

TOP STORIES
IN THIS
NEWSLETTER

The FAC EXPERIENCE

A monthly newsletter brought to you by: *Fayetteville Alumnae Chapter*
Vol. 5 Issue 5 February 4, 2019

- ◆ President's Message
- ◆ Protocol
- ◆ Reflections
- ◆ Membership
- ◆ Chaplain's Corner
- ◆ February Hostesses
- ◆ Healthy Lifestyles
- ◆ Adopt-A-Site
- ◆ Delta Lites
- ◆ Delta Academy
- ◆ Delta Gems
- ◆ Arts & Letters

*As always,
we are*

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



From Madam President

HAPPY FIRST SUNDAY! HAPPY VALENTINE'S DAY!

Thanks to Social Action Chair Meta A. Weaver Coaxum and all those sorors who attended and supported the Human Trafficking event entitled *Boys Are Trafficked Too* held at the Kiwanis Recreation Center January 24, 2019. It was a busy day, as Soror Janice Robinson and her committee held a Red Velvet Book Club event the same evening. Thanks to all who attended and supported that event. There was also a showing of the film "Chosen" presented by Soror Rene' Corders to a group of Swing Phi Swings in Hope Mills held the same day as the chapter meeting. Let's not forget the sorors who volunteered with the NC MedAssist Mobile Pharmacy Clinic last week. We celebrated our Founders Day, January 13, 2019, at Friendship Missionary Baptist Church. Whew! Members of Fayetteville Alumnae Chapter were busy in January, all in honor of our January efforts to celebrate our chapter's 65th Anniversary!

Thanks to all those sorors who joined me in helping North Carolina celebrate the founding of our most illustrious sorority, Delta Sigma Theta Sorority, Incorporated, by traveling to our capital city yesterday, for the North Carolina Founders Day! We almost had one hundred sorors registered (97). Way to go, Fayetteville Alumnae!

Pearls of Protocol should launch at the February chapter meeting. If you will recall, I mentioned last month we would have a "Did You Know?" moment being introduced on the agenda. The name has changed, but the concept remains the same. It will still be very brief, with various pertinent Delta topics.

The *Crimson and Cream Gala* is now upon us! If your tickets aren't sold yet, please get out there and get cracking. It would really be awesome if we could have a record turn out this year. We want to continue supporting our youth initiatives and proceeds from the gala help to assure that happens. All ticket money needs to be turned in by the next chapter meeting, February 9th. **Let's sell those tickets!**

As a reminder from the Financial Secretary, dues are now being collected. Please don't wait until the last minute to pay them. Remember, this is a National Convention year. You must be financial to register for the convention. Regular members must pay \$345, while Golden and Diamond Life members pay \$155. All money is due to Soror Waddell by Thursday, March 21, 2019.

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.



Protocol Committee

Code of Conduct, revised April 2018, pages 2-3 continued:

Believing in the worth and dignity of each human being, Delta expects each soror to recognize the supreme importance of the pursuit of truth, devotion to excellence, and commitment to social responsibility. Each soror is expected to live up to these ideals by embracing and adhering to the following ethical principles:

Δ Each soror shall refrain from using her membership in any manner that would be inconsistent with the Sorority's underlying principles

Δ Each soror shall maintain the confidentiality of all information deemed as such by the Sorority

Δ Each soror shall refrain from using the Sorority's property, including any derivative of its name, its symbols, and other trademarks and service marks, for personal and/or commercial use

Δ Each soror shall exercise sound business principles in conducting the Sorority's affairs



15th National President
Lillian P. Benbow
Delta Sigma Theta Sorority, Incorporated

*When I look at you, I see myself.
If my eyes are unable to see you as my sister,
It is because my own vision is blurred.
And if that be so,
Then it is I who need YOU.
Either because I do not understand who you are,
MY SISTER,
Or because I need you,
To help me understand who I am.*

Next Issue: March 3, 2019

Remember: Please, send articles, pictures, or announcements to email address only: **Facwebupdates@gmail.com** on or before **February 27**.

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



Membership Committee

The 2019 Chapter Directory will soon be completed. Yay!! Mark your calendar for the upcoming play on March 30. The time will be announced soon. We also have completed our cast with the signing up of the 15 sorors.

Thank you for your support of the membership committee.

