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President's Message:

Greetings Sorors!

Where has the year gone? According to the calendar, we only have two weeks until Thanksgiving. Two weeks before to enter that season of high stress, lots of spending, and my favorite . . . lots of eating!

As the holiday quickly approaches and we start contemplating all the things in our lives for which to give thanks, here are some key words to help in the process:

Time: Set aside time for quiet refection and meditation. It is tempting to rush around trying to meet deadlines, get all our holiday shopping done, prepare meals for out-of-town or in-town family and friends, but remember to replenish your soul and spirit by taking quiet time for you.

Thought: Give thought to the many blessings you have. Sometimes we focus so much on what we want to achieve or get next that we forget to appreciate what we already have.

Generosity: Be giving to those who are less fortunate and be joyful for those who have more than us. It is tempting to be envious of those who have more than us, but if we focus on giving to those who don't have as much, our spirits tend to get full and we feel happier with ourselves.

Ask: Ask friends and family what they are thankful for. When we hear the many things that others are thankful for, it reminds us of some of the smaller things in our own lives for which we may forget to give thanks.

Acknowledge: Tell those whom you love how thankful you are to have them in your life!

With that being said, know that I love you all and am thankful to have you as my sisters.

Happy Thanksgiving!

Love,

Erica Jenkins
President

CAAC Reminders

- Δ Chapter meeting **Nov. 10** at the PCA Office 11:00 a.m.
- Δ Continue selling Santa Letters
- Δ National 2nd VP, Eunique Jones, will be at Philander Smith College on **Nov. 17**
- Δ Thanksgiving Brunch with Delta Academy/GEMS **Nov. 17** from 12-2p at Pilgrim Hill Baptist Church 1820 Wolfe St. Little Rock
- Δ Book Club meeting **Nov. 18**, 4 pm at The Laughing Moon Café 722 N. Palm St. in Little Rock
- Δ Ronald McDonald House lighting ceremony **Dec. 4** at 5p
- Δ Chapter Christmas Party **Dec. 7** at Johnny Carino's in West Little Rock 7p
- Δ Founders Day **March 22, 2008**, 22nd National President Gwendolyn Boyd will speak. Location and time TBA.



Delta Spotlight Ingrid D. Bolton

By: Angela Austin

Soror Ingrid Danielle Bolton was born July 3 in El Dorado, Arkansas to Richard and Lola Moore. She has eight other siblings.

She received her Bachelor of Arts degree in Human Service from Arkansas Baptist College. Ingrid is currently pursuing a Masters of Criminal Justice and has one semester of classes remaining.

Soror Bolton is the Assessment and Referrals representative for Rivendell Hospital.

Soror Bolton was initiated into the Tau Pi Chapter.

Ingrid exercises five to six days a week and enjoy shopping when she is not busy completing school assignments and job duties. She is happy to boast a loss of 44lbs over the course of this year.

Soror Bolton's motto is: *"It's all about being happy."*

The Red Hot Readers

Meeting: November 18, 2007

Time: 4:00 – 6:00 p.m.

Location: The Laughing Moon Café at 722 N. Palm St. in LR

Book: *The Audacity of Hope: Thoughts on Reclaiming the American Dream*
By Barack Obama

For more information contact:

LaQuita Neal (501) 960-0789

Thanksgiving Day History

By: Courtesy of Wikipedia

On Wednesday, December 4, 1619, a group of 38 English settlers arrived at Berkeley Hundred, about eight thousand acres (32 km²) on the north bank of the James River near Herring Creek in an area then known as Charles Cittie about 20 miles upstream from Jamestown, where the first permanent settlement of the Colony of Virginia was established on May 14, 1607.

The group's charter required that the day of arrival be observed yearly as a "day of thanksgiving" to God. On that first day, Captain John Woodleaf held the service of thanksgiving. Here is the section of the Charter of Berkeley Hundred which specifies

the thanksgiving service:

"We ordain that the day of our ships arrival at the place assigned for plantacon in the land of Virginia shall be yearly and perpetually kept holy as a day of thanksgiving to Almighty God."

Berkeley Plantation continues to be the site of an annual Thanksgiving event to this day.

Have a Happy Thanksgiving!



Standing Together Standing Strong

By: Claudette Barbee

Delta Sigma Theta Sorority, Inc. was well represented in the 14th Annual Susan G. Komen Arkansas Race for the Cure on Saturday, October 20, 2007 in downtown Little Rock, AR. Over 50 members of Delta Sigma Theta from Central Arkansas Alumnae, Little Rock Alumnae, Lambda Upsilon and Mu Kappa walked together in unity as they "Stepped for a Cure" in the fight against breast cancer.

The magic happened as this year's race theme: "Standing Together, Standing Strong" was edified in our area participants as they walked to celebrate life and make a difference in the fight against breast cancer and strive to achieve the Komen mission. Survivors were celebrated as over 45,330 participants and \$1.65 million dollars were raised to assist in the eradication of breast cancer through research, testing and care. One in eight women will be stricken with breast cancer in her lifetime. Funding raised during the campaign will assist the Komen Arkansas Affiliate in funding education, screening and treatment programs for women currently battling the disease and thousands of others in our community. The funds will also support the national search for a cure.

The Komen Race for the Cure is the largest 5K run/walk in the world. The program has

grown significantly over the years and one of its new facets is the Save a Life...**"Because I Care"** program.

In Arkansas, one mammogram costs an estimated \$150. One mammogram can save a life. **Because I Care** is a fundraising program that allows everyone to take an active role in the fight against breast cancer. Central Arkansas Alumnae Chapter (CAAC) had a fundraising goal of \$150.00 in the **"Because I Care"** campaign. Not only did CAAC reach the goal, but we doubled it.

Team CAAC achieved a total of \$350, which will assist in possibly saving two lives in the fight against Breast Cancer.

Arkansans are determined to make a difference in the breast cancer statistics through the Komen Arkansas Race for the Cure and Delta Sigma Theta Sorority, Inc. is on board. Let us continue to support our community in the fight against breast cancer as CAAC "Steps for a Cure" in the 15th Annual Race for the Cure, Saturday, October 18, 2008 in Little Rock.

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Come Grow With Us!
www.caacdeltas.org

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.