



# The Delta Download ↓

## THE PRESIDENT'S PERSPECTIVE



Sorors, let's rejoice for the blessings bestowed upon us as we enter this season of thanksgiving. For almost two years, we have dealt with the challenges of living through a pandemic. In spite of all of the challenges, we have been creative and active in the communities throughout the city of Suffolk. As we continue to persevere, let's keep our nine Cardinal Virtues in the forefront of our decision making and our actions. We have understood the assignment all along, Suffolk Alumnae will continue to carry out the vision of our 22 Founders.

Grateful,

*Tina M. Paul*



**WE UNDERSTOOD THE ASSIGNMENT!**

## TELL ME SOMETHING GOOD



Congratulations **Soror Robin Gregg-Chappell** for being recognized by a local newspaper for being an excellent teacher.

<https://www.thetidewaternews.com/2021/11/02/riv-erdale-shares-the-power-of-music-with-students/>



Congratulations to **Soror Pamela Jones-Watford**. She was blessed and ordained last month by Bishop Vashti McKenzie. Due to the pandemic, the ordination was delayed a year and a half.

We are so very proud and happy for you Soror Jones-Watford.



Congratulations to **Dr. Kimberly Stanley**. Soror Stanley is the co-investigator for a \$1.3 million grant awarded to Elizabeth City State University. Below is the link to the article.

<https://newsroom.ecsu.edu/ecsu-awarded-1-3-million-for-student-talent-search-program/>

## IT'S ALL ABOUT YOU!

We are looking to YOU to build our newsletter. Do you have good news about a job promotion or the birth of a child? Look for your story in **"Tell Me Something Good"**. Would you like to share a memorable moment about a Delta experience? That will be featured in **"Remembering HERstory"**. If it's important news about you, we want to hear about it. Submit your entry by the Executive Board meeting, and we will include it in the next issue. Submit all articles to [sacd64.newsletter@gmail.com](mailto:sacd64.newsletter@gmail.com).



## What You Got Cookin'?

This is the time of year when we start pulling out Grandma's Famous Apple Pie recipe or remembering the particular steps to make Auntie's delicious Gumbo.

MMMM, MMMM!

What is your signature dish? We want to know!



### **Signature Dish:**

Rustic Potato Leek Soup

**Juanita Glover, SAC, Fall 1971**



### **Signature Dish:**

Shrimp Alfredo. I love to pair it with a nice side salad and garlic cheese bread.

**Belinda S. Pitts, Second Vice President, SAC, Spring 2018**



### **Signature Dish:**

Lynn's Crab and Shrimp Dip

**Patricia Lynn Richards-Spruill, Arts & Letters Chair, SAC, Spring 1988**



The **Getting To Know You** section of the newsletter allows us to get to know our sorors in a more intimate way. Each month The Delta Download will pose a different question to the chapter. Please consider sharing your thoughts on the topic so we can learn more about you and potentially have more dialogue in the future. You never know how your thoughts will connect with another's.

## THAT'S MY SOROR

This month we are meeting four sorors: a mother-daughter Delta DEAR pair, a reclaimed soror, and our spotlight soror.



**She's our DEAR!**  
**Tamara A. McBride**

**What is your Initiation chapter/date, line number/name; line's name?**

Alpha Gamma Chapter, Morgan State University, Nov. 18, 1979, # 1- "Miss P"- The Fine Line of 79.

**What committee(s) do you serve on in SAC?**

Courtesy & Hospitality

**What Delta advice would you give a young soror?**

Be true to Delta and yourself. Always make Delta proud. It's not a destination, but a journey.

**Based on the theme from this year's chapter retreat, what gifts are you unwrapping this year?**

The gifts of positivity and encouragement.

**What is a pet peeve of yours?**

When people forget from whence they came from.

**What do you do for fun?**

Reading and socializing with my BookClub, taking Girls' Trips, and watching Hallmark Movies. I also enjoy entertaining and loving on my family and friends.

**If money/time/talent were no object, what one thing would you have, be, or do?**

**HAVE:** a beautiful beachfront home on an island; **BE:** an ambassador of servitude, **DO:** make self-care a priority!



**She's our DEAR!**  
**Jacqueline A. Allen**

**What is your Initiation chapter/date, line number/name; line's name?**

Montclair Alumnae Chapter, Montclair, NJ., March 24, 1994, #1- First Born, Sable Revelations

**What committee(s) do you serve on in SAC?**

Presently none

**What Delta advice would you give a young soror?**

To be an active member and participate in some form of our Delta endeavors.

**Based on the theme from this year's chapter retreat, what gifts are you unwrapping this year?**

Participating and supporting when I am able.

**What is a pet peeve of yours?**

When people are rude and lack compassion for others.