Sisterly,
Melissa Diane Robinson-Ellis



Chaplain's Corner

"Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."
Matthew 5:14-16 KJV



With sisterly love,
Soror Barbara McCray Nubin, Chaplain

Hostesses for February



- *Gwen Brown
- *Delores Ingram
- *Doris Williams
- Yvette Bullard
- Tracey Howard-Glover
- Carolyn Winfrey
- Brenda Winfrey-Knox
- Ella McRae
- Brenda Rouse
- Kimberly Rouse-Hall
- Kendra Brown-Tucker
- Elnita Hayes
- Volnetta Jackson
- Erin White
- Antoinette Howard
- Gwen Henderson
- Monica Strange
- Meta Weaver Coaxum
- Sherron Evans

* Lead Hostess





Healthy Lifestyles

February is Heart Health Month



Serving the community is what we are all about! Thank you to the many Sorors (Gwen Brown, Bettie Burton, Brenda Freeman, Franzetta Grandison, Latiki Gray, Awilda Graham, Delores Ingram, Maxine Martin and Judith Waddell) who volunteered at the NC MedAssist Mobile Pharmacy event. It was a pleasure to help dispense over-the-counter medicines to the under insured and uninsured members of our community.

The next **Walk and Talk** will be Saturday, February 16th at Cross Creek Mall. We meet in the Food Court at 8:30 a.m. and walk for 1 hour. Water and snacks are provided at the end. Please **wear red** in support of Heart Health Month.

Popcorn is a great heart healthy snack...not the greasy tub you get at the movie theater which could contain as many as 1200 calories, 79g fat and 1300 mg salt. *Smartfood* popcorn and Orville Redenbacher's *Smart Popcorn* are better options, but still have high caloric and salt content. Microwave popcorn is laced with Perfluorooctanoic acid, which is toxic and a carcinogen that stays in your body when consumed. The best cooking methods: 1. Stove top - Add 1 tbsp. of oil to a small pot and put on a medium heat. Add 3 tbsp. kernels, cover and cook for about 3 minutes or until you no longer hear popping. This will give you about 4 cups at about 240 calories and 12 g of fat. Add some seasonings of your choice and spray with some vegetable oil to increase the flavor; 2. Air-popped - Add 3 tbsp. kernels to the machine and 2 minutes you have crispy kernels. If you enjoy this without added butter, you're only eating 120 calories with no fat. Spray some vegetable oil over the popcorn, add sea salt or other seasoning for more flavor with only a few more calories; or 3. Paper bag - Take a handful of kernels and place in a small lunch paper bag. Fold over the top, lie flat in the microwave and cook on high for 3 minutes, just until the popping stops. Add some vegetable spray, salt or any spice you like such as parmesan cheese, garlic powder, curry powder or red pepper flakes! Prepare your popcorn one of these heart healthy ways and snack away!

Information from Nutrition and Dietetics

Walk and Talk
Fitness and Fellowship
3rd Saturday of Every Month



The next Walk and Talk will be at

**Sending You
Some
DELTA LOVE!**
LayoutsMania.com



Delta Lites

Delta Lites thank you for continuing to serenade our chapter members with your beautiful voices. Please, be prepared to sing the Sweetheart Song at our monthly chapter meeting.

Soror Sharon McNair

Adopt-A-Site



Adopt-A-Site

We will not be cleaning up around the train station until further notice. This is due to the construction of the new baseball stadium. Please stay tuned for updates.

Soror Nicole Spivey



Reflections

By Soror Gwen Brown

New Year Wishes

by Frances Ridley Havergal

What shall I wish thee? Treasures of earth?
Songs in the springtime? Pleasure and mirth?
Flowers on the pathway? Skies ever clear?
Would this ensure thee? A Happy New Year?

What shall I wish thee? What can be found
Bringing thee sunshine, All the year round?
Where is the treasure, Lasting and dear,
That shall ensure thee, A Happy New Year?

Faith that increaseth, Walking in light;
Hope that aboundeth, Happy and bright;
Love that is perfect, Casting out fear;
These shall ensure thee, A Happy New Year.

Peace in the Saviour, Rest at His feet,
Smile of His countenance Radiant and sweet,
Joy in His presence! Christ ever near!
This will ensure thee, A Happy New Year.

Again Happy New Year my dear sisters. Take time to wish your sisters a blessed and prosperous new year. Show some Delta love today and always.



Delta Academy

Delta Academy girls, Brooklyn DeJournette and Sahara Griffith

were part of The Best Christmas Pageant Ever cast. The Academy attended the play in December.

Brooklyn DeJournette, is also in the cast of ANNIE.

