

**TOP STORIES
IN THIS
NEWSLETTER**

- ◆ President's Message
- ◆ Healthy Lifestyles
- ◆ Delta ERT
- ◆ Adopt-A-Site
- ◆ Feb. Hostesses
- ◆ Chaplain's Corner
- ◆ Reflections
- ◆ Membership
- ◆ Social Action
- ◆ Arts & Letters
- ◆ EMBODI
- ◆ Fundraising
- ◆ Adopt-A-Family
- ◆ Delta Lites
- ◆ Protocol
- ◆ Cooking With Delta
- ◆ Delta Academy

*As always,
we are*

***"Inspiring To
Reclaim,
Retain, And
Uplift
Sorors!"***



The FAC EXPERIENCE

A biweekly newsletter brought to you by: *Fayetteville Alumnae Chapter*
Vol. 4 Issue 5 **January 7, 2018**

From Madam President



Happy New Year Sorors,

Sorors, the vote is in! You have elected to worship next Sunday, January 14, 2018, for our annual Founders Day Worship Service at Lewis Chapel Missionary Baptist Church. Thank you all for your votes. Please show up in your dressy Delta red. Let's meet in the lobby area facing Raeford Road at 10:40 A.M.

Thanks to everyone who braved the weather and ventured to Greenville, NC, Saturday, January 6, 2017, in support of NC 50th Area Founders Day East. I would like to apologize for the inconvenience suffered by those sorors who had anticipated riding the bus. Unfortunately, the bus company had some internal issues. We will, of course, be looking into making some financial adjustments with the bus company. I applaud those sorors who drove up anyway, in spite of the bus debacle. You certainly deserve compensation for that and we will seek alternate measures whereby your \$18.00 paid for the bus ride will be reimbursed. If you registered, but did not attend, please contact me to receive your packet. Otherwise, I will have them all at the E-Board meeting in January and the chapter meeting in February.

Thanks, again, to these sixteen sorors who made it possible for us to become a Silver Sponsor at the Annual Dr. MLK, Jr. Prayer Breakfast: (Table 1) Bettie Burton, Meta Coaxum, Queen Degraphenreid, Debra Figgins, Paula Frank, Karen Harris, Nadine Miller-Bernard, Miranda Monroe and (Table 2) Awilda Brooks, Paula Frank, Myra Robinson, Kendra Haywood, Nichole Johnson, Doris Williams, and Antoinette Howard. Let me give special thanks and recognition to Soror Myra Robinson, who donated two tickets, even though she cannot attend. Soror Amanda Williams and I will be the two grateful recipients of Soror Robinson's generosity! That's because we were numbers nine and ten when the call went out.

The February chapter meeting will be chockfull of business. I will need your help to ensure we are able to conduct this business. We must vote on several matters. We will meet the 2018 Jabberwock contestants. We will also attempt to take a chapter photo at the historic Orange Street School. I want to see if we can use the stairs inside the building as our backdrop. There will be more information forthcoming on our ability to do that. With this photo in mind, please wear red to the February meeting. Any helpful suggestions are welcome.

Special thanks to Soror Willie Johnson for agreeing to chair the Jabberwock Committee and Soror Brittany Cooper for her willingness to assist as co-chair.

As you know, dues for this year have been increased at both the local and national level. Please bear this in mind as you allocate your funds for the upcoming year.

The North Carolina Spring State Meeting will be held in Winston-Salem, NC, hosted by Union County Alumnae, April 27-28, 2018. The NC 51st Area Founders Day East will be held in Jacksonville, NC. Let's make plans now to attend these events.

Stay tuned...

Remember the Sick & Shut-In



Sorors, please let us continue to keep our sick, shut-in, and hospitalized sorors lifted in prayer, as we also remember and pray for our bereaved sorors, who have lost loved ones. Remember, a phone call, text, email, visit, etc. can go a long way in lifting someone's spirit.



