



The Delta Voice

Delta Sigma Theta Sorority, Inc.

Baton Rouge Delta Alumnae Chapter

Post Office Box 74139-Baton Rouge, La. 70874

Volume 3 Issue 11

October 2017

President's Message

Sorors,

We are well into our sorority year and plans are underway to make this a dynamic year for service. I cannot begin to explain to you how exciting it is to be a part of a sisterhood that is committed to serving and a chapter that devotes its' time to improving the outcomes throughout the Baton Rouge community. Our committee chairs have started this year off with an energy and passion that is unrivaled. It will take each and every member to sustain this energy. For this reason, I implore you to join a committee today. October marks both Breast Cancer Awareness Month and Domestic Violence Awareness Month. I ask that we remain vigilant in our efforts to bring awareness to and work towards prevention of both of these issues within African-American women. Let us remain prayerful for those that have been impacted by either condition and continue to pray for their healing. Lastly, please remember the important election that will be taking place this month as we choose the next leaders for our state. Reach out to your relatives, friends and neighbors. Get out and Vote!

- *Karmen*



2017-2018 Dues

Golden/Diamond Life: \$295.00

Regular Member: \$485.00

2nd Year Graduate: \$325.00

1st Year Graduate: \$250.00

Late Fee: (April 1-June 30) \$5.00

Reinstatement Fee:

\$15.00 (if not currently financial or remitted after June 30)

\$25.00 (if not financial for two or more years)



Agenda

Call to Order
 Ritualistic Opening
 Adoption of the Agenda
 Minutes
 Communications
 Reports
 -President
 -Budget and Finance
 -Executive Board
 -Committees
 Unfinished Business
 New Business
 Announcements
 Ritualistic Closing

**Sorority Meeting will
 begin at 6:00 pm,
 October 9th, 2017**

October Hostesses

Patricia Baranco
 Geraldine Brown
 Bethany Fields
 Ruth Hall
 Courtney Hunt
 Gionne McLean
 Ashley Mitchell-Carter
 Joyce Price
 Alexis Ray
 DeShawn Starks-Robinson
 Madrah Starks-Robinson
 Katie Smith
 D'Shawn Valery

Member Updates

Illnesses

- Soror Mary Evelyn Baszile
- Soror Anitha Zeno

Please continue to lift our sorors and their families in prayer.

October Birthdays

Doris Brown
 Monica Davis
 Alexis Ray
 Erica Washington





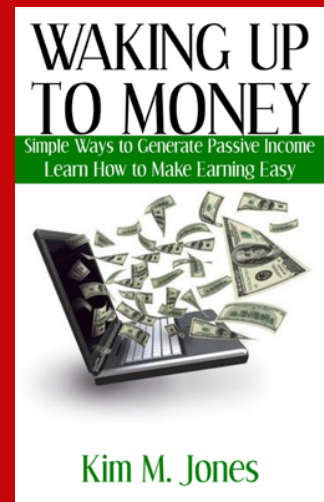
Member Spotlight

Have you ever desired to earn extra money but could not find the time to do so? Soror Kim Jones has written a book to show you how!



"Waking up to Money" contains simple ways to earn passive income. You will have access to resources that will allow you to earn right away!

Pre Order your copy today at www.wakinguptomoney.com



Upcoming Events

- ▲ Southwest Region Leadership Retreat
October 13-15, 2017
(Kenner, Louisiana)
- ▲ January 21, 2018 - Cluster 4 Founders Day
(Baton Rouge)
- ▲ March 2018 - Louisiana State Meeting
(Baton Rouge)
- ▲ July 2018 - Southwest Regional Conference
(Dallas, TX)
- ▲ Summer 2019 - National Convention
(New Orleans)





Lois' Light

Open Your Heart



The year was 1780, and Robert Raikes had a burden for the poor, illiterate children in his London neighborhood. He noticed that nothing was being done to help these children, so he set out to make a difference.

He hired some women to set up schools for them on Sunday. Using the Bible as their textbook, the teachers taught the poorest children of London to read and introduced them to the wisdom of the Bible. Soon about 100 children were attending these classes and enjoying lunch in a safe, clean environment. These “Sunday schools,” as they were soon called, eventually touched the lives of thousands of boys and girls. By 1831, Sunday schools in Great Britain reached more than a million children—all because one man understood this truth: “The righteous considers the cause of the poor” (Prov. 29:7 NKJV).

It’s no secret that Jesus cares greatly for those who struggle. In Matthew 25, He suggests that followers of Christ show a readiness for the Lord’s return by helping the hungry to get food, helping the thirsty to get a drink, helping the homeless to find a home, helping the naked to get clothes, and helping the sick or imprisoned to receive comfort (vv. 35-36).

