

Central Arkansas Alumnae Chapter, (501) 227-0858

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President's Message:

Greetings Sorors!

"Teamwork: Simply stated, is less me and more we!" When CAAC's executive board had their annual planning meeting for the sorority year, this quote stood out as a favorite for defining teamwork. "Teamwork: Simply stated, is less me and more we!" No, the last sentence was not a mistake – the quote is stated twice - it warrants repeating!

Sisters of CAAC, just last month, we saw an unprecedented example of teamwork in the African American community. The rally and backing of "our children" in Jena, LA restored faith and pride in our community's ability to stand up for ourselves and our children. But as we already know, there is still much work to be done and many fights to be fought. I challenge you, my sisters, to rise up and fight the good fight. Don't sit by in a complacent state of being, focusing upon "me". Rise up and focus on "we". The "we" of our community needs us. The "we" of your chapter needs you. I won't go into specifics of telling you how to focus on "we", but ask yourself if you have been doing all you can to demonstrate your "lifetime commitment."

As you contemplate the above charge, sit back for a moment and enjoy this issue of the "Essence of Delta" newsletter. This issue highlights the leadership of CAAC. While you will see specific information about the Sorors who have taken on the challenge and honor to lead our chapter and take responsibility for making sure our programs are a success; remember that each and every one of you is a leader in Delta. You would not have been selected to join the sisterhood if you were not!

And after you read this issue of the "Essence" – RISE UP AND FIGHT THE GOOD FIGHT!!

With Sisterly Love and Spirit,

Erica Jenkins
President

CAAC Reminders

- Δ Chapter meeting Oct. 13 at the PCA Office 11:00 a.m.
- Δ Please begin selling Santa Letters
- Δ Delta Classic for Literacy Oct. 13, 2007 War Memorial Stadium
- Δ Arkansas Baptist College Homecoming Oct. 18 at 7pm War Memorial
- Δ Race4Cure Oct. 20 – Meet in front of Blue Cross at 7:30 am
- Δ Delta Academy/GEMS Oct. 20 from 10a – Noon
- Δ Book Club kick-off meeting Oct. 21, 4 – 6 pm at Sufficient Ground off Kavanaugh
- Δ Regional Leadership Team meeting Nov. 9-10 in Little Rock
- Δ Collegiate Retreat Nov. 9-10 in Little Rock
- Δ Keep Soror Alexis Johnson and all the Pan-Hellenic soldiers in your prayers as they serve our country in Afghanistan!



Delta Spotlight the Executive Board

By: Angela Austin

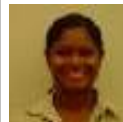


Soror Erica Jenkins is the chapter President. Soror Jenkins has previously served as sergeant-at-arms and second vice president of CAAC. She has also served as treasurer and vice president of Iowa City/Cedar Rapids Alumnae. She was initiated into the Nu Mu Citywide chapter at Loyola/Tulane Universities in spring 1995. Erica's motto is, "Patience and perserverance will take you far."



Soror Claudette Barbee is the First Vice President and Chair of Membership. Soror Barbee is the current Arkansas Cluster II Chair and an advisor for the Lambda Upsilon Chapter at UCA. She has previously served as the Public Relations Chair for CAAC. She was initiated into the Eta Xi chapter in the winter 1983. Claudette's motto is, "I can do all things through Christ who strengthens me."

Soror Stephanie Walker-Hynes is the Second Vice President and Co-Chair of Program, Planning & Development. She was initiated into the Little Rock Alumnae chapter.



Soror Jennice Haynes is the Recording Secretary. She has previously served as president, Leader of the Minerva Circle, Keeper and Muses & Grace for Lambda Upsilon. She was initiated into the Lambda Upsilon chapter in sprint 1994. Jennice's motto is, "Be strong and of good courage."



Soror Ashley McClain is the Corresponding Secretary. She was initiated into CAAC in spring 2004. Ashley's motto is, ". "



Soror Vee White is the Treasurer. Soror White has previously served on the budget and finance committee and past chair of the courtesy committee. She was initiated into CAAC in 2004. Vee's motto is, "If not me then who?"



Soror April Nichols is the Financial Secretary. Soror Nichols has previously served as the Co-Chair of Arts & Letters. She was initiated into the Kappa Xi chapter at Arkansas State University in the spring 2003. April's motto is, "Keep your faith in God."

Soror LaRon Couch is the Financial Assistant. She was initiated into the Gamma Gamma chapter at Philander Smith College in spring 2001. LaRon's motto is, "I can do all things through Christ which strengthens me."



Soror Allison Dulaney is the Sgt.-at-Arms. Soror Dulaney was initiated into the Lambda Upsilon chapter at the University of Central Arkansas in the spring 2006. Allison's motto is, "It's not the life you live but the sincerity and passion with which you live it."



Soror Veronda McQuay-Brown is the Chaplain. Soror McQuay-Brown is also the State Coordinator for the DST Homeownership Initiative. She was initiated into the Lambda Upsilon chapter at UCA in the spring 1994. Veronda's motto is, "I can do all things through Christ who strengthens me."



Soror Danielle Hinton is the Parliamentarian and Founders Day Chair. Soror Hinton has previously served as the NPHC representative for the chapter. She was initiated into the Delta Pi chapter at Jackson State University in the spring 1999. Danielle's motto is, "Do all you can, while you can."



Soror Angela Austin is the Journalist and Chair of Public Relations. Soror Austin has previously served as advisor of Lambda Upsilon and Kappa Xi chapters, PP&D chair and recording secretary for Jonesboro (AR) Alumnae Chapter. She was initiated into the Kappa Xi chapter at Arkansas State. Angela's motto is, "Trust in the Lord with all your heart and lean not on your own understanding."

