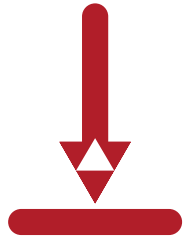




THE DELTA DOWNLOAD



The monthly newsletter of the
Suffolk (VA) Alumnae Chapter of Delta Sigma Theta Sorority, Inc.



THE PRESIDENT'S PERSPECTIVE

Provided by Tina Paul



Greetings Sorors, during a time where physical interaction is limited, Suffolk Alumnae Sorors have been unwavering in their efforts to love and support one another. This level of commitment to sisterhood is heart-warming. My prayer is that our bond continues to be strengthened during this time of uncertainty.

Sorors, I encourage you to allow love, compassion, empathy, and your faith to be your guiding light. Take advantage of the virtual sisterly activities as a welcoming distraction. No, they will never replace the warm embrace of a loving sister, but they are a sign of perseverance. Delta women have faced challenging times before, but we always find a way to rise up!

Sorors, we will stand steadfast in our mission of sisterhood, scholarship, and service by hosting a variety of events in the coming months. Physical and Mental Health will kick off its series of "Black Health" by providing information to maintain a healthy heart. The Arts & Letters Committee will give us an opportunity to celebrate our heritage. We will award more than \$8,000 in scholarships to members of the graduating class of 2021.

It's a good time to be a member of the Suffolk Alumnae Chapter!

"Thus faith, and hope, and love last on, these three; but in Delta Sigma Theta, the greatest of these is love."



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FEBRUARY IS AMERICAN HEART MONTH: GO RED FOR WOMEN!

Provided by Physical and Mental Health Committee

Here are a few unsettling stats:

- Cardiovascular diseases kill nearly 50,000 African-American women annually.
- Of African-American women ages 20 and older, 49% have heart diseases.
- Only 1 in 5 African-American women believes she is personally at risk.
- Only 52% of African-American women are aware of the signs and symptoms of a heart attack.
- Only 36% of African-American women know that heart disease is their greatest health risk.

But why is it targeting African-Americans?

Researchers have found that there may be a gene that makes African-Americans much more sensitive to the effects of salt, which in turn increases the risk for developing high blood pressure. In people who have this gene, as little as one extra gram (half a teaspoon) of salt could raise blood pressure by as much as five millimeters of mercury (mm Hg).

The African-American population also tends to have higher rates of obesity and diabetes, which puts them at greater risk for high blood pressure and heart disease. But for many African-American women, particularly those who consider themselves perfectly healthy, perception may not always equal reality.

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN	WOMEN
Nausea or vomiting	Nausea or vomiting
Jaw, neck or back pain	Jaw, neck or upper back pain
Squeezing chest pressure or pain	Chest pain, but not always
Shortness of breath	Pain or pressure in the lower chest or upper abdomen
	Shortness of breath
	Fainting
	Indigestion
	Extreme fatigue

American Heart Association. Go Red for women.

Source: American Heart Association's journal, Circulation
Published April 4, 2019 | © 2019 American Heart Association, Inc.
By American Heart Association News



So what's the solution?

For starters, lower the amount of salt and sodium you eat. In fact, make a serious effort to improve your eating habits by learning about healthy eating, and healthy cooking skills. And of course, if you're not already active, get moving.

What are the stroke warning signs?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause.



SUFFOLK ALUMNAE CHAPTER OF
DELTA SIGMA THETA SORORITY, INC.

SCHOLARSHIP APPLICATION IS AVAILABLE



ALL HIGH SCHOOL SENIORS IN SUFFOLK PUBLIC SCHOOLS

We are currently accepting applications for the 2020-2021 academic school year. Please scan the QR code for more information. You may also download the scholarship application from our chapter website.



ACADEMIC
SCHOLARSHIPS

\$200-\$1000



APPLICATION
DEADLINE

MARCH 15, 2021

ELIGIBILITY CRITERIA

- ✓ High School Senior in Suffolk Public Schools
- ✓ A 2.75 Grade Point Average on a 4.0 scale
- ✓ Completed application packet
- ✓ Attend an accredited college or university during the 2021-2022 school year



APPLY NOW

Scan Here



or go to www.suffolkdst.org

for more info:



sacdst64.scholar@gmail.com

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Upcoming Events

Suffolk Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

VIRTUAL BLACK HISTORY

Third Annual

Extravaganza



Saturday, February 13, 2021
12:00 pm – 1:00 pm

EVENTS

- ▶ Dancing
- ▶ Delta Author Various Presentations
- ▶ Art



Join Us On



LIVE

Suffolk Alumnae Chapter FB Page

For more information email sacdst64.arts@gmail.com or visit www.suffolkdst.org

*Recording will be available on our YouTube Channel
<https://www.youtube.com/channel/UCKTqFp0TK2EdolwAohzywKg>*

CONGRATULATIONS to the 2020 Student Essay Contest Winners!!!