Delta Academy will attend the play Annie on Sunday February 17, 2019, 2:00 p.m. Tickets are \$18.19. If you wish to join us, please let me know.

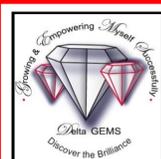
I would like to have a tentative headcount for seating. Text or call 910-797-5215. On February 16, Delta Academy will be attending the STEM Expo at Fayetteville State University.

We will continue to collect items to fill comfort kits for The American Red Cross and make fleece tie blankets for The Child Advocacy Center.

We hold meetings on Mondays (dates are TBA) from 6:00- 7:00 p.m. at the Kiwanis Recreation Center.

We are looking for young ladies, of middle school age, to join our group. Please submit names and numbers to Soror Awilda Graham.

Loveniece54@gmail.com or 910-797-5215.



Delta GEMS

Delta Gems will meet on the 3rd Saturday of the month from 11:00-1:00. The location is TBA.

CHAIR-Yvette Carson



Arts & Letters Committee

January 19 and January 22, Fayetteville Alumnae Chapter viewed the Red Carpet movie, *If Beale Street Could Talk* on two occasions. *The first viewing was on Saturday, January 19, 2019 at AMC Market Fair 15 Theater at 5:00 p.m. The cost was \$8.55. Forty-two Deltas and twelve guests attended this showing. *The second viewing was \$5 Tuesday, January 22 for the Silver Movie Goers (Delta Dears and senior guests who prefer to attend an early show) at AMC Market Fair 15 Theater at 11:20 a.m. The cost was \$5.35. Twelve Delta Dears and three senior guests attended.

On January 24, FAC Red Velvet Book Club met and the discussion was remarkable. The discussion led by Soror Evelyn Shaw, on *Barracoon* by Zora Neale Hurston was both enriching and enjoyable. This masterpiece walked us through the legacy of the main character Cudjo Lewis retelling experiences of his life during and after slavery. This award winning author's story, based on history was the backdrop of a lively discussion of events and character types that brought emotions of mostly sadness and a bit of humor. Hurston's style projected the realism to this narrative. The sorors, which numbered eight, and three guests, surely appreciated the excellent discussion generated by the story itself, the generous and unique prizes donated by Soror Shaw, and the warm fellowship of this evening's gathering.

SAVE THE DATES

March 8 - Bring books to swap with sorors for the Sisterly Book Exchange before and after our monthly chapter meeting.

April 18 - The Red Velvet Book Club will discuss *Becoming* by Michelle Obama. Please sign up, so a venue can be reserved.

May 17 - Red Carpet play *Memphis* at the Cape Fear Regional Theater. (More details to follow)

Submitted by Soror Janice Robinson, Chair and Soror Franzetta Grandison, Co-Chair



Happy Birthday
February
Sorors



Check out this easy recipe to start your day off right.

Cooking With Deltas

HARVEST LOAF

Are you looking for a meatless dinner for Lent? Well, this recipe might be the one. It really tastes great with other strong robust flavored ingredients.

HARVEST LOAF

4 Eggs

1 bag - Veggie Meat Crumbles

2 cups - Cheddar Cheese

1 tsp - Garlic Powder

6 slices - Bread (wheat or white)

1- Onion (chopped into very small pieces)

1 stick - Butter

1 tsp - Sage

½ cup - Ketchup

½ cup - Brown Sugar

½ cup - Water

Directions:

Preheat oven to 350

Toast 6 slices of bread and break into really, really small (dime-size) pieces.

Sauté the onions in the butter (on low heat so all the butter doesn't evaporate); add the bread pieces.

Combine the meat, bread, onions, eggs, cheese, sage and garlic powder.

Put in a 9x13 pan.

Make the topping by missing the ketchup, brown sugar and water in a small saucepan.

Heat to a boil and continue cooking until slightly thickened. Pour over loaf.

Bake at 350 degrees for 30 minutes or until the edges are browned.



FAC Program & Projects Donation Tree 2018-2019 Sorority Year



Debra B.
Figgins

Bettie J.
Burton

Joyce
Moreaux

Nina Rene'
Corders

Willie
Johnson

Sylvia
McPherson

Cleo
Washington

Judith P.
Waddell

Victoria C.
Rush



DELTA SIGMA THETA SORORITY, INCORPORATED
FAYETTEVILLE ALUMNAE CHAPTER

Presents

A Crimson & Cream Affair

Excellence in Service

Gala

★ Tickets: \$75 per guest ★

Iron Mike Conference Center

2658 Reilly Road, Fort Bragg, NC



FOOD | DRINKS | LIVE BAND

FEBRUARY 23, 2019 | DOORS OPEN AT 6PM

For additional information, contact FAC.FUNDRAISING@gmail.com



2019-2020 Dues are Due

**Deadline for all
dues is
*March 21, 2019***

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)





A Royal Experience

**Scholarship Contestant
Interest Meeting**

MARCH 16, 2018

10:00 a.m.—12 p.m.

