

Central Arkansas Alumnae Chapter, (501) 261-1650

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## President's Message

*"Where two or three come together in my name, there am I with them."*

*Matthew 18: 15-20*

*Those that meet you will most likely not forget you, but how you are remembered is your choice.....*

Ladies, welcome back. It is so wonderful to behold your beauty and an honor to begin another sorority year with each of you.

I suspect many of you are bubbling over with anticipation and excitement due in part to the information gained as a result of your attendance during the Southwest Regional Conference held in Little Rock.

Let the programming begin today Saturday, September 10, 2005 as we embark on a journey to tailor and approve programming and projects that will empower the community and strengthen our partnerships.

There are many new initiatives and activities proposed for this calendar year that will be successful because of your input. The new initiatives - *Healthy Lifestyle Changes, Financial Fortitude and Delta Gems* are just a few of the exhilarating and rewarding activities endorsed by the National Program, Planning and Develop and Finance Committee's.

Many thanks to those of you who have accepted the challenge to serve Delta Sigma Theta Sorority, Inc and the Central Arkansas Alumnae Chapter (CAAC) as an elected, appointed and or member. Your input is very valuable to the growth of CAAC.

Amid the fun and festivities, we should remember those who founded Delta Sigma Theta Sorority, Incorporated. They strived for excellence for themselves but more importantly for their community.

Now it is your turn. Most recently many of our brothers, sisters and neighboring communities were devastated by the effects of the hurricane "*Katrina*," some, physically, financially and mentally.

Please solicit God in your time with him to provide, comfort to the multitude that have experienced lost due to the hurricane. Additionally, ask him for guidance in how you can assist one or more of these individuals.

Sisterly,

Latriana Robertson

## CAAC Announcements

Δ **Delta Academy/Delta GEMS:** The kick-off will take place Saturday, October 15, 2005 at Dee Brown Library on Baseline, Little Rock. For more information, contact Venus Hawkins, Chair PP&D at 501-407-0880.





**The Red Hot Readers**

Meets: Every 4th Sunday of the Month

Time: 6:30-8:30p.m.

**For More Information Contact:**

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Deltas from Cluster II gather to weigh-in for the Lose to Win competition.



Sorors from CAAC prepare for Pilates.



Soror Betty Scull's measurements are recorded.

## COUNT DOWN TO DELTA ACADEMY/DELTA GEMS

**By Venis Hawkins**

Over the years, the Dr. Betty Shabazz Delta Academy has emerged as one of the most beloved programs of our sorority. Each year, hundreds of Delta chapters around the globe spend countless hours planning activities, workshops, and field trips for the young ladies enrolled in their programs. Now that the sorority has added a similar initiative, Delta GEMS, for 15- to 17-year-old girls, there is an even greater opportunity

for Deltas to make their mark on the lives of our African-American young women.

Dee Brown Library is the site for CAAC's Delta Academy/Delta GEMS Kick-off on October 15, 2005 from 10a.m. until 12p.m. Parents and participants will get a glimpse of what Delta Academy and Delta GEMS are all about, what activities we have planned for this year, and how they can help make their journey with us a success.

From November until April, our young ladies will participate in guided activities designed to set them on a course of self-discovery that will shape the rest of their lives. Workshop topics will include healthy relationships, the college experience, self-esteem, community service, and career paths. For more information on Delta Academy or Delta GEMS, please contact Soror Venus Hawkins or Soror LaTanya Lofton.

## LOSE TO WIN COMPETITION

**By: LaTanya Lofton**

Saturday, October 1, 2005 marked the kickoff for the Total Woman: Mind, Body, and Spirit Lose to Win healthy weight loss competition. The kickoff was hosted by chapters in Cluster II, including members of Central Arkansas Alumnae, Little Rock, Alumnae, Tau Pi, and Mu Kappa Chapters. Various Sorors with professional training in physical fitness, nutrition, psychology, nursing, and medicine were on hand to address the issue of obesity in African American women. A representative from the American

Heart Association was present to introduce the Go Red for Women Campaign. The event opened with a meditation which reminded us that despite our physical appearances, we are all fearfully and wonderfully made. The program was designed to introduce Sorors to the new health initiative and the Lose to Win competition. The program also features information about perceptions of obesity in black women, nutrition tips for healthy eating, exercise tips, and stress management/relaxation techniques. The program concluded with a

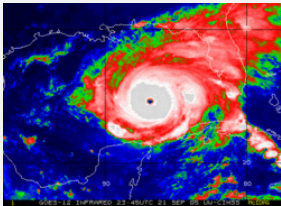
Pilates workout and the weigh-in, where each Soror's waist, height, and weight measurements were obtained to determine their BMI. "The program was a great success. It was great seeing so many Sorors from CAAC excited about this new program," says Soror Claudette Barbee, Cluster II Chair. "I can't wait for the final weigh out in May 2006," she says. For more information about the "Lose to Win" competition, please contact Dr. LaTanya Lofton, Team Leader.

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*Come Grow With Us!*

[www.caacdeltas.org](http://www.caacdeltas.org)

## National Breast Cancer Awareness Month



National Breast Cancer Awareness Month (NBCAM) is dedicated to increasing awareness of breast cancer issues, especially the importance of early detection. It works through a nationwide education campaign aimed at the general public, state and federal government, health care professionals, employers, and women of all ages and ethnic groups.

This year, 2005, marks the 20<sup>th</sup> year the National Breast Cancer Awareness Month has educated women about early breast cancer detection, diagnosis and treatment. The NBCAM is reaching out to women with several key messages, most notably, early detection through annual mammography screening for women over 40. Mammography screenings are a woman's best chance for detecting breast cancer early. October 21, 2005. When coupled with new treatment options, mammography screenings can

significantly improve a woman's chances of survival. The NBCAM will celebrate National Mammography Day on October 21, 2005.

On October 22, 2005 the Susan G. Komen Breast Cancer Foundation's Arkansas Race for the Cure will take place in downtown Little Rock. Cluster II has a team of Sorors who will take part in the race.

If you are 40 and over, please remember to get a mammogram; it could save your life.

By: Angela Austin

## Hurricane Rita

By Angela Austin

Rita's name itself indicates the activity of the 2005 hurricane season; it is only the second time an "R" name has been used since naming of storms began in 1950. The only prior 17<sup>th</sup> "R" tropical system was Hurricane Roxanne in 1995. Rita was the 17<sup>th</sup> tropical storm, 9<sup>th</sup> hurricane, 5<sup>th</sup> major hurricane, and 2<sup>nd</sup> Category 5 hurricane of the 2005 Atlantic hurricane season.

This hurricane is on record

as the strongest to ever enter the Gulf of Mexico, and the third most intense hurricane ever in the Atlantic Basin.

Rita peaked at 175 mph steady winds and made landfall between Sabine Pass, TX and Johnson Bayou, LA at 2:30a.m. on September 24, 2005. The storm surge reopened some of the levee breaches caused by Hurricane Katrina and re-flooded parts of New Orleans.

The Mayor of Houston announced a mandatory evacuation of all residents. Without a thorough evacuation route, Interstate 20 was jammed pack with people trying to leave the cities of Houston, Texas City, Port Arthur, Beaumont and Galveston, Texas.

There is no time better than this that we direct our minds and hearts to our creator, for the 2005 Hurricane season is far from its end.

## 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.