Provided by Arts & Letters Committee



In October 2020, the Arts & Letters Committee challenged the middle school students of Suffolk Public Schools the opportunity to express themselves regarding democratic ideas and principles. The essay encourages students to examine America's history, racial disparities, police brutality, unemployment and COVID-19, during the 2020 election along with their own experience in modern American society; by writing a 175 to 300-word essay with specific format guidelines.

This year's theme(s) were:

- 1.) **"How Black Lives Matter Could Reshape the 2020 Elections?"**
- 2.) **"What Impact Will Political Issues Surrounding Racial Disparities, Police Brutality, Unemployment Rising and COVID-19 Have on the Upcoming Election?"**
- 3.) **"How Black Lives Matter Changed The Way Americans Fight For Freedom?"**

Essays were graded on originality, content, and style of writing. All entries were submitted via email. There were only three (3) entries.

Arts & Letters want to celebrate the winners here on the "Delta Download," and recognize these individuals with an award and prize as follows:

First Place - Cassandra Baptist (Bowling Voucher, Gift Card, & Certificate from Chapter)

Second Place - Madison Jones (Bowling Voucher & Certificate from Chapter)

Third Place - Sicily Wilson (Gift Card & Certificate from Chapter)

The Arts and Letters Committee thoroughly enjoyed reading the essays. Next year's focus, will be to increase awareness in the community and especially at the local schools and among minority students.

Congratulations, and thank you to everyone who participated!

"Intelligence plus character – that is the goal of true education." Dr. Martin Luther King, Jr.

Celebrating Sista-Girlfriends!



A trip to Dubai and Abu Dhabi with some Sorors! We started out, met and bonded with other Sorors there! I live for my sista-girlfriend trips !



Soror Charlie Fairchild
Lambda Eta (Old Dominion Univ.) Spr. 1980

My favorite Soror and I spend special time together by getting our hands and feet "worked on" every 2-3 weeks! We take turns treating each other and catching up on life! This is typically followed by a brunch at Village Inn or a trip to Ulta Beauty. My favorite times of the month is when my mom becomes like my sister!

Soror Erin Banks
Iota Alpha (James Madison Univ.)
Spr. 2017



"Sorors, Let me tell you 'bout my best friend" (Theme song from Starsky and Hutch). We met August of 1984, when I began my career as a Speech Language Pathologist at Elephants Fork Elementary School. We've known each other of 37 years, WOW!!! We talk or text every day just to check in on each other. She is more than a best friend; she is also a mother figure, a Soror, my confidant and my Prayer Warrior. She has been there for me through many milestones in my life. My buddy has been there during the passing of my mom, my Matron of Honor; we've been at each other's side during the births of our children (both girls I might add), and babysitters. It appears that our lives truly mirror each other's. Before the Pandemic, my sista-girlfriend and I would enjoy going shopping, catching a movie, sipping our favorite beverage, eating out, dishing on our favorite SOAP; General Hospital, attending weight-loss classes and occasionally going to church together. I can truly attest that God puts people in your life for a reason and she has been a constant positive force in my life. I don't know what I would be without my buddy! My sista-girlfriend is Soror Gail Gatlin Harrison.

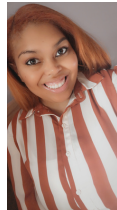


Soror Kimberly Vincent
Portsmouth Alumnae Spr. 1985
Corresponding Secretary

Celebrating Sista-Girlfriends!



Girls' night is a must for my friends and me at least once a month. We like to try different things each month, whether it is wine tasting, paint night, or just going out to eat. I look forward to girls' night because it allows me to dress up with my friends and just have a good time!



Soror Nicole Randolph
SAC Spr. 2018
Social Action Chair

I celebrate my sista-girlfriends by sending them encouragement throughout the day or just telling them how much I care about them. Another way, prior to the pandemic, we would get together and do face masks and watch movies together.

Soror Jessica Moore
Pi Mu (Longwood Univ.) Spr. 2020



Sista girlfriends are important. I love my sista girlfriends. I have several circles of sista girlfriends (childhood, college, LS, church, work, etc). I get together with my work sistas outside of work quarterly and we group chat each morning by sharing an encouraging word to start the day. With my line sisters, we make it a point to get together to celebrate our Deltaversary and meet up at VCU Black Alumni Weekend (that's our homecoming LOL being we don't have a football team). We just love on each other by celebrating milestones in our lives and our family's lives, planning weekend get-aways/girls' night out, getting together "just because" for dinner, movie, just catching up, etc. Since the pandemic, we have resorted to Zoom meetings, Facetime, more frequent calling to maintain that connection. Looking forward to being together in person again!