**What do you do for fun?**

I love to spend time playing hymns and classical music on my piano. Spending time with family and friends, especially my grandchildren and great-grandchildren

**If money/time/talent were no object, what one thing would you have, be, or do?**

**HAVE:** a worry-free life. **BE:** a philanthropist, **DO:** support institutions/organizations that help make the world a better place to live in.



**We're Spotighting You!!  
Sonia Madonna Bethea**

**Job/Title/Position:**

Risk Management Specialist-Naval Medical Center  
Portsmouth

**What is your idea of a good time?**

I enjoy shopping, fishing, or watching the Hallmark channel. I also enjoy going on trips with my family.

**What is your Initiation chapter/date, line number/name; line's name?**

Suffolk Alumnae, April 8, 2018; #5-The Whisperer; 28 DSTinct Forces of Vitality

**What committee(s) do you serve on in SAC?**

Nominating, Protocol, and Social Action



**What is a favorite gift you've received?**

When I was 7 or 8 my aunt went on a world cruise and she got me a dress from every country that she visited. I loved those dresses!!

**What is your most memorable moment in Delta?**

In my short time, I would have to say it was the National Convention - Opening Ceremony and being amongst so many black women.

**Based on the theme from this year's chapter retreat, what gifts are you unwrapping?**

Unwrapping my time and myself, giving more of both in support of the Chapter and Delta.

**If money/time/talent were no object, what one thing would you have, be, and do?**

**HAVE:** a vacation home in Dubai, Italy, Spain, and Hawaii, **BE:** a philanthropist. If I have unlimited amounts of money the only thing to do is to share, **DO:** build a multi-level facility dedicated to the homeless with beds and showers.



**Welcome Back, Soror!  
Kia Marie Edwards**

**Job/Title/Position:**

Care Coordinator With JenCare  
Senior Medical Center

**What is your idea of a good time?**

Working on my candle business, trying out new restaurants and interactive activities with my son.

**Initiation chapter/date, line number/name; line's name:**

Suffolk Alumnae; April 8, 2018; #9-Sparkles; 28 DSTinct Forces of Vitality

**What committee(s) do you serve on in SAC?**

Media Relations (MRC)

**What makes SAC special to you?**

SAC has always been special to me because of the love and guidance I received as a young lady. The women of our chapter made my transition here to Suffolk so much better as a child and really inspired me to be a young woman with confidence, intelligence, and grace.

**Based on the theme from this year's chapter retreat, what gifts are you unwrapping?**

I plan on showcasing my social media savviness and knowledge.

**If money/time/talent were no object, what one thing would you have, be, and do?**

**HAVE:** a recording and dance studio, **BE:** a radio personality, **DO:** travel monthly with my son and family.



## Celebrating Sorors

### *Happy Birthday, Sorors!*



- 11/04 Deborah Norris
- 11/06 Takiyah Brown
- 11/08 Camino Staton
- 11/08 Nicole Austin
- 11/09 Davida Harrell-Williams
- 11/10 Stephanie Blue
- 11/10 Gwendolyn Williams

- 11/10 Vicki Williams-Pittman
- 11/15 Echoe Edmond
- 11/19 Darlene Lascano
- 11/20 Joyce Diggs
- 11/21 Jessie Lawrence
- 11/24 Alexis Smith

### *Happy Delta Versary, Sorors!*



- NOV. 1955 Vermelle T. Byrd, Alpha Lambda - North Carolina Central Univ.
- NOV. 1969 Joyice Ann Powell Jones, Epsilon Phi - Philadelphia City Wide
- NOV. 1971 Juanita Glover, Suffolk Alumnae
- NOV. 1973 Jan Elion, Beta Gamma - Dillard Univ.
- NOV. 1978 Barbara Byrd Walker, Eta Tau - Virginia Commonwealth Univ.
- NOV. 1979 Tamara McBride, Alpha Gamma - Morgan State Univ

# COMMITTEE CHAIRS



Next month's issue will be our quarterly update featuring highlights from Committee Chairs. Submit your committee's activities, events, programs, recognitions, etc. by **Friday, November 19, 2021 to [sacdst64.newsletter@gmail.com](mailto:sacdst64.newsletter@gmail.com)**.

Remember, the Delta Download is a historic document and we want to ensure we are capturing and highlighting all of the Chapter's accomplishments through our committee programs, addressing the needs of the community through our 5-Point Programmatic Thrust: Economic Development, Educational Development, International Awareness & Involvement, Physical and Mental Health, and Political Awareness & Involvement.

