



# The Delta Connection

Hinesville Alumnae Chapter  
Delta Sigma Theta Sorority, Inc.

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January 2016

## The President's Corner



Happy New Year & Happy Founders Day Sorors!

We know that 103 years ago 22 women had a vision, determination and commitment to inspire and to lay the framework of what we have come to call and love, Delta Sigma Theta Sorority, Inc. An

organization that focuses on the best interest of the black community, an organization committed to Sisterhood, Service and Scholarship. As you all know, this is Election year for Hinesville Alumnae Chapter and with that being said, it is a time for a CALL to ACTION... Hinesville Alumnae Chapter will not be where it is without the members and the Sorors who step up for leadership roles.

All positions are open, however, if you are interested in running for the following positions, there are requirements that must be met in order to qualify for the position of President, Vice-President and Treasurer. You must be financial and must have attended one of the last three National Conventions and Regional Conferences.

All other positions require you to be financial at the time of election: Corresponding Secretary, Recording Secretary, Financial Secretary, Custodian, Historian, Journalist, Nominating Committee Chair and Nominating Committee Members (3) and Internal Audit Chair. As you notice Sergeant-at-Arms and Parliamentarian positions are not listed as

elected positions, they are appointed by the Chapter President.

I hope when the month of April comes around and our Nominating Committee Chair introduces the Slate of Candidates, that many of you have taken on the charge and responded to the CALL of ACTION to join the leadership team of Hinesville Alumnae Chapter. Please consider running for office!

Sincerely,

*Petula Y. Gomillion*

Soror Petula Y. Gomillion,  
Chapter President  
Hinesville Alumnae Chapter

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## The Vice-President's Corner



Dear Sorors,

I am so overjoyed with the Sisterhood events that have recently taken place. From the Chapter's Christmas Fellowship to the

Founders Day Fellowship, truly show the "sisterhood" in Hinesville Alumnae Chapter. Let's keep it going, Sorors!

National President Paulette C. Walker has reminded us that there is no better way of celebrating the 103rd anniversary of our illustrious sorority than starting an annual tradition of giving through the Preserving Our Legacy (POL) campaign.

The POL campaign is an opportunity for us to make an annual gift to the sorority in any amount to sustain and grow our programs and operations. Give at least \$1, or whatever you can, to help continue to realize our Founders' vision. Your donation will be accepted with your membership dues which has a line designating the POL campaign.

We continue to show caring and giving through the activities with our Project 13 (P13) partnerships. P13 is one way we help achieve Delta Sigma Theta's programmatic thrust, and specially, enhance its ability to transform lives through an uncompromising commitment to service, leadership and empowerment. Again, this year, Hinesville Alumnae participated in the virtual St. Jude Walk/Run to End Childhood Cancer (\$685.00). The chapter is gearing up for the

American Heart Association's (AHA) "Go Red for Women" in February. Also, the NAACP membership renewal is in March.

Sorors, we continue to solicit each and everyone's support for the programs and events that the chapter has voted to conduct. Please do your best!

YID,

*Soror Sarah C. Stevens*

Sarah C. Stevens  
Chapter Vice President  
Hinesville Alumnae Chapter

Grab your RED DRESS, those RED HEELS, and the new RED BAG to MAKE A LIFE-SAVING FASHION STATEMENT!

On **February 5, 2016**, support our Project 13 partner, the American Heart Association by participating in "NATIONAL WEAR RED DAY." Join the Strategic Partnerships Task Force of DELTA SIGMA THETA SORORITY, INCORPORATED as we unite to prevent heart disease and stroke. It's time to put your hearts into it...Let's GO RED!!