As we bear witness that Christ is in our hearts, we honor our compassionate Savior by considering those on God’s heart. `Dave Branon

Awaken our heart, Lord, to those You care about, including the poor and helpless, the hungry and homeless, the troubled and hopeless in our world.

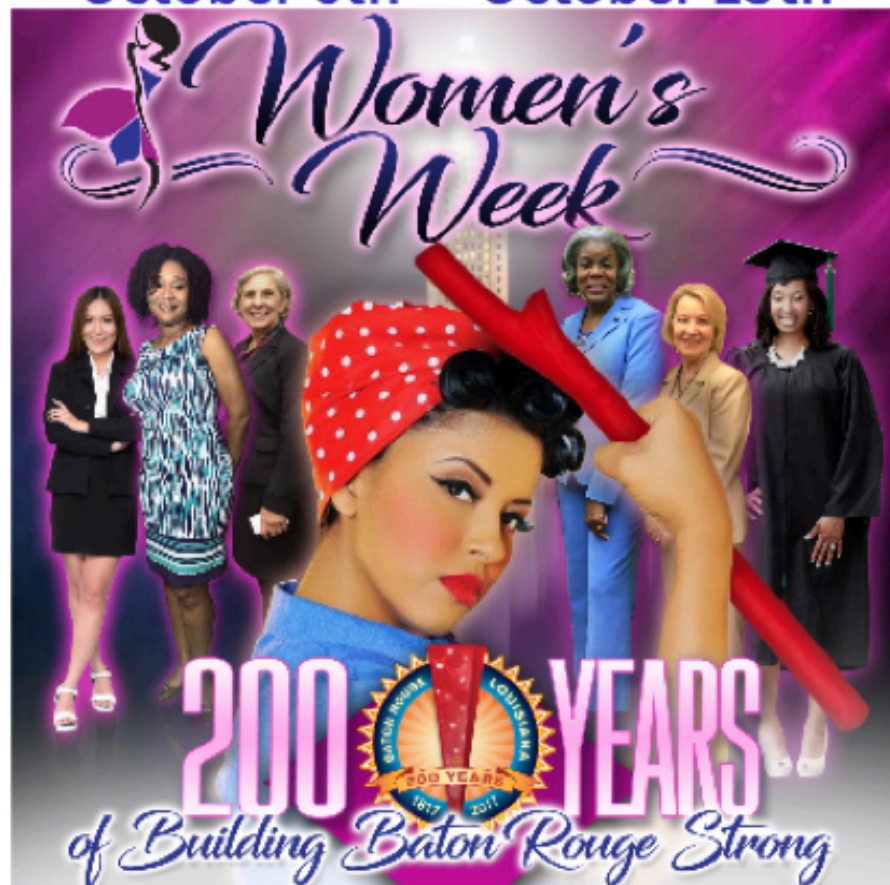
Open your heart Soror to God to learn compassion, and open your hand to give help.



Save the Date

Join Us in Celebration

October 6th – October 15th



For more information visit www.WomensWeekBR.org or contact

Women's Week Chair, Sherie Thomas at 225-362-0433

Women's Week is a Product of Womens Council of Greater Baton Rouge www.WCGBR.com

Women's Week Kick-Off Luncheon

Join us in Celebration of Women's Week 2017

October 6th - 15th

Kick-Off Luncheon Activity Fair

October 6th, 10:30 - 11:30 & 1:30 - 2:00

At the Marriott

5500 Hilton Ave.,

Baton Rouge, La 70808



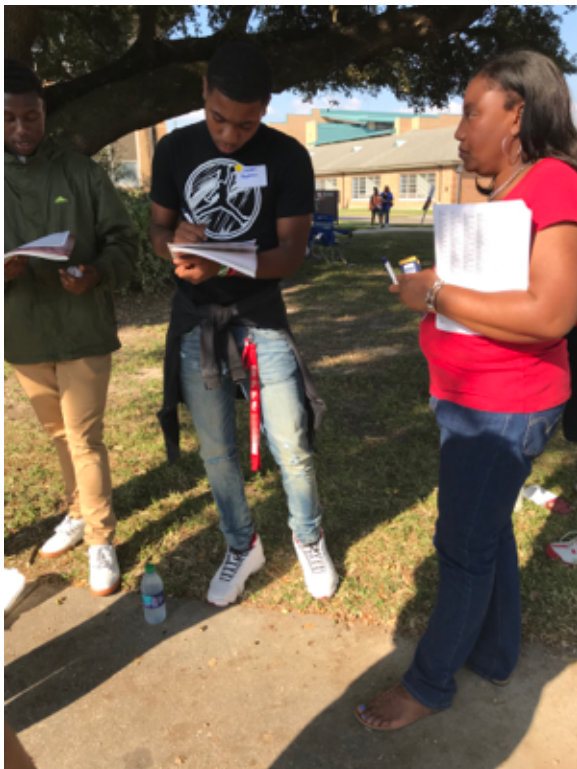
Crimson and Ice Cream Social

Reclamation Activity
September 29th, 2017





Voter Registration Drive





Hurricane Preparedness

Are You Ready?