Soror Lorraine "Nikki" Smith is the Historian. She was initiated into CAAC in spring 2004.



Soror Robin Williams is the Custodian of Properties. Soror Williams has previously served as chair of Jabberwalk and co-chair of hospitality for the Lambda Upsilon chapter. She was initiated into the Lambda Upsilon chapter at the University of Central Arkansas in spring 2006. Robin's motto is, "I am my sister's keeper."



Soror Shirley Tyson is the Co-Chair of Program, Planning & Development. Soror Tyson has previously served as president and 1st vice president of Delta Eta. She was initiated into Delta Eta chapter at the University of Arkansas at Pine Bluff in spring 1985. Shirley's motto is, "Be as correct as possible and you'll always be on the right side."

Soror Latriana Robertson is the immediate past president of CAAC. She was initiated into the Delta Eta chapter at UAPB.

Soror LaQuita Neal of Chair of Arts & Letters.

Soror Tressa Shavers is the Co-Chair of Social Action.



Soror Curlethia Sykes-Swanigan is the Co-Chair of Social Action. Soror Sykes-Swanigan was initiated into the Beta Gamma chapter at Dillard University in fall 1989. She has served as Leader of the Minerva Circle. Curlethia's motto is, "Never discuss your problems with someone incapable of contributing to the solution."

DELTA ACADEMY / DELTA GEMS

By: Shirley Tyson

The "kick-off" meeting of the Central Arkansas Alumnae Chapter's Delta Academy/Delta Gems was held on September 15th at the Dee Brown Library. After greetings and welcome by Soror Stephanie Walker Hynes, the Chair of the Program Planning and Development Committee, Soror Danielle Clayborne led an ice breaker session with the attendees.

Of the 33 attendees present, 14 were returning participants. Central Arkansas Alumnae Chapter currently has 52 completed permission forms for

participation in the Delta Academy/Delta Gems program for the 2007-2008 Sorority year.

Program Planning and Development committee members and chapter members look forward to working with the girls this year and have exciting programs planned. This year's educational program will hopefully be enhanced by collaboration with the University of Arkansas for Medical Science (UAMS) College of Medicine enrichment programs.

The next Delta Academy/Delta Gems activity is a

collaborative activity with the Membership Committee, the annual Thanksgiving Bruch at the Pilgrim Valley Baptist Church 1821 Wolfe St. Little Rock. Members' participation is greatly appreciated and encouraged.



HEALTH AND HEALING

By: Shirley Tyson

The first session of the Central Arkansas Alumnae Chapter's Health and Healing seminars was conducted on October 2nd at the Step-Up Support Center, led by Reverend Maurice Randolph.

Reverend Randolph is the pastor of In the Light of Truth Temple and is also Founder and President of P.O.W.E.R Outreach Community Development Corporation. P.O.W.E.R. is an acronym for Positive Outreach with Effective Results.

Pastor Randolph retired from a 26 year career as a Certified Law Enforcement Training instructor and is currently very active in prison outreach ministry. He counsels, teaches transition classes, teaches bible study, and mentors inmates. He also serves as a volunteer Chaplain for the Arkansas

Department of Corrections and is a Certified Religious Assistant in the ADC's Tucker Unit and Tucker Maximum Security Unit.

Pastor Randolph's theme was "*Habits, What Would We Do Without*" with an overarching message "Been There Done That." Utilizing Biblical passages (Ephesians 4:3 and John 1:12, 4:15) and his personal experiences Reverend Randolph's message was clear that perseverance and spiritual growth are key to overcoming addictions and all of life's adversities. His mantra "I am a unique individual an unrepeatable miracle of God" was reiterated throughout the session reinforcing the value of every person in God's eyes and in their own.

He ended his message, which was well received by the 39 participants, by stating the goal and key to sobriety: Work your way back to sobriety and stay

there and you will see your blessing.

The Health and Healing seminar was well attended by the participants as well as CAAC's members. The program's coordinator requested the addition of another session in December, which will be discussed at the next Program Planning and Development Committee meeting.

Thanks to all the chapter members who attended and/or participated. We encourage each of you to attend these sessions.

Things Black Women Should Know About Breast Cancer

By: Black Amercia Web.com

¹⁾ White women are more at risk for breast cancer, but when black women develop the disease it is deadlier.

²⁾ The chance of an American woman developing breast cancer at some time in her life is one in eight, but the death rate from the disease for black women is 32 percent higher than for white women.

³⁾ Younger black women who develop breast cancer are more likely than older black women or white women to develop a particularly aggressive form of the disease that is deadlier and harder to treat.

October is Breast Cancer Awareness Month, so there is no time like the present to have that mammogram you've been putting off.

According to medical experts, the earlier the detection of breast cancer, the higher the chances of a successful recovery. If there is a woman dear to you, go for a mammogram together. Support is key!

Know Whether You May Be At Risk

⁴⁾ Is there a history of breast cancer in your family, particularly with your mother, aunt,

sister or maternal grandmother?

⁵⁾ Are you severely overweight or obese? Did you become heavier after menopause?

⁶⁾ Did your periods start before age 12?

⁷⁾ Did you have your first child after age 30? Were you childless when you entered menopause?

Get some important information about breast cancer health and cancer awareness:

Early Detection Saves Lives—What You Can Do About It

⁸⁾ Perform monthly breast self-exams 2-3 days after the end of your period.

⁹⁾ Have a yearly clinical breast exam by a healthcare professional.

¹⁰⁾ Have a yearly mammogram beginning at age 40. Ask your doctor if you should start having them earlier if you believe you may be in a high-risk category.

Be aware and take better care of your health!

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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.