Adopt-A-Family

Dear Sorors,
You are so

thoughtful and generous in your gift-giving. Your gifts met some of the immediate needs of the Adopt-A-Families and meant so much to them. They were elated to receive gifts from our sorority.

The adopt-a-family committee with your support, will continue to assist the families through this Sorority year.

Soror Doris Williams, Chair



Chaplain's Corner

A New Year's Message

2 Timothy 1:7 New King James Version (NKJV)

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

A New Year is a time to celebrate; to reflect on the past and anticipate the future with optimism. 2 Timothy 1:7 gives us reasons to hope and stand strong. Trust God, pray, study the Word of God, and believe! Let us be transformed by the renewing of our minds in 2018. New attitudes, positive habits and thoughts, random acts of kindness, and bearing good fruit, will help us have a wonderful year. Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.

Happy New Year and Sisterly Love!

Love, Peace, and Joy

Soror Barbara McCray Nubin, Chaplain



Publicity and Communications

- ◆ We would like to thank the committees that have been using our forms. This helps us to ensure that we take care of your committee needs in a timely manner.
- ◆ The committee requests that all flyers, tickets, bookmarks, ads, etc. come through the Publicity and Communications Committee. After the committee reviews it, the committee chair will then forward to Madam President for approval. Madam President will only approve items that come directly from the chair of this committee. This was addressed in the minutes February 2016. We hope this will improve our process in getting information out and approved in a timely manner.
- ◆ If you need for the committee to create flyers for promotion of your program, please, do so 14 days in advance. This allows time for the committee to create and collaborate with you to get you the best product. The form for this request is on the website.
- ◆ Please, submit articles as an attachment typed in Microsoft Word. It expedites the layout of the FAC Experience. Information sent as a text message has to be reformatted before adding to the newsletter. Again, please don't type as a text message, but send as an email attachment.

Next Issue: February 4, 2018

Remember: Please, send articles, pictures, or announcements to email address only: Facwebupdates@gmail.com on or before **January 31**.

Sorors, please adhere to deadlines, or your article may not appear in the next issue.

Share Your Committee Information Here



Adopt-A-Site

Just a reminder that there is no clean up in January. The next scheduled date for Adopt-a-Site clean up will be February 17. Thank you so much for those who have supported this committee. Looking forward to seeing more Sorors in 2018.

Nicole D Spivey, Chair



January

- 1-New Year's Day
- 6-Founders Day Greenville
- 9-Jabberwock Committee Meeting 6:00 pm
- 10- Founders Day Celebration at Logan's
- 18-Red Velvet Book Club
- 20-EMBODI Meeting 2 p.m. FSU
- 23-Trafficking Forum 6:30 Kiwanis Rec Devers St.



February

- Feb 8- Seussical: The Musical Cape Fear Theater
- Feb 10-Fayetteville Symphony at Seabrook

Hostesses for February



- | | |
|----------------------|-------------------|
| *Gwen Brown | Volnetta Jackson |
| *Delores Ingram | Erin White |
| *Doris Williams | Ulette Benson |
| Yvette Bullard | Leslie Council |
| Tracey Howard-Glover | Antionette Howard |
| Carolyn Winfrey | Sophia Moore |
| Brenda Winfrey-Knox | Gwen Henderson |
| Brenda Rouse | Monica Strange |
| Kimberly Rouse -Hall | Meta Coxum |
| Kendra Brown-Tucker | Sherron Evans |
| Elnita Hayes | Ella McRae |

* Lead Hostesses

2018

Happy New Year Sorors



Protocol Committee

As we begin this new year, let us be reminded of our nine Jewels in the Sigma as they represent the Nine Cardinal Virtues which were conceived as basic attributes which all Delta women should strive to attain.



Delta Emergency Response Team

Do This When You Plan to Travel

- * When planning travel, be aware of current and forecast weather conditions.
- * Avoid traveling when the weather service has issued advisories.
- * If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- * Follow these safety rules if you become stranded in your car.
- * Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.
- * Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.
- * Run the engine and heater only 10 minutes every hour.
- * Keep a downwind window open.
- * Make sure the tailpipe is not blocked.