**Transit Center Community
Room**

505 Franklin Street

Fayetteville, NC 28302

Free



Volunteer Application and Release of Liability

Please Print

Name/Group Name: _____ Phone: _____
 Address/City/State/Zip: _____
 Email: _____ Birthday: ___/___/___
 Emergency Contact Name: _____ Phone: _____

EMPLOYMENT HISTORY

Currently employed at: _____ Title: _____
 Retired from: _____ Work Number: _____
 Student at: _____
 Other: _____

Volunteer Experience (include current and previous activities/organizations)

Why do you want to volunteer with Second Harvest Food Bank of Southeast North Carolina?

Have you ever been convicted of a misdemeanor or felony? Conviction is not an automatic barrier to volunteering with Second Harvest Food Bank. If so, please explain:

How did you become aware of volunteer opportunities at Second Harvest Food Bank?

- | | | | |
|--|--|--|------------------------------------|
| <input type="checkbox"/> Friend | <input type="checkbox"/> Housing Agent | <input type="checkbox"/> volunteermatch.org | <input type="checkbox"/> Newspaper |
| <input type="checkbox"/> Workplace | <input type="checkbox"/> Church | <input type="checkbox"/> Habitat for Humanity | <input type="checkbox"/> Radio |
| <input type="checkbox"/> Speaking Engagement | <input type="checkbox"/> TV | <input type="checkbox"/> Court/Judicial System | <input type="checkbox"/> Other |

Is there any medical history we should be aware of in case of an emergency?

INDICATE YOUR AVAILABILITY:

- Monday 8 AM - 12 PM 12:30 PM - 3:30 PM
 Tuesday 8 AM - 12 PM 12:30 PM - 3:30 PM
 Wednesday 8 AM - 12 PM 12:30 PM - 3:30 PM
 Thursday 8 AM - 12 PM 12:30 PM - 3:30 PM
 Friday 8 AM - 12 PM 12:30 PM - 3:30 PM
 Weekends Available on occasions
 One Saturday per month: 8 AM - 12 PM & Special Events

VOLUNTEER PLACEMENT DATA:

- Warehouse: general sorting food distribution re-packing
 Office Work: general filing mailings spreadsheets
 Agency: courtesy call internet research monitoring visits hunger study
 Donations: fundraising food drives price soliciting hosting food drives
 Events: HOC golf tournament bowl-a-thon open house agency conference
 Other Areas: landscaping maintenance grant research mobile food pantry community garden

RELEASE OF LIABILITY:

Being the undersigned individual, I acknowledge that I will be engaged in volunteer service in the form of special events, warehouse, office, and related duties for the Second Harvest Food Bank of Southeast North Carolina (SHFB). I agree to perform volunteer duties to which I am assigned to the best of my ability and in a professional manner. I am aware that volunteering at the SHFB involves certain risks, which may include bodily injury and property damage. Therefore, I acknowledge and agree as follows:



GENERAL RULES & GUIDELINES:

SHFB maintains a strong policy of providing equal volunteer opportunities. We recruit, accept, train, promote, and dismiss volunteers on the basis of personal competence and position performance, without regard to race, creed, color, religion, sex, sexual orientation, age, marital status, or handicap.

It is extremely important to adhere to the following rules in order to be a part of a healthy and safe environment.

- Volunteers must enter and leave through the front door.
- Volunteers must sign in when they arrive and sign out when leaving.
- Follow the instructions of your supervisor and SHFB staff.
- Please do your best to make a courtesy call 24 hours in advance if you are unable to keep your commitment, especially when volunteering for special events or shifts.
- Dress is expected to be appropriate. Nothing that may be a safety hazard will be permitted (i.e. loose fitting clothing or jewelry, open-toed shoes, sunglasses).
- Coats and personal belongings must be hung in designated areas or lockers if available (SHFB is not responsible for lost or stolen items.).
- No eating or drinking in the warehouse, except for the break room or outside.
- No cell phones or MP3 players in the warehouse.
- No volunteer may report to SHFB under the influence of alcohol or any other mind altering drug or substance.
- Smoking is only allowed outside in areas 25 ft. from the building.
- No personal phone calls. Phones are available for emergency use only.
- Theft will result in immediate dismissal and potential legal action.
- No forms of harassment will be tolerated. SHFB is committed to providing a work environment where all individuals can work together comfortably and productively, free from all forms of harassment, sexual or otherwise.
- Behave in a safe and responsible manner. Rude and insubordinate behavior toward SHFB staff or other volunteers will not be tolerated.
- Any issues that arise that your supervisor cannot address will be addressed by a department manager.
- Access to the ASPIRE Resource Center cannot be granted until after volunteer service is completed for that day.

