin Luther King Jr.

On October 5, 2015, several hundred people gathered at the Liberty County Performing Arts Center to witness and hear firsthand the political platform of local political candidates from in and around the Hinesville area.

The political forum was the first ever joint venture for the Liberty County NAACP, Alpha Kappa Alpha Sorority, Inc., the Liberty County Chamber of Commerce and the lovely ladies of the Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Social Action Committee Chairs for the Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Debra

Covington and Iman Johnson saw the forum as a very necessary opportunity for local politicians to meet and answer questions of the citizens that they seek votes from during the November elections.

The political forum brought to light several important topics on the minds of local voters including taxes, education, youth initiatives and business/revenue expansion for the city which would create jobs for local citizens. All candidates answered questions from moderators, which included Hinesville Alumnae Chapter’s very own, Genese Baker Lane and audience members in hopes of gaining their citizens vote during the November 3rd election.

It was a phenomenal event and we applaud the Social Action Committee chairs on a job well done. We know that their hard work will continue as the chapter continues to blaze trails for social change during the sorority year!

Deltas on the Move



Hinesville Alumnae Chapter 2015-2016



Hinesville Alumnae Chapter 2015-2016



What to Expect in a Mammogram

Women of all ages are often leary of mammograms. Perhaps you are one of these women, having heard that they are uncomfortable or even painful. Mammograms are simple medical tests which have benefits that far out weigh any perceived discomfort. Knowing ahead of time what to expect from a mammogram can help women feel motivated to be tested regularly.

A mammogram is like an x-ray, as it employs low-dose ionizing radiation that allows for images of the breast tissue to be projected in picture form for analyzing. During the procedure, a technician will gently compress your breast to "even out" the tissue in order to more clearly analyze it. The technician will take images from all angles to ensure a thorough and effective examination. You should be careful not to apply deodorant or lotion the day of your examination, as some of these can cause spots to appear on the x-ray. It is recommended that you have an examination done at least once a year and up to five times a year.

Mammograms should be supplemented by self breast examinations. Each month women of all ages, age twenty and up, should do a self breast examination. Self breast examinations are easy and can be done following the "seven-P rule":

- position (stand in front of a mirror)
- perimeter (feel the entire breast)
- palpate (feel for lumps or masses)
- pressure (palpate with increasing levels

of pressure)

- pattern (use a pattern for consistency in order to avoid missing an area of the breast)
- practice (become aware of how healthy tissue feels)
- plan (understand the process of what to do if you do find a mass or lump)

If either you or the radiologist suspect a mass, there are several steps taken to find out whether or not the mass is benign (no risk) or malignant (cancerous tissue). A biopsy (a tissue sample), ultrasound, and other procedures may be done to determine the mass type. Be aware that out of 1,000 women in the United States, seventy are called back because the radiologist sees a mass in the x-ray; only two percent of women will have a form of cancer referred to as "low stage," which often can be cured quite effectively.

You should be aware of the risk of "false negatives"; false negatives are results that appear benign or healthy when there is actually unhealthy tissue or a mass growing. There is a ten percent chance of you getting a false negative.

Regular mammograms and supplemental self examinations are key in effective prevention and early detection of breast cancer and can greatly reduce your risk.

Upcoming Event

Delta Sigma Theta Christmas Social

Please mark your calendars for the Chapter's *Crimson and Cream Christmas Social*, December 18, 2015, 6:00 p. m. - 12:00 a.m. at the Econo Lodge Ballroom, 726 East Oglethorpe Highway, Hinesville, Georgia .Tickets are: \$25 Single/\$50 Couple/\$250 Table (10).

Refreshments will be provided. Attendees are asked to bring an unwrapped toy for donation to a local charity. All sorors are asked to sell a minimum of 5 tickets. Tickets and flyer distribution will be given at the November chapter meeting.

Pass it on



Pass on the word of encouragement in an honest compliment

Pass on the look of encouragement in a generous smile

Pass on the touch of encouragement in a hearty handshake

Pass on the kindness of encouragement in a thoughtful deed

And let the encouragement of Christ flow through you.

Soror in the Spotlight

Submitted by Soror Edith Anderson



She is perhaps one of the youngest members to serve as president of the Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Her youthfulness, however, does not hinder her from serving as the most efficient "madam" president of the Sorority.

Petula Yolanda Gomillion (Dunston) hails from the sunny state of Florida. She

is involved in a myriad of activities and takes the word "public service" to the next level. She exemplifies service to mankind.

A graduate of the historic Bethune-Cookman College, Daytona Beach, Florida, now known as Bethune-Cookman University, she obtained a Bachelors of Science in Nursing. Pursuant to her graduation, she became a registered nurse. Additionally, she holds a Master of Science in Public Administration with a concentration in Public Policy from South University, Savannah, Georgia.

Prior to attending Bethune-Cookman University, she enlisted in the U.S. Army Reserves in 1990 as a Private two (PV2), and worked towards her certification as a surgical/operating room technician. She achieved the rank of 2nd Lieutenant upon her graduation from Bethune-Cookman University. She served in the military until 1999, and was given an honorable discharge for her service.