Before the Hurricane Season

- ✓ Determine safe evacuation routes inland.
- ✓ Learn locations of official shelters.
- ✓ Check emergency equipment, such as flashlights, generators and battery-powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- ✓ Buy food that will keep and store drinking water.
- ✓ Buy plywood or other material to protect your home if you don't already have it.
- ✓ Trim trees and shrubbery so branches don't fly into your home.
- ✓ Clear clogged rain gutters and downspouts.
- ✓ Decide where to move your boat.
- ✓ Review your insurance policy.
- ✓ Find pet-friendly hotels on your evacuation route.



FEMA

During the Storm

When in a Watch Area...

- ✓ Frequently listen to radio, TV or NOAA Weather Radio All Hazards for official bulletins of the storm's progress.
- ✓ Fuel and service family vehicles.
- ✓ Inspect and secure mobile home tie downs.
- ✓ Ensure you have extra cash on hand.
- ✓ Prepare to cover all windows and doors with shutters or other shielding materials.
- ✓ Check batteries and stock up on canned food, first aid supplies, drinking water and medications.
- ✓ Bring in light-weight objects such as garbage cans, garden tools, toys and lawn furniture.

Plan to Leave if You...

- ✓ Live in a mobile home. They are unsafe in high winds no matter how well fastened to the ground.
- ✓ Live on the coastline, an offshore island or near a river or a flood plain.
- ✓ Live in a high rise building. Hurricane winds are stronger at higher elevations.

When in a Warning Area...

- ✓ Closely monitor radio, TV or NOAA Weather Radio All Hazards for official bulletins.
- ✓ Close storm shutters.
- ✓ Follow instructions issued by local officials. Leave immediately if ordered!
- ✓ Stay with friends or relatives at a low-rise inland hotel or at a designated public shelter outside the flood zone.
- ✓ DO NOT stay in a mobile or manufactured home.
- ✓ Notify neighbors and a family member outside of the warned area of your evacuation plans.
- ✓ Take pets with you if possible, but remember, most public shelters do not allow pets other than those used by used by people with disabilities. Identify pet-friendly hotels along your evacuation route.



Hurricane Preparedness cont.

If Staying in a Home...

- ✓ Turn refrigerator to maximum cold and keep it closed.
- ✓ Turn off utilities if told to do so by authorities.
- ✓ Turn off propane tanks.
- ✓ Unplug small appliances.
- ✓ Fill bathtub and large containers with water in case clean tap water is unavailable. Use water in bathtubs for cleaning and flushing only. Do NOT drink it.

If Winds Become Strong...

- ✓ Stay away from windows and doors, even if they are covered. Take refuge in a small interior room, closet or hallway.
- ✓ Close all interior doors. Secure and brace external doors.
- ✓ If you are in a two-story house, go to an interior first floor room.
- ✓ If you are in a multi-story building and away from water, go to the 1st or 2nd floor and stay in the halls or other interior rooms away from windows.
- ✓ Lie on the floor under a table or other sturdy object.

Be Alert For...

- ✓ Tornadoes—they are often spawned by hurricanes.
- ✓ The calm "eye" of the storm—it may seem like the storm is over, but after the eye passes, the winds will change direction and quickly return to hurricane force.



American Red Cross

What to Bring to a Shelter

What to Bring to a Shelter

- First-aid kit
- Medicine, prescriptions
- Baby food and diapers
- Games, books, music players with headphones
- Toiletries
- Battery-powered radio and cell phone
- Flashlights
- Extra batteries
- A blanket or sleeping bag for each person
- Identification
- Copies of key papers such as insurance policies
- Cash, credit card

REMINDER: If you are told to leave your home, do so immediately!

