

Central Arkansas Alumnae Chapter, (501) 261-1650

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President's Message

Love is in the air.....has cupid struck you with his arrow or have you fallen in love with yourself. Whatever the case I hope that each of you will take this month to express to a loved, admired or highly respected one just how much you care for them.

Each of us spends so much time thinking and expressing negative thoughts that we miss our chance for a gift. What gift you might ask..... the gift of true friendship, loyalty and trust. Many of us experience trying times and just think how much lighter this temporary "inconvenience" could be if we were able to let down our "personal" barriers and embrace another who does not think like us nor act like us.

Ladies, I encourage each of you and myself included to stop trying to "figure" out what is going on with a sister- be it a friend and or one of our beloved sorors. You see the temporary "inconvenience" I spoke of earlier is just short term. For when we learn to love one another and ourselves unconditionally we establish a permanent change.

It is in this spirit that I am calling all of the "sista's" of this beloved family to embrace our differences and let go. One poet has stated, "*To find ourselves is to lose ourselves.*"

"My sisters: the tragedy of life is not death, but what we let die inside of us while we live. Therefore: decide to be happy, render others happy, and proclaim your joy. Love passionately your miraculous life: do not listen to promises; be grateful for every moment in life. Switch on the positive buttons in yourself: Those marked optimism, serenity, confidence, positive thinking. Love, pray and thank God every day. Meditate, smile, laugh, whistle, sing and dance. Look with fascination at everything. Fill your lungs and heart with liberty. Be yourself fully and immensely. Act like a queen unto death. Feel God in your body, mind, heart and soul and be convinced of eternal life."

I love you.

Sisterly,
Latriana Robertson

February 2005 Calendar of Events

Feb 16

Arkansas Minority Health Commission cordially invites you to: Best Selling Author "J. L. King"
Book Signing Hosted by Pyramid Art, Books & Custom Framing Museum Center
500 President Clinton Avenue, Ste. 110, Little Rock, AR 72201
5:30 PM (RSVP to Garbo Hearne at (501) 372-5824)

Feb 17

Arkansas Minority Health Commission cordially invites you to: Best Selling Author "J. L. King"
On the Campus of UAPB
7:00 PM

Feb 18-20

Arkansas Statewide Meeting 2005
Sheraton Four Seasons Hotel - Texarkana

Feb 26

1st Annual Midsouth Summit Black EXPO
Clear Channel Metroplex Event Center (I-430 & Colonel Glenn)
Free Admission





Soror Mico Rhines and the "Personality Portrait"



Delta Academy participant Lauren Baker defines "Conflict"



The Red Hot Readers

Meets: Every 4th Sunday of the Month

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

Location: Hearne's Fine Art Gallery

For More Information Contact:

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I Am My Sister's Keeper

By: Claudette Barbee

"Conflict" – Webster defines conflict as a struggle to resist or overcome; contest of opposing forces or powers; strife; battle. In life conflict is something we all as humans have to confront. Whether it is internal or external, a personal battle or a battle with friends, loved ones, enemies or those we come in contact with during our day-to-day lives. The question is how do we deal with conflict?

People deal with conflict in many different ways explained Helen Alexander, LMSW with United Family Services, Inc. as she spoke with Central Arkansas Alumnae Chapter (CAAC) Delta Academy – DelTeens on Saturday, January 15, 2005 at the Pilgrim Valley Baptist Church, Little Rock, AR. Ms. Alexander posed three questions; what is conflict; is conflict normal; and how do we deal with conflict, as she created an interactive environment for the young ladies to respond. Each participant was given the

opportunity to define conflict and discuss what conflict meant to her through role-play.

"Am I my sister's keeper?" Friendship is essential to the soul. But sometimes even the best of friends have problems with each other. "I am my sister's keeper" in terms of staying focused and not letting situations of conflict destroy a great friendship. The workshop demonstrated ways to use negotiation and conflict resolution as tools to defuse situations and come to a common goal in relationships.

Soror Mico Rhines asked each participant to complete a "Personality Portrait". This mathematical equation, with the use of letter values, provided a general description of their personality. The young ladies were able to review and discuss the assessment in a group dialog. Soror Camille Mack presented a final group activity

displaying the important of relaying accurate information to others. A story was relayed secretly to one person with instructions to pass it on to the next person. By the time the story reached the last person in the group it had been changed so drastically that no one even remembered the original story. The purpose of this exercise was to express to the group how something as simple as a message could cause conflict between friends, family members and others.

The sisterhood workshop ended on a positive note and each girl was enthused and excited over the day's activities. The participants were able to open up and express problems they were facing at home, school and with friendships. Through the activities provided during the workshop, the participants received skills essential to the becoming a better "Sister Keeper".

"Bring It On Bowling Challenge"

By: Meredith Camille Mack

On January 22nd 2005, sorors of CAAC gathered together for the "Bring it On Bowling Challenge". This activity was held at Professor Bowl in Little Rock Arkansas. The day was filled with so much fun that most sorors quickly forgot about the competitive nature of the event and just settled into the fellowship and sisterly atmosphere.