Soror Petula underwent basic training at Fort Dix, New Jersey. She was also stationed at Fort Sam Houston in San Antonio, Texas, where she received her medical training and certification as an operating room technician. During Desert Storm, her unit deployed to Kuwait.

As a student at Bethune-Cookman University, she was engaged in many student activities and was involved in several organizations. She served as

Walking Tall and Serving Well

the President of Pre-Alumni, and was initiated into Delta Sigma Theta Sorority, Inc, through the Delta Alpha Chapter in March 1993. Soror Gomillion served as the 1st Vice-President of the Chapter until 1994.

In 1994, she married Marvin J. Gomillion, Jr. and they have a beautiful 21 year old daughter, Brittany. Upon graduating from Bethune Cookman University in 1995, she and her husband relocated to Mannheim, Germany due to military reassignment.

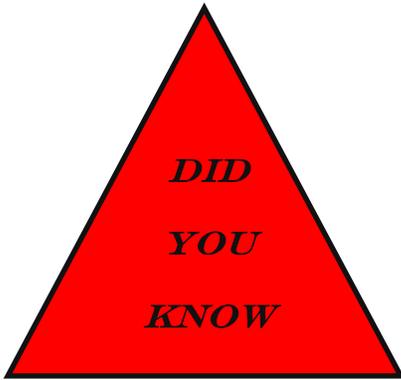
As a service-member and a military spouse, Soror Gomillion travelled extensively and served in various positions at different military installations. While in Mannheim, she worked as the school nurse for Mannheim High School from 1995-1996. She also worked with the Army Community Services as the Army Emergency Relief Officer and Consumer Affairs Financial Assistance Program Manager.

Soror Gomillion was actively involved with the Germany Alumnae Chapter, Delta Sigma Theta, and served on the Del-teens, Ball, Step Team, and Scholarship Committees. Additionally, she served as the Heidelberg Area Coordinator from 1996-1998.

After their tour in Germany, the Gomillions moved to Fort Hood, Texas, where she worked as a part-time RN at Scott and White Hospital in Temple, Texas, until accepting a full time clinical nurse case manager position with Hall's Residential Group Home in Kempner, Texas. During this military assignment, she began her career with the Coryell County Juvenile Probation and became a certified juvenile probation officer - licensed to carry a handgun.

When the family relocated to Fort Stewart, Georgia, Soror Gomillion became a certified substitute teacher. In 2003, she began working in the social service field with Wayne County Department of Family and Children Services. Subsequently, she was promoted to Social Services Supervisor and transferred to Bryan County Department of Family and Children Services. In 2007, she was promoted to County Director of

(Continued on page 11)



Voting Rights

In March of 1913, nearly six weeks after its founding, several Delta Sigma Theta Founders marched in the historic Suffragist March under the Delta Sigma Theta Banner, the Sorority's first public act. Today, low voter turnout statistics highlight the need to continue to identify ways to include opportunities for all citizens to exercise their voting power.

Under the auspices of the National Social Action Commission, Delta Sigma Theta continues to institute programs that advocate:

- The reauthorization of the Voting Rights Act.
- The repeal of voter disenfranchisement laws.
- The full restoration of voting rights for individuals who have paid their debt to society.
- The full implementation of the Help America Vote Act.

(Continued from page 10)

Long County Department of Family and Children Services. Later, she became the Interim County Director for Liberty County Department of Family and Children Services. She served as a County Director for four years until becoming the Regional Adoption Consultant for Region 12 from 2012-2013.

Presently, Soror Gomillion is employed as the Executive Director of Atlantic Area CASA (Court Appointed Special Advocates) in Hinesville, Georgia. She is also an Adjunct Professor with Central Texas College at the Fort Stewart Site in Hinesville, Georgia.

Soror Gomillion is the current Chapter President for Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., where she is doing an outstanding job. The Chapter is growing and members are excited about the many positive things happening in the Chapter. On September 26, 2015, sorors boarded Delta Flight #HAC 05 1987 with anticipation and excitement and are looking forward to a rewarding year.

"I challenge the members of Hinesville Alumnae Chapter to learn to give without expecting praise or recognition. I also challenge the members of Hinesville Alumnae Chapter to cherish the reason why you became a member and use that to motivate you when you are unsure and use it to keep you going forth with the mission of the Sorority," said Soror Gomillion.

In addition to her hectic schedule with the Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Soror Gomillion serves as the Chapter President of the Savannah Metropolitan Chapter of the National Forum of Black Public Administrators (NFBPA), and a member of the Duval-Nassau Alumni Chapter (Jacksonville, Florida) for Bethune-Cookman University, the National Association of Professional Women (NAPW), the National Council of Negro Women (NCNW), and the Liberty County Chapter, National Association for the Advancement of Colored People (NAACP).

Soror Gomillion strives to live up to her favorite quote, "I am not competing with anyone other than myself, I want to be excellent at whatever I do," by the late Maya Angelou.

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.

Article submissions for the next newsletter are due by December 4, 2015. Try to keep your article to 500 words or less or your article may have to be trimmed to fit into the Newsletter.

Refocus Δ Reaffirm Δ Reconnect

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PLACE
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