After the Storm

- ✓ Keep listening to radio, TV or NOAA Weather Radio All Hazards.
- ✓ Wait until an area is declared safe before entering.
- ✓ Watch for closed roads. If you come upon a barricade or a flooded road, Turn Around Don't Drown!TM
- ✓ Stay on firm, dry ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from power lines.
- ✓ Never use a generator indoors.
- ✓ Avoid weakened bridges and washed out roads.
- ✓ Once home, check gas, water and electrical and appliances for damage.
- ✓ Use a flashlight to inspect damage. Never use candles and other open flames indoors.
- ✓ Wear proper shoes to prevent cutting feet on sharp debris.
- ✓ Do not drink or prepare food with tap water until officials say it is safe.
- ✓ Avoid electrocution by not walking in areas with downed power lines.



Hurricane Preparedness cont.

Family Emergency Plan



Everyone needs to be prepared for the unexpected. You, as well as your family and friends, will most likely not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electricity or phone services are shut off?

Steps to Take

- I **Gather information about hazards.** Contact your local National Weather Service office, emergency management office and American Red Cross chapter. Find out what type of emergencies could occur and how you should respond. Learn your community's warning signals and evacuation plans. Assess your risks and identify ways to make your home and property more secure.
- II **Meet with your family to create an emergency plan.** Pick two places to meet: a spot outside your home for an emergency, such as fire, and a place away from your neighborhood in case you can't return home. Choose an out of state friend as your family's point of contact for everyone to call if the family gets separated. Discuss what you would do if advised to evacuate.
- III **Implement your plan.**
 1. Post emergency telephone numbers by the phone.
 2. Install safety features in your house, such as smoke alarms and fire extinguishers.
 3. Inspect your home for items that can move, fall, break or catch fire and correct them.
 4. Have your family learn basic safety measures, such as CPR and first aid, how to use a fire extinguisher, and how and when to turn off water, gas and electricity in your home.
 5. Teach children how and when to call 911 or your local emergency number.
 6. Keep enough supplies in your home for at least 3 days. Assemble an emergency supplies kit. Store these supplies in sturdy, easy-to-carry containers, such as backpacks or duffle bags. Keep important documents in a waterproof container. Keep a smaller emergency supplies kit in the trunk of your car.

An Emergency Supplies Kit Should Include:

- ✓ At least a 3-day supply of water (one gallon per person, per day)
- ✓ At least a 3-day supply of non-perishable food
- ✓ At least, one change of clothing and shoes per person
- ✓ One blanket or sleeping bag per person
- ✓ First-aid kit
- ✓ Battery-powered NWR and a portable radio
- ✓ Emergency tools
- ✓ Flashlight, extra batteries
- ✓ Extra set of car keys
- ✓ Credit card and cash
- ✓ Special items for infant, elderly or disabled family members
- ✓ Prescription and non-prescription medicines

- IV **Practice and maintain your plan.** Ensure your family knows meeting places, phone numbers and safety rules. Conduct drills. Test your smoke detectors and NWR monthly and change the batteries at least once each year. Test and recharge your fire extinguisher(s) according to manufacturer's instructions. Replace stored water and food every 6 months.

Safety and preparedness material is online at:

Federal Emergency Management Agency: www.ready.gov

American Red Cross: www.redcross.org

NOAA National Weather Service: www.weather.gov/safety.php

NOAA DS 2011153



Physical and Mental Health

Has your favorite black dress or Delta T-shirt gotten a little snug over the last year? Would you like to slip into those favorite jeans that flatter your curves? You know the holiday season is upon us and those menus are good to our taste buds and deadly to our waistline. Let's take this opportunity to get a Head start on the Holidays and lose a few pounds and get motivated to make healthier choices during this upcoming holiday season.

As you all are aware the Physical and Mental Health Committee is charged with managing our national Journey to Wellness campaign, which focuses on chronic disease prevention, identification of mental illness, nutrition, physical activity and weight management. This sorority year we will be meeting our charge for the Delta S.I.Z.E.D. initiative by organizing a weight loss challenge that begins at the October sorority meeting (Monday, October 9, 2017).

Head start on the Holidays is our effort to meet our goals for the Delta S.I.Z.E.D. initiative, which is the competitive physical activity challenge. To engage our chapter in regular physical activities, we have decided to launch the weight loss challenge again for our chapter. This fitness challenge will be competitive and will be based on the percentage of weight lost by the May 2018 sorority meeting. The Soror with the largest percentage lost, WINS! Wins what??? Well, listen to this...

Entering this challenge is easy and only costs you \$10! Your \$10 goes into the prize vault and will be added to the total amount for the winnings. Every person that enters with their \$10 becomes eligible to win the grand prize and the competition. You could win the jackpot! The more Sorors that enter, the larger the jackpot. Who's in?