## For the New Year

*H old fast to your faith (Hebrews 4:14)*

*A ssemble with the saints (Hebrews 10:25)*

*P ray earnestly every day (1 Thessalonians 5:17, 18)*

*P ray for great blessings (Malachi 3:10)*

*Y ield not to temptation (1 Thessalonians 5:22)*

*N egllect not your talents and opportunities (Galatians 6:10)*

*E xamine yourself daily (2 Corinthians 13:5)*

*W ork diligently for the Lord (1 Corinthians 15:58)*

*Y ield your members to righteousness (Romans 6:11, 16)*

*E xercise yourself in godliness (1 Timothy 4:7)*

*A im at sinless perfection (Hebrews 6:1)*

*R edeem the time (Ephesians 5:15, 16)*

– Gus Nichols

# Welcome 2016!



**BIRTHDAYS**  
this quarter



### January

- 4 Betty Sapp
- 16 Beleta Lockwood
- 20 Dalmyra Caesar
- 20 Valarie Luckey-Merritt
- 22 Sarah Baker

### February

- 1 Tamika Torres
- 16 Anita Harvin
- 20 Yvonne Woods

### March

- 19 Jacqueline Lett

# Deltas on the Move

Dr. Chante' Baker-Martin, a member of Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. brought down the house with a soulful deliverance at Liberty County's Dr. Martin Luther King, Jr. Observance Program, "I Am a Movement for Unity, Justice and Equality."

As we remembered Dr. King, we are reminded by Dr. Martin that "far greater than these is Love."

Soror Debra Bacon-Frazier was the emcee for the parade and Soror Christie Conyers Presided at the Commemorative Service.



## Deltas on the Move



Congratulations to Daisy Jones, member of Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. for being awarded the 2016 Trailblazer Award by the Liberty County Dr. Martin L. King Jr Observance Program Committee, for her vision and dedication to Liberty County and the formulation of the Liberty County Re-entry Coalition (Prison re-entry initiatives 2012)



Behind the scenes members of HAC served as ushers, escorts and sponsored the hospitality room for honorees and program dignitaries.

## December Delta Gems Workshop

Delta GEMS workshop was held on Saturday, December 5 at Mount Zion Missionary Baptist Church in Hinesville. This month's workshop was *Dress for Success and Beauty Institute*. The young ladies learned the difference in professional business attire to casual and great skin and makeup application techniques. Soror Petula Gomillion and Mrs. Laticia Robinson Brown were our workshop facilitators. The girls learned to shape their eyebrows as well as enhance their eyes. The little girl in the photos is Mrs. Brown's daughter assisting her.



**DRESS *for* SUCCESS**

## January is Thyroid Awareness Month

### How common is thyroid disease?

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans – and more than half of those people remain undiagnosed. Women are five times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone). Aging is just one risk factor for hypothyroidism.

### How important is my thyroid in my overall well-being?

The thyroid gland produces thyroid hormone, which controls virtually every cell, tissue and organ in the body. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body's systems to speed up (hyperthyroidism); or it can create too little thyroid hormone, which causes the body's systems to slow down (hypothyroidism).

Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis. Research also shows that there is a strong genetic link between thyroid disease and other autoimmune diseases, including types of diabetes, arthritis and anemia. Simply put, if your thyroid gland isn't working properly, neither are you.

### How do you know if you have a thyroid problem?

First, you must understand how to recognize the symptoms and risk factors of thyroid disease. Since many symptoms may be hidden or mimic other diseases and conditions, the best way to know for sure is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test to verify your thyroid gland's

condition. Also, take a minute and perform a self Neck Check. And because thyroid disease often runs in families, examinations of your family members and a review of their medical histories may reveal other individuals with thyroid problems.

### What are some of the reasons to consider a thyroid evaluation?

**Family history:** A familiar place to look for thyroid disorder signs and symptoms is your family tree. If you have a first-degree relative (a parent, sibling or child) with thyroid disease, you would benefit from thyroid evaluation. Women are much more likely to be thyroid patients than men; however, the gene pool runs through both.

**Prescription medications:** If you are taking Lithium or Amiodarone, you should consider a thyroid evaluation.

**Radiation therapy to the head or neck:** If you have had any of the following radiation therapies, you should consider a thyroid evaluation: radiation therapy for tonsils, radiation therapy for an enlarged thymus, or radiation therapy for acne.

**Chernobyl:** If you lived near Chernobyl at the time of the 1986 nuclear accident, you should consider a thyroid evaluation.