Delta Lites

The Delta Lites had a great time as they brought Christmas music to the residents of Woodlands Nursing and Rehabilitation Center. We sang traditional Christmas Carols and Songs. They thoroughly enjoyed the program as much as we enjoyed presenting it. If you missed your opportunity to harmonize with the Delta Lites —there is always next time.

NO VOICE TOO SMALL!!
Soror Sharon McNair



Reflections

By Soror Gwen Brown

It Will Show On Your Face
Author Unknown

You don't have to tell how you live each day,
You don't have to say, if you work or play.
A tried, true barometer will serve the place,
However you live, it will show on your face.
The faults, the deceits that you wear in your heart,
Will not stay inside where it first got its start.
For sin and blood is a thin veil of lace,
What you wear in your heart, it will show in your face.
If you've battled and won in the great game of life,
If you feel that you conquered the sorrows and strife.
If you played the game fair, and you stand on first base,
You don't have to tell it; it will show on your face.
If your life's been unselfish, if for others you live,
Not for what you can get, but for what you can give.
If you've lived close to God in his infinite grace,
You won't have to tell it; it will show on your face.

Final Words: Tell your sisters: *"I see love and Delta on your face. Let your light shine and the world will see your Godly faces."*



EMBODI

EMBODI had its second meeting on 12/16/17 at Fire station #19. The topic for this session was "Community Service Making a Difference" our guest speaker was Mr. Maurice Scott a retired army veteran and community activist. We had 3 young men in attendance. Mr. Scott talked with the young men about community service and why it's important to give back to the community you live in. He talked with them and encouraged them to identify issues or concerns in their community where they can make a positive impact. The young men assisted by Soror Teresa Wright's son and daughter then packaged approximately 65+ hygiene kits that were donated to the Fayetteville Urban Ministry.

We are still actively recruiting young men for our program and would love for some of our Sorors to help with the distribution of our interest flyer. Our next meeting will be on January 20, 2018 at FSU, 2 pm.



Delta Academy

On Wednesday, December 20, 2017, the Delta Academy participated in a music and art session with the Crossroads Outreach Alternative Programs Ministries (COAP). The girls had the opportunity to create a Picasso type art piece. They were also given instruction in reading music and had the opportunity to put their knowledge to use on the keyboards.

The Delta Academy continues to collect toiletry items for their comfort kits. We are in desperate need of washcloths. Please bring to our next meeting.



Membership Committee

The Chapter's Founders Day Celebration will be held on Wednesday, January 10, 2018 at 6:00 p.m. at Logan's Roadhouse. Come out and celebrate 105 years of Scholarship, Service and Sisterhood. Please send your intention on attending to Soror Melissa Robinson-Ellis at fac2ndvp@gmail.com by 9 January 2018.

Also if there are any other Sorors attending Founders Day West, please email Soror Melissa. We are trying to all meet up and sit together as a Chapter.

Happy New Year from the Membership Services Committee.

Soror Melissa Robinson-Ellis, 2nd VP



Healthy Lifestyles

5 Habits to Leave Behind in 2017

1. Spending too much time on the couch – while downtime is good for both your body and mind, too much of it can be damaging. You should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week.
2. Using electronics before bed – you should be getting between seven and nine hours of sleep per night. Exposure to the sleep-disturbing blue light can disrupt your circadian rhythm. Aim to finish any screen time at least 20 minutes before bedtime.
3. Smoking
4. Comparing yourself to others on social media – No one's life is really what it seems on social media. When you start to feel down, do something that helps you remember all the great parts of your own life.
5. Making outside goals that are hard to achieve – Instead of setting overly ambitious goals, take small steps and introduce change slowly.

Brrrr...It's cold!

The Walk and Talks at the Cape Fear River Trail and Hope Mills Park have been suspended until the Spring. All walkers should report to Cross Creek Mall (Food Court) on the 3rd Saturday of every month.