Following the October 2017 meeting, please be prepared to weigh in to record your baseline weight and measurements and pay your entry fee of \$10. You really have nothing to lose by trying this.... except a couple of pounds. Who doesn't like that??? Get ready ladies it's on! There are a few Sorors that are ready to claim the winning title...Are you going to show them whose better? You've got this! Let's show up and show OUT!

For additional information, please contact Rayett S. Lockett, Physical & Mental Health Chairperson at 225-931-7275 or via email at Rayett2013@yahoo.com

Delta...



Sorors
Invigorated
Zealous
Energized &
Determined

"A Journey To Wellness"

Delta Sigma Theta Sorority, Inc.



Breast Cancer Awareness Month

THINK PINK

October is Breast Cancer Awareness Month!



**Baton Rouge Delta
Alumnae Chapter**

*Making Strides against
Breast Cancer*

Facts

- Breast cancer is the leading cause of death among women 40-55 in the United States.
- When diagnosed early, 8 out of 10 breast cancer cases can be prevented.
- About 70% of women diagnosed with breast cancer have no known risk factors for it at all.
- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Every 14 minutes, a life is lost to this disease.

Tips

- Talk to your doctor.
- Maintain a healthy diet.
- Exercise regularly.
- Bring awareness to others.

Deltas wear PINK too!

Remember to wear pink to the October Sorority meeting

Learn More and Get Involved!

Physical and Mental Health Committee



Domestic Violence Awareness Month



October is
National
Domestic Violence
Awareness Month

Domestic Violence is defined as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another partner. There are many forms of domestic violence including Physical Abuse, Sexual Abuse, Emotional Abuse, Economic Abuse and Psychological Abuse.

- **One in 4 women in the United States have experienced some form of physical violence by an intimate partner.**
- **On a typical day, domestic violence hotlines receive an average of close to 15 calls every minute.**
- **The presence of a gun in the home during a domestic violence incident increases the risk of homicide by at least 50%.**
- **72% of all murder-suicides involve an intimate partner; 94% of the victims of these crimes are female.**



Ways You Can Help

Do your research, learn to recognize the signs of abuse. The more you know about domestic abuse, the better equipped you are to help a loved one should they reach out.

Be Supportive, let the victim know that it's not their fault. Share your knowledge of abuse and give them contact information to a local shelter or hotline. Let them know they are not alone.

Help Make a Safety Plan, that includes strategies for safety during a violent incident, as well as strategies for when the victim is prepared to leave their abuser.

Do Not Intervene, 20% of domestic violence homicide victims are friends, bystanders or first-responders attempting to help the victim. If you see a situation in progress, call the police .



National Officers



National President - Beverly Evans Smith

National 1st Vice President - Cheryl A. Hickmon

National 2nd Vice President - Jaria Martin

National Secretary - Elise L. Cooke-Holmes

National Treasurer - Deborah A. Jones-Buggs, CPA

Chair, National Finance Committee - Doreen A. Dixon

Chair, 2019 National Nominating Committee - Deborah Stapleton

Chair, National Internal Audit Committee - Soraya Farver

Collegiate Member, Scholarship & Standards Committee - Jaleah Rutledge

Collegiate Member, 2019 National Nominating Committee - Tanaja Kidd

Collegiate Member, National Finance Committee - Victoria I. Brown

Collegiate Member, National Internal Audit Committee - Tiara Brooks &
Kiersten Hargett



Volunteer Service Hours

This form is designed to compile data of volunteer service hours of a chapter and its individual members. The term "volunteer service hours" is defined as service hours that reflect a soror's commitment to the 5 Point Programmatic Thrust of the sorority (Economic Development, Educational Development, Physical and Mental Health, Political Awareness and Involvement and International Awareness and Involvement). Sorors may report and receive credit for the time spent at chapter, executive committee/board and committee meetings, etc. Volunteer service hours should not be reported for time spent as part of your profession, i.e. a teacher performing after school tutorials or part of your employer's Adopt-a-School program.

DATE:	PROGRAM/ACTIVITY*	5-POINT THRUST	HOURS
	Executive Board	ED	
	Sorority Meeting	ED	
	Budget and Finance	EC	
	Economic Development	EC	
	ED – Delta Academy	ED	
	ED - GEMS	ED	
	ED - DREAM	ED	
	ED - EMBODI	ED	
	Physical and Mental Health	PH	
	International Awareness and Involvement	IN	
	Political Awareness and Involvement	PO	
	Arts and Letters	ED	
	Social Action	EC	
	Delta DEARS	PH	
	Founders Day/May Week	PH	

I certify that the above information is a true record of my volunteer hours.

Signature: _____ Phone: _____

The Delta Voice
October 2017



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P.O. Box 74139
Baton Rouge, LA 70874-4139