RELEASE:

The SHFB is not responsible for any accident, injury, damage, loss or liability incurred by me, while volunteering services for SHFB or as part of a SHFB project. I agree not to hold SHFB and its former or current directors, Board of directors, employees, agents, predecessors, successors, assigns, representatives, attorneys, subsidiaries, and affiliates responsible for any and all liability, lawsuits and/or claims which may arise from or otherwise be connected with a SHFB project or volunteer service, including but not limited to any physical injury, or other injury or damage to me or my property, whether occurring on or off the premises owned or operated by the SHFB. I acknowledge that I will take part in heavy lifting up to 50 pounds.

INSURANCE:

I understand that SHFB has limited medical liability insurance. I am solely responsible for ensuring that I have adequate coverage for any injuries or damages sustained by me while volunteering with the SHFB.

PHOTOGRAPH / AUDIO VISUAL RELEASE:

I agree that the SHFB may photograph me and/or record my voice and image, (collectively, "image") and use my image and/or statements for advertising, publicity, display, publication or other promotional purposes. I agree that the SHFB shall have the unrestricted right to choose the media (print publications, television, radio, Internet, other media) for display of my image. I warrant that I have not limited the use of my photograph, voice and/or name to the use of any organization or person.

I certify the information provided is accurate and complete.

I understand and agree to the above terms.

I, parent or guardian, understand and agree to the above terms on behalf of the applicant (if under 18).

Volunteer Signature/Parent Signature

Date

Name of child, if under the age of 18

Name of child, if under the age of 18



Walk and Talk
January 2019





Founders Day
Friendship Baptist Church
January 2019





Boys Are Trafficked Too Seminar
January 2019



Friendship Baptist Church 2019





MedAssist January 2019





Red Velvet Book Club





Delta Academy
Best Christmas Pageant Ever
December 2018





2nd Harvest Food Bank





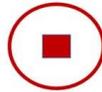
Martin Luther King Breakfast
January 2019





New Year! New Resolutions! Let's make this a year to focus on wellness and self care. The Stop-Start-Continue inventory is a simple tool too!

DeltaCare



Stop



Start



Continue

PERSONAL INVENTORY

Let's take a moment to consider our physical and emotional wellness and answer the question: *What behaviors do I want to stop, what behaviors do I want to start, and what behaviors do I want to continue in order to achieve better wellness?*

The items you list do not have to be difficult, just specific. Think of at least one manageable action item that may be step one of a larger goal. Goals are better achieved when they are documented, shared, and accompanied with support. After you have completed the inventory, identify and discuss your goals with your "Accountability Soror(s)". Make a commitment to check in regularly to share success, potential obstacles, and give and receive encouragement.

 **List a behavior related to your wellness you would like to stop:**
(What are things that exhaust you, overwhelm you, or cause feelings of resentment?)

 **List a behavior related to your wellness you would like to start:**

 **List a behavior related to your wellness you would like to continue:**
(What is something you do that brings you joy?)

My Accountability Soror(s)

Name(s)

Phone #

Our check in dates are:



Delta Sigma Theta Sorority, Incorporated cares about your mental health. Here's a reminder from our Delta Care initiative. Remember to C.H.E.C.K. on each other. We challenge you all to "check" on someone you haven't seen in a while.

Take **C**are of yourself and one another, including the strongest who may not appear to need it.

#DELTA CARE

Find ways to **H**elp sorors who are facing challenges before they have the chance to ask.

#DELTA CARE

Educate yourself on the signs and symptoms of depression.

#DELTA CARE

Consider **C**ounseling to help navigate difficult situations and feelings.

#DELTA CARE

Be **K**ind to each other. You never know what someone might be going through.

#DELTA CARE

ΔΣΘ



Fayetteville Alumnae Chapter
2018