



# The Delta Download ↓

## THE PRESIDENT'S PERSPECTIVE

Sorors, we are embarking on the journey of membership intake. This journey will consist of excitement, much anticipation, long days and nights, in addition to a major learning curve. So much has changed with the process that we have all experienced. However, nothing has changed the desire to find the right group of women that will carry on the legacy of the Suffolk Alumnae Chapter. Women with great potential, a heavy dose of creativity, deep desire, and a courageous spirit await the opportunity to become members of this illustrious sisterhood.



As we find our way through this journey, let's begin to prepare our hearts and minds to accept these women into our chapter. New friendships and bonds will be created. Unique gifts will be discovered and unwrapped. Do you remember how excited and nervous you were at this point of your Delta journey? Recall your "WHY" and let that fuel your commitment to Delta and Suffolk. Remember, these women are learning how to be a Delta by what we say and do. Let us represent her well! As we take time to reflect, let us not forget that we must continue to forge ahead. The Suffolk community needs us and our programs. Your unwavering support of chapter activities is still needed and will be greatly appreciated.

In the Spirit of Sisterhood,

*Tina M. Paul*





IN MEMORY OF  
— 27th —  
NATIONAL PRESIDENT

*Cheryl*  
A. HICKMON

DELTA SIGMA THETA  
SORORITY, INC.



*May 11, 1962 - January 20, 2022*

***Some of Soror Hickmon's local, regional, and national positions:***

- Alpha Xi Chapter 1982***  
***Alpha Xi Chapter President (1983-1984)***  
***South Atlantic Regional Representative (1984-1986)***  
***Co-Chair of the National Leadership Academy (1992-1996)***  
***Eastern Regional Director (2001-2005)***  
***Co-Chair of the National Documents Review and Revision Task Force (2008-2013)***  
***Hartford Alumnae Chapter President (2009-2013)***  
***National Secretary (2013-2017)***  
***National First Vice President (2017-2021)***  
***Chair of the National Scholarship and Standards Committee (2017-2021)***  
***National President 2021***



Today I decided to dedicate this one to our 27th National President, Cheryl A. Hickmon. I had the pleasure of knowing Madam President for YEARS as she was instrumental in our starting Leadership Delta (a STEM program) at GE Appliances. Not only was she my Soror, but a very good friend. What I admired and will miss about my friend, our Soror, is that contagious, infectious smile! Her love for Delta was unwavering, and even YEARS ago, I KNEW she would one day be our National President. Our meetings were long...often going until the wee hours of the morning, but Soror Hickmon NEVER lost her sense of humor, and it seems as if she never tired. We would be there until the job was done, regardless of the time! We had so much fun mentoring the girls and would even do a step or two for them! Those times I took for granted, BUT I pray my friend knew how much I admired and loved her. Sometimes we forget to say "I admire you", but there was NEVER a time we would leave each other and didn't say I LOVE YOU!

Sorors, let's give those around us their "flowers" while they are here!  
 Let's never take anything for granted as tomorrow may be too late!  
 I love you ALL and admire each and every one of you!

**Soror Charlie Fairchild**  
**Lambda Eta - Old Dominion Univ., Spr. 1980**



## TELL ME SOMETHING GOOD



**ROBIN GREGG-CHAPPELL**  
Recognized by the school  
administration for  
excellence in education



Riverdale Elementary School encourages expertise in academic settings, and it's critical to have award mechanisms in place that help reward educators' above-and-beyond efforts. Riverdale Elementary School endeavors to accomplish this award recognition weekly by displaying the "Faces of our School." The administration recognized Robin Gregg-Chappell.



**NICOLE RANDOLPH**  
Recognized by ForKids for  
National Mentoring Month!

I have been volunteering with Forkids since December 2016. When the pandemic hit, I was unable to assist with Beyond The Bell but still wanted to volunteer in some capacity. When I saw the post on the organization's Facebook page for the AIM mentoring program, I was ecstatic! I enjoy working with the youth, being a positive impact, and showing them that they can do anything they set their minds to. This experience has truly been a blessing to my life. My mentee and I always have an awesome time together, and at times she brings out the big kid in me. I look forward to staying within this program and meeting more young ladies who show how awesome they are and what they can accomplish in life.