Soror Echoe Edmond
Eta Tau (Virginia Commonwealth Univ.) Dec 1988
Nominating Chair

Celebrating Sista-Girlfriends!

I have been blessed to share a long-term friendship and sisterhood with seven (7) women. We have known each other for 20+ years to over 30 years. At least 3 of these women, I met and became friends with them as we raised our children. We shared many sleepovers and yearly 'kiddie' birthday party celebrations. Others were met as we served in ministry at church. This 'girlfriend' bond has withstood the test of time and we are still together.

Before the Covid pandemic, an Earth Wind and Fire or MAZE with Frankie Beverly Concert was never missed by us in the Hampton Roads area. We've taken many vacations together. All of our birthdays were celebrated with dinner, toasts, and gifts. Most of us attend the same church and therefore saw each other at least 2 to 3 times a week. We have been there for each other through the good times and the sad times, encouraging and helping share the burdens.

With the onset of the pandemic, we have had to adjust, by trying to maintain and keep the lines of communication open. We share group texting with words of inspiration, scripture as well as funny stories and caricatures. We also call each other just to hear each other's voices. I love to drive by with gifts, samples of vegan food, pound cake, zucchini, and pumpkin bread. We even attempted a Zoom call. LOL Even though we don't see each other as we did before the pandemic, we all know that the 'girlfriend bond' is still strong!

"Some friends make your day,
A good friend makes your Life"
These girlfriends have made my Life!

Soror Gloria Spruiell
Alpha Beta (Fisk Univ.) Dec. 1973



Since the pandemic started we have not gotten together, but usually, we would get together one Friday per month either at a restaurant or at each other's home. We have not done anything in over a year.



Soror Sonia Bethea
SAC Spr. 2018
EMBODI Chair

Celebrating Sista-Girlfriends!

My sista-girlfriends and I make a point of celebrating our friendship, our families, our milestones and our accomplishments. I tell them I love them and acknowledge that our friendship is a priority. We have celebrated in every way imaginable, from annual outings to VSU for Homecoming, to CIAA, to MEAC and all activities in between. I have had the opportunity to travel to Delta-related functions in the past from National Conventions, Regional Conferences, and Statewide Founders Day celebrations. I have been cruising in the Hawaiian islands, sightseeing, and exploring Cuba as well as vacationing in Florida and Vegas. We also have annual gatherings in one another's homes, just because. I must also acknowledge how we have applauded one another as we complete advanced degrees, open small businesses, receive promotions or appointments to boards. As a result of the pandemic, we have unfortunately been relegated to Zoom meetings to catch up, social media, WhatsApp, or spending time in my driveway (socially distanced) when the weather was warmer. I am fortunate to have a circle of sista-girlfriends in a variety of categories (sisters, sorors, lifelong friends, neighbors, and classmates); regardless of the type, one thing is certain, I miss them ALL and cannot wait until the day comes when we can celebrate EVERYTHING! Until that time, I will relish in the MEMORIES of having GREAT times.



Soror Davida Harrell-Williams
Alpha Eta (Virginia State Univ.) Spr. 1989
Budget & Finance Co-Chair



Getting to Know You

If you enjoyed reading "Sista-Girlfriends", **tell us about a woman you admire and why she is special to you.** Let's continue celebrating sisterhood and womanhood as March is Sisterhood Month and Women's History Month. Email your submission along with a photo of you and your honoree to sacd64.newsletter@gmail.com by Friday, February 19 to be included in next month's edition.



DELTA DEARS



Soror Doris L. Johnson



Soror Johnson's hobbies include: reading, doing crossword puzzles, and traveling.

Her guilty pleasure is enjoying a big bag of Classic Lays potato chips.

...and she would like to have monthly brunch and spa days!

Soror Doris L. Johnson was born and raised in Philadelphia, Pennsylvania. After graduating from Germantown High School, Soror Johnson continued her studies at Delaware State (College) University. Soror Johnson was initiated in Epsilon Alpha Chapter at Delaware State in 1969. In 1971, Soror Johnson received her BS degree in Elementary Education, and in 1994 she received her MEd. in Early Childhood Education from Old Dominion University.

Soror Doris has worn many hats in Delta Sigma Theta Sorority, Incorporated. She served as Chapter President from 1998-2002 and 2006-2008. She also served as Chaplain, Corresponding Secretary, and Committee Chair for Protocol and May Week. Soror Johnson is very passionate about protocol and following the Ritual.

Soror Mary Hicks invited her to a Founders Day Luncheon in Norfolk, and then to a chapter meeting and that's when she decided to join Suffolk Alumnae Chapter and has never looked back.