You still have time....

Inspiring Beauty:

50 years of Ebony Fashion Show Exhibit

October 28, 2017-January 21, 2018

The remarkable story of an extraordinary fashion show. Covering 50 years of beauty, style, and empowerment, with 40 stunning outfits by Christian Dior, Givenchy, Alexander McQueen, and many more.

North Carolina Museum of Art

2110 Blue Ridge Rd

Raleigh, NC

Adult tickets \$19 or visit site for tickets



Princess Committee

Let's play catch up with the Princesses! We have been busy with our activities. In September, we had our Meet & Greet where we wrapped our friends in love as we got to know each other. In October, we skated the afternoon away. In November, we made Christmas cards. December reminded us to think of others through our yearly community service project. We went caroling at Whispering Pines Nursing Home and gave the residents cards. We also gave gifts to the Claude Missionary group. We ended the year with Fellowship at McDonalds. The Princesses had a great year and are ready to start off 2018.



Social Action

January is Human Trafficking Month. The Child Advocacy Center along with Fayetteville Alumnae Chapter Delta Sigma Theta Sorority, Incorporated will host a Human Trafficking Forum on January 23 at 6:30 p.m. The forum will take place at the Kiwanis Recreation Center at 352 Devers Street. Sorors human trafficking is still prevalent in North Carolina and Fayetteville. We need your support and hope to see you at this upcoming forum.



Soror Meta, Chair



Arts & Letters

Arts & Letters committee continue to promote the arts for FAC and the Fayetteville community.

January 13-The FAC Delta Birthday Bash in Crimson, Cream and Ebony has been **cancelled** due to lack of interest.

January 18- Red Velvet Book Club discussion led by Soror Evelyn Shaw. Floating World by C. Morgan Babst will be the topic of our discussion. Copies of the book are available at Barnes and Nobles. Ask for order for Janice Robinson. The cost of the book is \$26.95.

February 8-Suessical: The Musical will be held at the Cape Fear Theater. This is our Community Night. Please, purchase your tickets at the box office.

February 10-Fayetteville State is celebrating 150 years. The university is celebrating the event with a performance at Seabrook Auditorium by the Fayetteville Symphony. The guest artist will be soprano Angela Brown. The influence of African American music composed over the past 150 years. Send your payment to the chapter post office box or pay at the January E-board meeting. Please, sign up.

Cost: Adults-\$23.40

Seniors and Military \$20.00

Children \$9.00

February 17-At Fayetteville State University, the Arts Council will sponsor a film talk at 7 p.m. with Tichina Arnold of Martin and Everybody Hates Chris along with Director Wincome Sinclair who has worked with Spike Lee. Dr. Eric Mansfield will moderate the event.



FUNDRAISING

Save the Date

January 20, 2018

“Old School 70s Party”
Dress to Impress in your
70s attire

\$25.00

Cabaret Style

116 Chance Street
Fayetteville, NC 28301

Save the Date

June 2, 2018

“Crimson & Cream Affair”
Semi-formal/Formal
Dinner and Dance

\$65.00

Ramada Baymont Convention
Center

1707B Owen Drive
Fayetteville, NC 28304



Something warm
for these cold
days.

BEEFLESS STEW

Prep time: 30 mins

Cook time: 45 mins

Total time: 1 hour 15 mins

Serves: 6 to 8 (makes about 10 cups)

*Cooking With
Deltas*

INGREDIENTS

- 1½ large yellow or white onions, chopped into ¾-inch pieces (about 3 cups)
- 3 medium carrots, sliced lengthwise and cut into ¾-inch pieces (about 2¼ cups)
- 3 ribs celery, cut into ¾-inch pieces (about 1 cup)
- 2 medium portabella mushrooms, cut into ¾-inch pieces (about 4 cups)
- 1½ tablespoon finely chopped garlic (about 6 medium cloves)
- 5 cups water
- 2 pounds white potatoes, peeled and cut into ¾-inch chunks (about 6 cups)
- ⅓ cup tomato paste (half of a 6-ounce can)
- 1 tablespoon dried Italian herb seasoning
- 1 tablespoon paprika
- 2 teaspoons finely chopped fresh rosemary
- 1½ cups cooked peas (if frozen, rinse under warm water)
- ½ cup fresh parsley, chopped

