

Central Arkansas Alumnae Chapter, (501) 261-1650

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President's Message: The Last Words of President Robertson

Ah ha, did you hear thatI took a breath, another and I exhaled. I am sitting at my desk writing this article sipping mint flavored tea thinking about the "grand old time" I have had serving as the third President of the Central Arkansas Alumnae Chapter (CAAC) of Delta Sigma Theta Sorority, Incorporated. There were certainly times when I wanted to throw up both my hands and say, "I give up." Then of course my innate sense kicked in and I decided that I would not be "defeated."

Alas, this sudden second wind did not come without challenges. Over-extended and discouraged that was me on some days and some situations. However, it was the little things that made the difference and reminded me of the Psalmist, "No good thing will he withhold from them that walk uprightly." My eyes were open, faith restored and my attitude adjusted by the awe of working and learning from the intellectually stimulating members of CAAC.

We have experienced many things together. Such things as the growth of the chapter, a Founders Day celebration with one of the most celebrated former National President's of our illustrious sisterhood – Marcia Fudge; a chapter website and numerous successful fundraisers.

Now it is time to start anew. As much as I like old things and tradition, I love new beginnings! I just like the start of something new with promise and possibilities. Many have ask what are you going to do next. My reply, "Sit back relax, observe and learn." Daily I am reminded of how blessed I am to have God in my life, a family and each of you my sisters.

Soror Marian Wright Edelman wrote, "*We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.*" This is my mantra.

Do not dwell on what I as a leader did or did not accomplish but concentrate on what it is you can do and the rest will be added unto you.

I love each of you.

Sisterly,

Latriana Hairston-Robertson

CAAC Reminders

- Δ Riverfest outing with members May 27, 2006 (meet at noon)
- Δ Chapter picnic June 17, 2006 at Kensington Park in LR at 11a.m.
- Δ Dues renewal after June 30 will incur a \$15 reinstatement fee
- Δ National Convention July 27 – August 2, 2006
- Δ Chapter round-up August 26, 2006
- Δ Statewide Meeting Feb. 16-18, 2007 in Arkadelphia



Rolling Out the Red Carpet for You

By: Charmaine Betty-Singleton

"Rolling Out the Red Carpet for You", was a Healthy Lifestyle Initiative event sponsored by Delta Sigma Theta Chapters in Arkansas Cluster II and the American Heart Association. The event took place Saturday, April 1, 2006 at the UALR Donaghey Student Center. The event was a great learning experience for all who were present. Attendees enjoyed a morning of fellowship (Tea Party), health education (information provided by several speakers) and fun (a fashion show celebrating women).

The event started with an inspirational message and heartfelt welcome. Then Sorors with professional

training in the areas of physical fitness, nutrition and medicine provided timely information on Healthy Lifestyles, Healthy Eating and Healthy Hearts. The presenters were followed by a Heart Attack survivor. Her message was powerful, given the fact she had her first heart attack in her early twenties and has had several attacks in the last five years. Her message showed us the saving grace of God and the dedication it takes to change one's outlook on life. The survivor now incorporates healthy eating and exercise into her daily routine.

After a short intermission, the audience was mesmerized by the beautiful women in red, who strutted their stuff

on the red carpet. Women of all ages participated in the fashion show and were truly a sight to behold.

The event ended with fellowship as people enjoyed tea and cookies, while talking to one another and viewing displays of information concerning other heart attack survivors.



By: LaCresha Newton

On April 18, 2006, the Central Arkansas Alumnae Chapter of Delta Sigma Theta Sorority, Inc. hosted "Intimate Apparel" at the Arkansas Reparatory Theater. Guests were greeted with a smile and an invitation to enjoy drinks and heavy hors' d'ervs as they presented their tickets to hostesses at the door. Before the start of the play, guests browsed through items of the silent auction, viewing several of the 54 items up for bid. Items consisted of donations from Greek

Intimate Apparel

4 Life, Sim's BBQ, Solemates, Chili's Bar and Grill and a host of other local vendors. There was certainly a little something for everyone!

The play, a story about Ester, a seamstress who finds love through letters, was definitely enjoyed by all. Ester eventually meets and marries her secret admirer, only to discover later he was not the man he portrayed to be in the letters.

Guests expressed how much they enjoyed themselves as they exited the theater.

The proceeds from the play directly benefit the chapter's scholarship fund, programs and other selected activities.

The Arts and Letters committee proudly announce it generated over \$4,000 in profit from this year's fundraiser. The Committee and the chapter are to be commended on their efforts -- "where there are sisters working together toward one common goal, there's bound to be a successful outcome!"



Soror Danielle Haynes and Nikki Smith serve hors' d'ervs with a smile.

Delta Academy/G.E.M.S. Career Day

By Claudette Barbee

"When I grow up, I want to be..." was the topic for our Delta Academy-Delta GEMS Career Day on Saturday, April 22, 2006 at the Sid McMath Library, Little Rock, AR. The event featured many African American women in a broad range of careers like Psychology, Physical Therapy, Forensic Biology, Engineering, Medicine and Military.

Soror Meredith Camille Mack offered a wonderful greeting to everyone at Career Day. She expressed to each young person present that the knowledge each presenter invest into them would reap great dividends, but only if they each remember and one day reach out and bestow the same opportunity to another young person. Dr. LaTanya Lofton continued with a great motivational message encouraging each young lady to dream big. She stated "the only thing stopping you from succeeding is you" and stated four things they must do to help them reach their goals: 1) Believe in yourself; 2) Write down your goal; 3) Be optimistic and 4) Align yourself with people who can help you. This emotional presentation was followed with the entire

audience singing along to Donnie McClurkin's "Yes You Can."