Not only were there many members of CAAC in attendance, but a couple of visiting sorors came out to join in the "good ole Delta spirit" as well. In between the strikes and gutter balls, there was plenty of laughter, girl talk and bonding. However, there are a few sorors who take their bowling seriously. Sorors Ingrid Bolton and Tia Baker came away with the

high scores for the day and Soror Charmaine Singleton was the winner of our membership activity prize. She won a beautiful Delta engraved candleholder.

Thank you to all who came out and participated in this event, and we look forward to seeing more sorors at future activities.

Domestic Violence



Most relationships have difficult times, and almost every couple argues occasionally. However, domestic violence is different than common marital or relationship discord. Domestic violence is a pattern of abuse that a partner—former or current partner, spouse, or boyfriend or girlfriend—uses to control the behavior of another.

Domestic violence often starts with threats, name-calling, and slamming doors or breaking dishes, and escalates to pushing, slapping, and other violent acts. If you are concerned about your relationship, ask yourself the following questions.

Does your partner:

- Embarrass or belittle you or put you down?
- Say hurtful things to you?
- Dislike your friends and family and discourage your relationships with others?
- Make all the decisions in the relationship?
- Chastise you after social functions for talking with other people?
- Act jealous of people you talk to?
- Blame you for his or her mistakes?
- Try to make you feel worthless or helpless?
- Forbid or prevent you from working or going to school?
- Keep money, credit cards, and checking account away from you?
- Control access to your medicines or medical devices?
- Threaten to have you deported?
- Throw dishes or other objects?
- Abuse your children or pet when mad at you?
- Push, slap, kick, or otherwise assault you?
- Demand sex, make you perform sexual acts you are not comfortable with, or sexually assault you?

If any of these behaviors are occurring regularly, you need to seek help.

Do you have a friend, coworker, relative, or neighbor whom you think may be in an abusive relationship? Warning signs that may indicate that a person is a victim of domestic abuse include:

- Bruises or injuries that look like they came from choking, punching, or being thrown down. Black eyes, red or purple marks at the neck, and sprained wrists are common injuries sustained in violent relationships. An injury such as bruised arms might suggest that a victim tried to defend herself.
- Attempting to hide bruises with makeup or clothing.
- Making excuses like tripping or being accident-prone or clumsy. Often the seriousness of the injury does not match up with the explanation.
- Having low self-esteem; being extremely apologetic and meek.
- Referring to the partner's temper but not disclosing extent of abuse.
- Having few close friends and being isolated from relatives and coworkers and kept from making friends.
- Having little money available; may not have credit cards or even a car.
- Having a drug or alcohol abuse problem.
- Talking about suicide or attempting suicide.

Encourage this person to talk with a health care professional. If the victim is a coworker, encourage him or her to talk to the human resource manager and supervisor. Studies show that such intervention can save lives.

Central Arkansas Alumnae Chapter

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Coming Soon to the Worldwide Web!

“Savoring a Sense of Sisterhood”

By: Rochelle McFerguson

"Hurry, they're about to begin" Soror Newton said to Soror Singleton as they walked in with vases and flowers. The Founder's Day Committee was busy putting the final touches on decorations in the reception area. Across the hall the rededication ceremony began and as I listened to Sorors recite the jewels and what they represent, my hope was that I exemplified those characteristics in my daily life.

On January 15, 2005 at 3:00 pm Central Arkansas Alumnae Chapter and friends gathered at Pulaski Technical College Community Room to share their light that was ignited 92 years ago while "Savoring a Sense of Sisterhood". Delta Sigma Theta Sorority, Inc is dedicated to the ideals of Sisterhood, Scholarship and Public Service. The core of Delta Sigma Theta is sisterhood. Therefore, in the spirit of sisterhood, Founder's Day 2005 centered on activities to heighten self-knowledge, self-development, self-esteem and empower sisterhood.



CAAC Members and Friends

The day offered an array of activities, which tantalized the spirit and the mind, from the heavenly aroma offered at the buffet table to the laughter, conversation, and the sounds of jazz, which filled the room. Sorors greeted old friends, as well as new ones, with long warm hugs. Soror Shuvonne Johnson gave a wonderful reflection entitled the Simple Things in Life. It made you long for days gone by and those first time experiences.



Shuvonne Johnson reflecting on "Simple Things"

The speaker Honorable Joyce Elliot brought it all together. "Savoring a Sense of Sisterhood," means extending and opening ourselves to sisters both in and out of the sorority. It means supporting one of another beyond what we can see and hear at this moment.



Honorable Joyce Elliot

It means having integrity and being a woman of your word. It means bringing to life the jewels and what they represent. It means reproducing the good that the Sorority has helped to produce in all of us.

As CAAC continues in the journey in which twenty-two visionary college women began on the campus of Howard University those 92 years ago, let us always be reminded that we must stop and smell the roses. My sisters, there is ALWAYS time for simple pleasures.



"Savoring the Senses"

ΔΣΘ 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.