INSTRUCTIONS

- Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onions, carrots, and celery, and cook, stirring frequently, for about 8 minutes, adding water as needed.
- Stir in the mushrooms and garlic, and continue to cook while stirring for 5 minutes more, adding water as needed.
- Add the 5 cups of water, potatoes, tomato paste, Italian seasoning, and paprika, and bring to a boil, uncovered. Reduce the heat to medium-low and stir in the rosemary. Cover and cook for 25 to 30 minutes, stirring occasionally, or until the carrots and potatoes are very tender.
- Add the peas and cook for 5 minutes more.
- Place 2 cups of the stew (broth and vegetables) into a blender, and blend just briefly. Stir the mixture back into the pot to thicken the stew. Stir in the parsley.

NOTES

Peeling the potatoes: I like to peel my potatoes before cooking them, but you can also leave the skins on.

Fresh rosemary: Fresh rosemary is wonderful in this stew, but if you only have dried, use ½ teaspoon.

NUTRITION INFORMATION

Serving size: ⅓ recipe (1.25 cups) Calories: 168 Fat: 0.7g Saturated fat: 0.2g Carbohydrates: 36.9g Sugar: 9.8g Sodium: 93mg Fiber: 7.5g Protein: 6.2g Cholesterol: 0g

*This recipe comes from Straight Up Food – Healthy Eating You Can Live With

Submitted by: Healthy Lifestyles



ΔΣΘ



Happy Founders Day 2018



EMBODI

Delta Academy



Join the
Fayetteville Alumnae Chapter

of
Delta Sigma Theta Sorority, Inc.
Arts & Letters Committee
Red Velvet Book Club
For a **GREAT** read and discussion
led by Evelyn Shaw

Thursday, January 18, 2018
6:00 p.m.

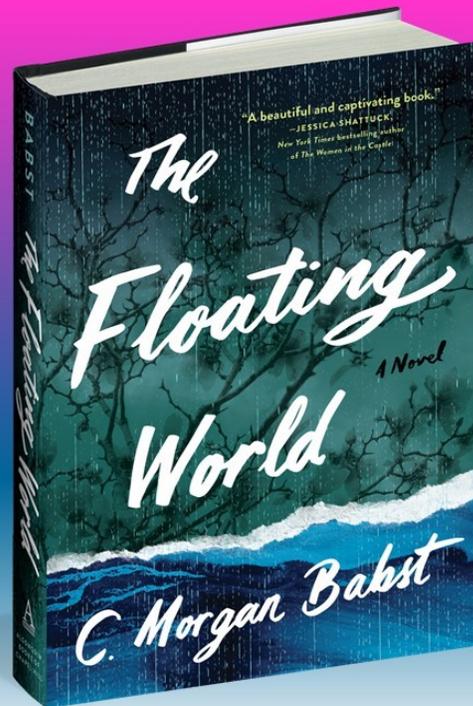
Scrub Oaks Restaurant
5708 Ramsey St. Fayetteville, NC
DUTCH TREAT
DOOR PRIZES

For additional information contact:
Janice Robinson @ 910-578-5551 or
or Franzetta Grandison @910-977-0608
www.fac.artsandletters@gmail.com

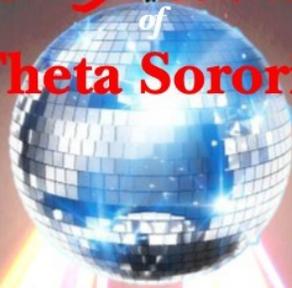


 [FAYALUMNAEDELTA](https://www.facebook.com/FAYALUMNAEDELTA)  [@FayAlumnaeDelta](https://twitter.com/FayAlumnaeDelta)