Soror Dorisene Wallace Hill introduced each presenter to the young ladies, listing their areas of expertise. She expounded on the importance of the young ladies visiting each table to gain all the knowledge and information available. The presenters enlightened the young ladies on the many career opportunities available to them in today's workforce. Each presenter created an interactive atmosphere in which the young ladies received "hands-on-experience" of the career work environment. The presenters offered "Tools of the Trade" and many other one-on-one experiences, giving true insight into the careers highlighted. The young ladies received Interview Tips and were given the opportunity to participate in Mock Interviews. The day was fun and informative.

After brief closing remarks and presentations, the young ladies mingled with Central Arkansas Alumnae members and each other. After all was said and done, participants left with full minds and hearts, knowing that selecting the right career is important. After all, it's more than just a job, it's a career.

Ronald McDonald House

By Claudette Barbee

"Salad anyone?" Yes, that's right—salad. On April 24th, Central Arkansas Alumnae Chapter hosted a "Build Your Own Salad Meal" for families at the Ronald McDonald House. CAAC members work together to prepare a healthy meal consisting of spinach leaf, rotisserie chicken, cheese, veggie tray, cheese bread sticks and desserts.

The Arkansas Ronald McDonald House, an independent, non-profit organization dependent upon fund-raising efforts, memorials and donations, offers a home-away-from-home for families in traumatic times. They service families of children undergoing treatment at Arkansas Children's Hospital and adults and adolescents receiving outpatient treatment at local cancer facilities.

The assistance provided, however small by CAAC members, is truly appreciated by the families in their time of need. This small effort made on our part is a comfort to the families. The occupants really seem to

enjoy the meal, and this small act of kindness brought smiles to many faces. As we mingle with the guests, they share tidbits of their experiences at RMH and are able to relax and enjoy the fellowship.

This project helps a diverse group of people and is a great service to the community. Hats off to those CAAC members who participated in the Ronald McDonald House program during the 2005-2006 year.



Attorney shares information with Academy members.



A career day presenter gives information to participants.



A participant learns about the military.



Soror Danielle Hinton helps prepare dinner.





International Day of Enlightenment “Jeans and Jewels”

By Claudette Barbee

Slip into your favorite “Jeans” and don’t forget your “Jewels” while you join Central Arkansas Alumnae Chapter of Delta Sigma Theta Sorority, Inc. for an afternoon of fun, relaxation, and information. No Jeans, No Jewels!—don’t despair, come as you are, or...Denim and Diamonds if you dare!

“Jeans and Jewels” was the theme of the day as CAAC celebrated International Day of Enlightenment on Saturday, April 29, 2006 at the Dee Brown Library, Little Rock, AR. International Day of Enlightenment highlighted the health of Black Women. This year’s theme “Jeans and Jewels” was an invitation to all, the young and those who have lived to become diamonds through experience and knowledge, to listen as

members of the medical profession presented information on health issues that affect women of today.

Dr. Karen Webb Crowell, Pinnacle Family Medicine, P.A., spoke on Women’s Health and our need to take better care of our health. Points of discussion included the importance of yearly PAP examinations and visits to your family health provider. Proper screening of your cholesterol, high blood pressure, breast exams, and testing for diabetes were identified as areas women should monitor. She stated early detection is the key factor in preventive medicine. The afternoon stayed on track as Ayanna Woods, RN gave a personal testimony on the dangers of stress. At a young age with no known health issues, Ayanna had a heart attack or “a spasm” in medical terminology. The blood flow to her heart muscle slowed

for 15 to 30 minutes or longer causing damage to the heart muscle. Today Ayanna says she takes her health serious and tries to avoid high doses of stress in her life.

The discussion for the afternoon ended on the topic of relationships and how we each must first develop a healthy relationship with our higher power before establishing other relationships. We must try to surround ourselves with positive relationships and remove ourselves from relationships that are traumatic to our mental health. Healthy relationships lead to healthy lifestyles and have positive effects on our mind, body and spirit. The event closed with food, fellowship and a greater appreciation of our health.

DELTA SPOTLIGHTS SOROR AMINAH EDDINGS

By: Angela Austin

Soror Aminah Eddings was born in Atlanta, GA. She is the oldest of five children—one sister and three brothers.

She received her Bachelor of Art degree in Middle Grades Education from Clark Atlanta University.

Aminah is employed by the Little Rock School District as a homebound teacher.

She enjoys rendering community service through her affiliation with the Junior League of Little Rock.

Soror Eddings was initiated into the Little Rock Alumnae Chapter of Delta Sigma Theta Sorority in the spring of 2002.

She has served on the Arts and Letters committee of CAAC. Aminah has taken an active role in the chapter to assist in any way possible.

Soror Eddings says *“I’m on a journey and each day I learn a little more about myself.”*

Movie Night at the RAVE

By Angela Austin

Sorors gathered for an evening of suspense and action at the Rave Movie Theater. Upon arrival, members purchased the usually popcorn, candy and drink and headed to theater 11 to view *The Sentinel*. The rated PG-13 movie directed by Clark Johnson and cast with Michael Douglas, Kiefer Sutherland, and Kim Basinger included some intense action violence and a scene of sensuality.

In the movie, Pete Garrison (Michael Douglas) is the most decorated agent in the history of the Secret Service – the president's last line of defense. But now, wrongly suspected of targeting the president for assassination, Garrison has become the Service's worst nightmare. As

he uses his formidable skills to try and prove his innocence and find the real assassin, Garrison is tracked by his equally adept former protégée.

All who attended will agree the movie kept them on the edge of their seats. What better way to utilize leisure time than a good ole movie.



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 Jennice Haynes - Recording Secretary
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DST Mission

Delta Sigma Theta Sorority, Incorporated is an organization of college educated women committed to constructive development of its members and to public service with a primary focus on the Black community.