

Central Arkansas Alumnae Chapter, (501) 261-1650

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President's Message

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure."

Norman Vincent Peale

Happy Sisterhood Month!

The Central Arkansas Alumnae Chapter "family" is expanding. I mean this in the literal sense. Inactive members are recommitting themselves to Delta Sigma Theta Sorority, Incorporated and current members are enhancing their lives through education and or procreation milestones.

Yet, the growth process does not end here but continues as the chapter begins the awesome task of selecting members to lead the organization. Each member in the coming months - March and April- will be ask to review the character and credentials of members whose names have been submitted to the Nominating Committee as candidates for an elected position within the chapter.

Ladies, your participation in the election process is required. At the risk of being negative for just a moment, although it may be more convenient or comfortable to blame others for what occurs in our chapter, the fact is that you control the direction in which our chapter will journey. The quality of our chapter is the direct result of the action you take and role you play.

Therefore, leveraging your strengths through the election process will help the chapter create greater results.

Sisterly,
Latriana Robertson

CAAC Reminders

△ **Summit VI:** Health Issues that Impact Women of African Descent will be held in Montego Bay, Jamaica April 27-30, 2006.



The Essence of Sisterhood: Empowering the Mind, Body and Spirit

By: Latriana Robertson

The Essence of Sisterhood: *“Empowering the Mind, Body and Spirit”*

“She saw a dust bearing bee sink into the sanctum of a bloom; the thousand sister calyxes arch to meet the love and embrace and the ecstatic shiver of the tree from root to tiniest branch.”

*Excerpt from Their Eyes Were Watching God
Zora Neale Hurston*

What a marvelous way to describe the speakers journey from object to subject as Captain Jacqueline Gilbert enlightened the members of the Central Arkansas Alumnae Chapter and invited guest on signifying awareness of mind, body and spirit.

Captain Gilbert, a member of Zeta Phi Beta, captured and embraced the audience with contentment and a confidence that empowered a celebration of what’s right with us and how to make it better than ever.

She expressed an urgent need for community leaders, the Central Arkansas Alumnae Chapter, and other Greek organizations to

unite their respective powers and impart influence within their community. The transcending thought was to utilize our brilliant minds for constructive good.

The audience was urged to be honest with their attentiveness to health and well being. Depending on where you fall on the body-shape scale, all struggle with weight. Her advice flavored by the vernacular, concepts and image of a Physical Therapist but rooted in the rich style and strength that is characteristic of a black woman was to move a little, move a lot, get off the couch and take action.

Lastly, she urged all members of the audience to get a grip on “whose” they were. All were invited to look beyond hope and rely on faith. “Enlarge your territory,” she stated. Read literature that motivates and feeds the spirit. You can accomplish all things through Him.

A special thanks to Kimberley Jordan and the Founders Day committee for an outstanding job on planning and implementation of this annual event.

DELTA SPOTLIGHTS SOROR TRELONI FLOURNOY

By: Angela Austin

Soror Treloni Flournoy was born in Stuttgart, AR on August 9. She is the youngest of three girls.

She received her Bachelor of Science degree in Management Information Systems in 2001 from Arkansas State University and is aggressively pursuing a Master of Business Administration degree at ASU.

Treloni is a Business Systems Analyst for Science Applications International Corporation (SAIC) and supports software systems and

databases within Entergy’s Telecommunications Technical Services Dept.

She is an active member of Full Counsel Christian Fellowship Church, where she serves on the Help and A Call to Excellence Ministries. Treloni has allowed the Lord to set standards in every aspect of her life since submitting to Him.

Soror Flournoy was initiated into the Kappa Xi Chapter of Delta Sigma Theta Sorority at Arkansas State on October 24, 1999. She presently serves as Co-

Chair of the Arts & Letters committee and serves on the Courtesy committee.

In her spare time, Treloni enjoys spending time with family and friends, modeling, and working on her dream to build a company.

She learned from Dianne Woods that “positive, dynamic thinking people have the competitive edge.”

Soror Flournoy’s motto is: *“Life may not be the party we hoped for, but while we are here we might as well dance.” The keys to happiness are make the best of what you are given, remain focused, and strive to perfect your love walk.*

DELTA SPOTLIGHTS SOROR CHARMAINE BETTY-SINGLETON

By: Angela Austin



Soror Charmaine E. Betty-Singleton was born in Kingston, Jamaica West Indies. She is an only child. Her family migrated to Queens, NY in 1968 and she gained citizenship at age 11.