 [FAC.DSTInc](https://www.instagram.com/FAC.DSTInc)



Fayetteville Alumnae Chapter
of
Delta Sigma Theta Sorority, Incorporated



**Taking it Back to the Past--
An Old School 70s Party**

\$25

January 20, 2018

DJ

8 p.m.-12:00 midnight



Cabaret Style



VFW Post 6018

116 Chance St. Fayetteville, NC 28301



**Proceeds to benefit Scholarship,
Programs & Projects**



**2018-2019
Dues are Due**

**Deadline for all
dues is March
15, 2018**

Regular Members \$345.00
(National dues \$190 + Local \$145 + Per Capita \$10)

Golden Life \$155.00
(National dues \$0 + Local \$145 + Per Capita \$10)

Diamond Life \$155.00
(National dues \$0 + Local \$145 + Per Capita \$10)

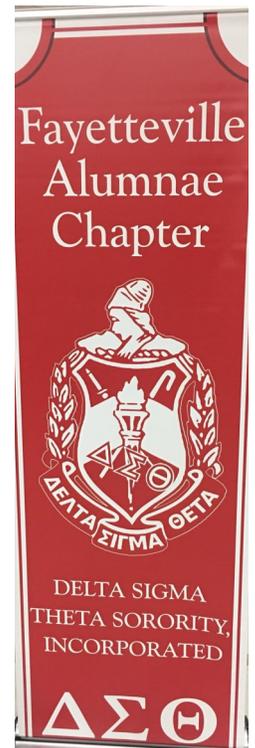




If you would like to receive non Delta information from sorors via our new Google Group - FACCOMM, please submit your name and email address to facwebupdates@gmail.com to be sent to join the group. We are no longer using FAC_Off Topic Group. Instructions on how to use the Google Group is below.

Accessing & Posting Information in FACCOMM Google Groups

1. Go to <https://groups.google.com> and sign in with your email address
2. On the welcome screen 
3. The next screen lists the groups you belong to; click on the group name you want to post to: FACCOMM
4. Click 
5. Complete Subject and write the content of your post in the "content space" white space
6. If you have an attachment or reference select  [Attach a file](#) [Add a reference](#)
7. After writing the content of your post, click the  button to send it
8. Happy Posting!!



Meet the Jabberwock Contestants



FEBRUARY 10, 2018

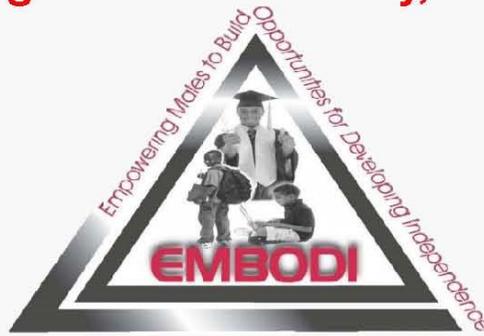
10:15 a.m. (at our monthly
meeting)

Introductions to
Fayetteville Alumnae Chapter's
2018-2020

lovely Jabberwock contestants.



Fayetteville Alumnae Chapter Delta Sigma Theta Sorority, Incorporated



Delta Sigma Theta Sorority, Incorporated

Empowering **M**ales to **B**uild **O**pportunities for **D**eveloping **I**ndependence is a signature program of Delta Sigma Theta Sorority, Incorporated. This program is designed to address the educational, social, and emotional obstacles that hinder the development of youth.

January 20, 2018



2:00-3:30 p.m.

Presents:

Writing for Success

Fayetteville State University
School of Business and Economics Room 145
1200 Murchison Road

**Presenters: Franzetta Grandison, Teresa Wright,
Toni Moore, Toni Howard**

**For questions or additional information, please contact
Toni Moore at 910-354-4928.**