Soror Johnson retired from Suffolk Public Schools after teaching for 27 years as a Reading Specialist in grades K-3. She also taught Early Childhood courses at Paul D. Camp Community College.

Soror Johnson is very active at her church, Community Presbyterian Church in Portsmouth, VA, serving as an Elder and Clerk of Session. She also serves on the Commission on Ministry for Presbytery of Eastern Virginia.

Soror Johnson is a mom of two wonderful sons Herman DuBose and Marques DuBose. She is a proud grandmother of Aliyah, Herman III, and Syleena. She has been widowed since 2014.

SOROR SPOTLIGHT

Provided by Soror Powell through
Membership Services

Lakeila Powell, a native of Colerain, NC and a 2002 graduate of Hertford County High School. As the second child of, Mr. Johnny Powell and the late Mrs. Sandra Powell, Lakeila learned the values of compassion, equality, patience, and generosity very early.

Lakeila is a 2006 graduate of Virginia State University, where she majored in Biology. From there she completed her Master's in Physician Assistant Studies in 2009 from Eastern Virginia Medical School. As a Physician Assistant, Lakeila specializes in Family Medicine and with a desire to give back she started the first 10 years of her career working in community health centers serving those that were uninsured, under-insured, and migrants. Currently, she has an amazing opportunity providing medical services to our veterans and their families at Langley Air Force Base. Outside of serving veterans and their families, Lakeila is a Medical Officer for the Virginia National Guard, with 10 years of combined service between the Army and Air Force. As a citizen-soldier she has had the opportunity to be of service to several groups that she feels have been overlooked in society: the uninsured, under-insured, migrants, veterans, and current military service members.

She believes that health care is a right and not a privilege. Currently, she is working towards her Doctorate in Public Health at Capella University with a research interest in racial disparities and inequalities and how we can combat structural racism to improve health care. She believes each of us has a social responsibility and the blessing that has been afforded to her either through her education or career is not about what she can do but how she can help others.

Lakeila "Ms. DSTinction" was initiated into the illustrious Delta Sigma Theta Sorority, Inc in the Spring of 2018 through the Suffolk Alumnae Chapter. As a member of the SAC, she is a member of Heritage and Archives, Ways and Means, Physical and Mental Health, and the co-chair of May Week. Her work in the community also extends to being a Co-Chair of the Executive Board for the Boys and Girls Club of Southeast Virginia Suffolk Unit.

Lakeila loves reading, traveling, shopping, and spending time with her family and friends especially her nieces and nephews. If you spend any time with her be ready to hear about the stories of Jelani, Kadeen, Hadyia, Nadia, Kiyan, and Kourtney.



Soror Lakeila Powell

***Thank you for
your service,
Soror Powell!
We honor and
applaud you!***

CELEBRATING SORORS

Provided by Courtesy
& Hospitality



February Birthdays

Gail Hinton-Copeland, February 5th

Wendy Hicks, February 9th

Sharon Slaughter, February 11th

Juanita Glover, February 13th

Lonice Williams, February 13th

Pharnethia Jackson, February 14th

Brenda Boston, February 16th

Kier Holland, February 21st

Felicia DeLoatch, February 23rd

Simone Boothe, February 25th

Doris Johnson, February 25th



Deltaversary

Tenesha Hicks, Epsilon Theta, Feb. 2016

BEST BEHAVIOR



In the October edition of the Delta Download, we highlighted the sorority's policy on drinking on a chapter-sponsored Zoom call. The Scholarship and Standards Alcoholic and Illegal Drug Usage Policy states:

No chapter, member of a chapter or soror shall post on the chapter's website or circulate on any form of social media or internet transmission or otherwise distribute any videos or photos of anyone including herself drinking or handling alcoholic beverages at any event or while wearing or displaying Delta paraphernalia or at any event that reasonably could be characterized as a chapter event by an outside observer. Policy Number 700-001. §VI,B, 2, h.

Provided by
Protocol & Traditions



Violet from
Downtown

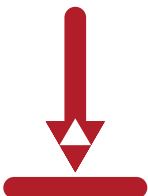
After further review, we are gaining clearer guidance that our private, soror-only, sister-to-sister events are closed and therefore no "outside observers" are present. As long as no soror takes screenshots, or captures any type of picture of the event and posts it to a public social media platform, it is ok to have a special drink at these events.

As always, use good judgment!



OUR NEWSLETTER NEEDS YOU!

We are looking for 3 more Sorors who are interested in providing content and/or editing our monthly newsletter, the Delta Download. If you are interested in filling one of these positions, please contact Soror Sharon Slaughter, MRC Chair to express your willingness and availability.



Committees, please upload all submissions to the Google Drive by Friday, February 19, 2021. If you have any questions, email us at sacdst64.newsletter@gmail.com