She received her Bachelor of Arts in 1989 from Virginia Union University in Richmond, VA. Soror Singleton received her Juris Doctorate from Washington & Lee Law School in 1992.

Charmaine is a Major, Judge Advocate, AGR for the 90th Regional

Readiness Command. She has served a total of 14 years in the military.

She is a very hardworking, community oriented individual.

Soror Singleton was initiated into the Beta Epsilon Chapter of Delta Sigma Theta Sorority at Virginia Union University in November 1987. She presently serves as CAAC Social Action Chairperson. She has been a member of the Germany & Augusta Alumnae Chapters and has served Delta in numerous capacities: Vice President, Leader of MC, Assistant Dean of

Membership, Legal Advisor, Chaplain, Delteen Program Leader and numerous other committees.

Charmaine has a passion for helping the community and mentoring young ladies. She was recently honored as Cluster II Soror of the Year at the 2006 Statewide Meeting in Pine Bluff.

Soror Singleton resonates Dr. MLK quote: *"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."*



Delta Academy/G.E.M.S. Are "College Bound"

By: Zella Johnson

Curiosity is the very basis of education and if you tell me that curiosity killed the cat, I say only the cat died nobly.

-Arnold Edinborough

Fulfilling ones curiosity is exactly what the ladies of Central Arkansas Alumnae Chapter of Delta Sigma Theta Sorority, Inc. did on February 24, 2006. CAAC was able to assist young ladies between the ages of 12-18 in answering questions concerning college preparation. During a fun-filled day at the Neighborhood Resource Center, CAAC was able to give an overview of the college preparation process and all that college life encompasses.

We began with a personality test to assist the young ladies in deciding what career fields would be best suited for their personality. We also allowed the participants to fill out an actual college application. The young ladies had the opportunity to prepare a class schedule and talk about time management. They later examined effective study habits that are imperative to any student regardless of age. The program concluded in showing the participants one of the many extracurricular activities in which they may get involved, "Sorority Life." This was a very informative day for many of the girls, but an everlasting memory for all of our Sorors.



Step this Delta Journey with Me

By: Angela Austin

Soror Exa P. Hartman encouraged every Arkansas Delta to *step the Delta journey with her* for the Fourteenth Arkansas Statewide meeting held in Pine Bluff, Arkansas, February 17-19, 2006.

Although the weather was not so pleasant (sleeting the first night of Statewide), Sorors had a great time. The meeting started with a Delta songs workshop conducted by Soror JoAnn Davis, member of the National Arts and Letters Commission. The beautiful voices of the Sorors filled the room as they learned the correct way to sing the songs of Delta. Soror Davis implored each Delta to sing, and not recite, the Delta Mizpah during chapter meetings.

The Pine Bluff Alumnae and Delta Eta Chapters welcomed everyone with warm smiles and friendly attitudes. The Welcome Reception was quite enchanting with Sorors from various chapters providing entertainment in the form of chanting, stepping, and strolling (strutting).

On Saturday, February 18, the general assembly began with greetings from Soror Exa Hartman, Arkansas State Coordinator, Soror Jacqueline Cooper, Regional Representative, and Soror Gwendolyn Grant, Southwest Regional Director.

Members also received updates on Program Planning and Development from Jean Whitley, Regional PP & D Co-Chair; Project ACE from Jona Mathis, Regional Project ACE Collegiate Coordinator; and Social Action from Carissa Lacy, Social Action Coordinator.

To aid Sorors in investing in their own Delta development, an array of workshops were provided. Sorors gathered to learn why *Money Matters*, how to *Handle Your Business*, deal with *Stress Management*, get involved in *Membership Service*, how to live a *Healthy Lifestyle* and gain *Financial Fortitude*. More updates were given after the workshops: Cluster, MIT, DID, Programs, and Site.

The 2007 Statewide meeting will be held in Arkadelphia and will be hosted by a collegiate chapter, Iota Delta. The 2008 Statewide meeting will be held in Fort Smith.

Looking astonishing in different shades of red (Go Red for Delta), Sorors assembled for the Sisterhood Dinner. Sorors were entertained with a poem by Soror Cheryl Stuart, a slideshow presentation by Soror Judy Ward, and musical selections by the Pine Bluff Ensemble.