*Our thoughts and prayers are with you!*

Please continue to pray for our sorors who have recently suffered a loss, are ill, recovering from surgery, have been under the weather, or are facing one of life's many challenges. Those that we are aware of include:

Felicia DeLoatch, Joyce Diggs, Robin Gregg-Chappell, Davida Harrell-Williams, Sharon Knight, Darlene Lascano, Jacqueline Matthews, Melody Matthews Calloway, Tamara McBride, Belinda S. Pitts, Sharon Slaughter, Patricia Lynn Richards-Spruill, Jancie Smith, Gloria Spruiell, Guinelle Trower-Koonce, and Dana Woodson

*If we have omitted any names, please forgive us and let us know so we can include them next month.*



# Suffolk Alumnae Members

2021-2022

Adrienne Simmons  
 Adrienne Turner  
 Alexis Smith  
 Angela Hicks  
 Anjelica Harris  
 Aretha Porter  
 Barbara B. Walker\*  
 Belinda S. Pitts  
 Betty Montgomery\*  
 Beverly Washington-Williams  
 Brenda Boston\*  
 Bridgette M. Buckner  
 Camino Staton  
 Carolyn Mayfield\*  
 Cassidy Lewis  
 Catrina Uzzle  
 Charlene Christian-Andrews\*  
 Charlene Holloway  
 Charlette Fairchild  
 Chassity Beads Harris  
 Cherelle Mason-Harris  
 Crystal Phillips  
 Dana Woodson  
 Darlene Lascano  
 Davida Harrell-Williams  
 Deborah Norris  
 Deborah Sanford\*  
 Deborah Springs\*  
 DeVonda Spivey  
 Dionna Scott  
 Doris Johnson\*  
 Ebony Hudson  
 Echoe Edmond  
 Erica Williams-White  
 Ericka Counts  
 Erin Banks  
 Erin Lawrence  
 Ernestine Kearney\*  
 Felicia DeLoatch  
 Felita Steverson

Gail Hinton-Copeland\*  
 Gail Pulley  
 Gayle Spencer-Ridley\*  
 Gina Knight  
 Gloria Mizelle\*  
 Gloria Spruiell\*  
 Guinelle Trower-Koonce\*  
 Gwendolyn Williams  
 Helen Lewis\*  
 Helivi Holland  
 Jacqueline Allen\*  
 Jacqueline Matthews\*  
 Jacquelyn Lawrence\*  
 Jan Elion\*  
 Janice Smith  
 Jessica Moore  
 Jessie Lawrence\*  
 Jewel Anderson  
 Joy Porter  
 Joyce Diggs\*  
 Joyce Powell Jones\*  
 Juanita Glover\*  
 Judith Brooks-Buck\*  
 Julia James  
 Kathryn Allen-Stamps  
 Katrina Pope  
 Kelli McCray  
 Kia Edwards  
 Kier Holland  
 Kimberly Hitchman  
 Kimberly Penerton  
 Kimberly Pitt  
 Kimberly Stanley  
 Kimberly Vincent  
 LaCleder Odom  
 Lakeila Powell  
 LaShawndra Walker  
 Latasha Powell  
 Latonya Williams  
 LaToya Gregg  
 Lonice Williams

Lorri Banks  
 Lula Holland\*  
 Malikah Myrick  
 Marcia Brown  
 Marion Monique Keeling  
 Mary Hicks\*  
 Mary Steverson\*  
 Melleasenah Rountree  
 Melody Matthews  
 Monique Barnes  
 Nancy Adams\*  
 Nicole Austin  
 Nicole Randolph  
 Pamela Jones-Watford  
 Patricia Richards-Spruill\*  
 Pharnethia Jackson  
 Regina McKinney  
 Rhonda Peebles-Holland  
 Robin Edwards-Clark  
 Robin Gregg-Chappell  
 Robin J. Whitley  
 Sharon Knight\*  
 Sharon Slaughter  
 Shawn Harris  
 Shea Skinner  
 Simone Boothe  
 Sonia Bethea  
 Stephanie Blue  
 Takiyah Brown  
 Tamara McBride\*  
 Tenesha Hicks  
 Tess Turner  
 Tia Hughes  
 Tina M. Paul  
 Toni Thomas  
 Vanessa Harris\*  
 Vermelle T. Byrd\*  
 Vicki Wiggins-Pittman  
 Wendy Hicks  
 Yilla Smith-Harry

\* = Delta D.E.A.R.



## Contributors

Newsletter Contributors/Editors: Sorors Bridgette M. Buckner (lead), Charlene Christian-Andrews, & Sharon Slaughter

The Newsletter Subcommittee falls under the Media Relations Committee, Soror Sharon Slaughter, Chair, and Soror Erin Lawrence, Co-Chair. If there is something you would like to see featured in our chapter newsletter, let us know at [sacdst64.newsletter@gmail.com](mailto:sacdst64.newsletter@gmail.com).