# Delta Sigma Theta Christmas



# Social in Pictures



## Soror in the Spotlight

## A Successful Young Leader

Submitted by Soror Edith Anderson



*Soror Debra Bacon-Frazier is a native of Miami, Florida. She is the daughter of the late Eloise and Charles Robinson Sr., and takes pride in acknowledging the fact she grew up in the Longreach Community of Liberty County. That pride caused her to remain in the area and*

*actively seek to help the community become a better place. Currently, she resides in Riceboro, Georgia, with her husband Michael and two daughters, Lakenyia and Mikia.*

*Soror Frazier is a 1981 graduate of Bradwell Institute in Hinesville, Georgia. Additionally, she is a graduate of Armstrong Atlantic State University, Central Michigan University, Georgia Southern University, and Nova Southeastern University where she obtained her Education Specialist Degree in Curriculum and Instruction.*

*While attending the public schools of Liberty County, she had no idea she would one day serve as the Principal of one of Liberty County's schools. From her humble beginnings as a paraprofessional, she subsequently advanced to the positions of teacher, curriculum coordinator, central office curriculum specialist, assistant principal, and now principal. For the past 11 years, she has proudly and efficiently served as the Principal of Midway Middle School. During her tenure, the school has received many awards and has been recognized for its high achievements and accomplishments. Soror Frazier has been employed by the Liberty County Board of Education for 29 years.*

*A faithful member of First Zion Baptist Church in Riceboro, she is involved with various church committees involving the youth. She also serves as President of the Trustee Board. Because of her love for the community, she participates in various community organizations to include the Riceboro Community Churches, Inc., the annual Riceboro Ricefest, and one of Liberty County's oldest civic/social clubs, the Hi-Fidelity Civic Club.*

*In October 2015, during the Liberty County Branch of the National Association for the Advancement of Colored People (NAACP) Annual Freedom Fund Banquet, she received the E. B. Cooper Educational Award. It was noted that Soror Frazier led Midway Middle School through the recent technological age as the County's iPad initiative was introduced. Soror Frazier effectively supports the up building of this community by fostering mentorship and leadership initiatives with the students in her school. Not only does she build students, she is recognized for building leaders.*

*In the spring of 2005, she became a member of one of the best sororities in the world, Hinesville Alumnae Chapter, Delta Sigma Theta Sorority, Inc. A dedicated soror, she serves as co-chair of the Founders Day and Arts and Letters Committees. Soror Frazier has also served as the recording secretary for the chapter.*

*She has a passion for young people, and encourages and motivates them to aspire to be the very best they can be.*

*In her spare time, she enjoys shopping and spending time with her family. Her motto is: You See My Glory, but You Don't Know My Story.*

## Delta Sigma Theta Sorority Founders Day 2016



Members of Hinesville Alumnae Chapter of Delta Sigma Theta Sorority, Inc. enjoying dinner and sisterhood on Founders Day.

### Hate vs. Love

Civil-rights leader Martin Luther King Jr. compared hate to “an unchecked cancer,” saying it “corrodes the personality and eats away its vital unity.” Unfortunately, the destructive force of hatred is often evident in nations, communities, families and even churches.

The obvious — though not always easy — antidote to hatred is love. As The Message translation of Proverbs 10:12 states, “Hatred starts fights, but love pulls a quilt over the bickering.” The image of a comfy quilt symbolizes the soothing impact that loving words and actions can have on enemies as well as friends.

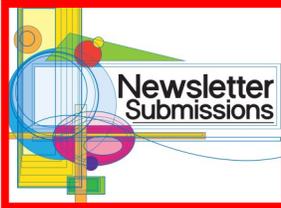
Plus, it’s tough to share the gospel without showing love, which social reformer Elizabeth Cady Stanton called “the ‘open sesame’ to every soul.”



**Martin Luther King, Jr. Day**

**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](mailto:Hac_journalist@yahoo.com).

Article submissions for the next newsletter are due by February 20, 2016. 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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