Soror Grant responded to questions from Sorors and

presentations were given. CAAC received 1st Place for best scrapbook and 2nd Place for best display. Soror Charmaine Betty-Singleton received Cluster II Soror of the Year. One outstanding Soror from each cluster was selected. Soror Betty-Singleton has accomplished many accolades during her membership in Delta and was very deserving of the crown, sash and roses she received. The Arkansas Leadership Team presented Soror Hartman with a nice sweater jacket and Soror Rapheal Peoples, State Facilitator, with a luggage set. The Regional Representative and Regional Director also received gifts. The Sisterhood Dinner concluded with a *Time of Reflections* as Sorors gave quotes of Founders, past officers and famous Deltas.

Soror Debra Bland, Arkansas State Chaplain, delivered the message for the Ecumenical Service. The message, "*You are not Alone*," was taken from Joshua 1:1-5 & 9.

The Statewide meeting offered Sorors an opportunity to reflect and rededicate themselves to the founding principles of this illustrious Sorority.

By: Vee White

Sorors gathered for food, fun and fellowship on February 24, 2006. Game night was held at the Westland Heights Apartment clubhouse. Several Sorors and guests were present for the event.

The clubhouse was filled with the aroma of freshly baked chicken pot pie, rotel and chips, smokies and fruit as Sorors begin to quickly occupy the space.

Game Night

The membership committee provided games for the adults and children. Although extremely competitive, Sorors laughed and talked the night away.

Attendees enjoyed such games as spades, Taboo, and Win-Lose-or Draw. Our hats go off to Soror Claudette Barbee and Soror Erica Jenkins, winners of the spades game.

Game night was a big success. CAAC would like to thank everyone who came out to participate. A special thanks to the membership committee for planning and implementing the event.

How Does Your Garden Grow?

By: Angela Austin

Sorors of Central Arkansas Alumnae Chapter gathered on March 3-4, 2006 for the chapter retreat. Approximately 25 Sorors attended. The retreat provided an opportunity for young and seasoned Sorors to get to know one another on a personal level in a relaxing atmosphere.

Upon arrival, Sorors selected a pen in the form of a turtle, lady bug, flower, dragon fly and other items found in a garden from a nicely decorated box. Sorors were then charged with the task of locating the Soror who bear the same pen, hence making them retreat partners. After locating partners, Sorors conversed to discover three interesting things about one another to share with the group. It was revealed that some Sorors had/have a desire to sing, dance, ride horses, and play an instrument. Participants also learned of one another's accomplishments and fears.

Many assisted with cutting out rakes and leaves and preparing the meal for the evening.

Participants enjoyed a variety of fruit and delicious chicken enchiladas. The president was sure to keep the food in line with our healthy lifestyle initiative.

After enjoying a great meal, everyone gathered to hear a presentation on Nikkon products by Edwina Thierry. She talked about the importance of eating healthy and staying hydrated. Sorors were given an opportunity to sample Nikkon products, which consist of magnets and infared objects that help relax and sooth aches and pains. Sorors also sampled filtrated mineral water and an herbal drink similar to Noni juice. The drink energizes and strengthen the body to prevent ailments.

Some participants were treated to a massage to distress and unwind at a minimal fee by Soror Jennice Haynes. Most Sorors felt rejuvenated after the massage.

Sorors were able to show their creativeness while constructing an accordion scrapbook. Many adorned their books with embellishments and designer stickers to enhance the appearance of the pictures. Putting the book together was challenging for some and a breeze for others. Overall, everyone enjoyed the activity facilitated by Soror Austin.

Throughout the evening Sorors were informed to write challenges and concerns on leaves and place on the tree to be discussed the following day.

Sorors were also advised to review the notes on the leaves and write a solution on a rake. The goal was to have each leaf raked away.

The following morning, Sorors gathered to discuss the issues and solutions placed on the tree. The discussion helped Sorors resolve or discover ways to deal with the issues. A lot of great insight was shared by Sorors who experienced similar situations.

Soror Joyce Raynor Carr, Esq. came to discuss spirituality. Her topic was *How does your garden grow spiritually?* She said spiritual health is just as or more important than anything. Soror Carr stated one must experience growing pains to grow spiritually. She explained, "Storms come to test and teach. The purpose of the storms in our life are to display how powerful and merciful God is, to discover who you really are, and to give you an opportunity to grow into who God wants you to be and not what you want.

After the morning walk, Sorors reassembled to listen to Soror Carr speak about the importance of auto insurance. The different types of coverage include liability, collision, comprehensive, uninsured motorist, underinsured motorist and PIP/Med Pay.



Central Arkansas Alumnae Chapter
P.O. Box 55411
Little Rock, AR 72215

Phone
(501) 261-1650

For Comments or Story Ideas Email:

Angela M. Austin, Editor
angelafire_77_99@yahoo.com



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.