**Soror Nicole Randolph**  
Social Action Chair



## GOOD TROUBLE

Provided by Social Action

Governor Youngkin was sworn in on Saturday, January 15th. Although he pledged to Strengthen the Spirit of Virginia, he and his administration are tearing through the fibers by issuing one-sided partisan orders that impact children, teachers, and communities of color. He issued an order to make masks voluntary in public schools, banned Critical Race Theory, (although it's not taught in K-12), and promises to carry out bills and budget amendments that will expand the state's Board of Elections and require photo ID at the polls. He also issued orders to suspend the gasoline tax, eliminate grocery tax and pay to establish public charter schools. Lastly, he plans to put resource officers in all schools and give parents more power to prevent their children from being exposed to sexually explicit works in the classroom.

In Delta news, we had Part II of Delta Days in the Virginia General Assembly (DDVGA), heard from legislators, got the charge from our new Virginia State Social Action Coordinator Lashrecse Aird, and received our 2022 Legislative Agenda. Soror Taryn Anthony, our former VA State Coordinator, now occupies the seat as our South Atlantic Regional Social Action Coordinator. Soror Dena King, who left her seat to be sworn in as the US Attorney for the Western District of NC, created the shift in all the positions. Congratulations to our dynamic Sorors! VA Social Action will host a Redistricting forum to bring us up to speed on all the changes throughout the state. Delta Days in the Nation's Capital (DDNC) is March 4-8 in Maryland at the Gaylord Hotel and will be in a hybrid format. Locally, the redistricting maps in Suffolk have changed, so stay tuned for more information about your new legislators and districts.



**Soror Robin J. Whitley**  
Social Action Co-Chair



## **GOOD BEHAVIOR**

Provided by Protocol

### **CODE OF CONDUCT: ETHICS**

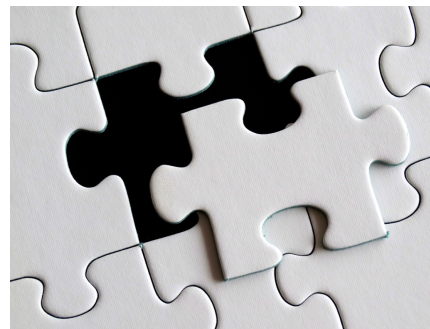
**In January, we celebrated our 109th Founders Day where we honored the 22 dynamic, bold, and brave women who founded our Sorority. This month, let us reflect on our Code of Conduct and remind ourselves of what DELTA expects of its members.**

**Believing in the worth and dignity of each human being, Delta expects each soror to recognize the supreme importance of the pursuit of truth, devotion to excellence, and commitment to social responsibility.**

**Each soror is expected to live up to these ideals by embracing and adhering to the following ethical principles:**

- Δ Each soror shall regard as primary the bond of Sisterhood and the giving of public service;**
- Δ Each soror shall uphold the Constitution and Bylaws of Delta Sigma Theta Sorority, Inc.;**
- Δ Each soror shall maintain high standards of personal conduct;**
- Δ Each soror shall support and promote the goals, objectives, and programs approved by Grand Chapter;**
- Δ Each soror shall treat all persons with dignity and respect;**
- Δ Each soror shall exhibit compassionate and courteous behavior toward all persons at all times;**
- Δ Each soror shall refrain from making false or misleading statements about the Sorority to anyone;**
- Δ Each soror shall recognize her personal responsibility to assist with and promote the development, improvement, and execution of programs designed to strengthen the Sisterhood;**
- Δ Each soror shall uphold and support all persons impartially;**
- Δ Each soror shall refrain from engaging in or tolerating any exploitation or disparaging of the Sorority;**
- Δ Each soror shall refrain from using her membership in any manner that would be inconsistent with the Sorority's underlying principles.**

While **Membership Intake** is going on, we need every **chapter member** to **unwrap her gifts** to keep chapter programs and activities running.



Every **chapter member** is an **essential** piece of the puzzle for SAC's success! Ask a committee chair how you can assist!



## Call for Nominations

One of the most important responsibilities of the members of the Suffolk Alumnae Chapter (SAC) Delta Sigma Theta, Inc. is to elect the leadership for the 2022 – 2024 biennium. The SAC Nominating Committee is charged with the duty of soliciting and receiving from chapter members recommendations of members to serve in Chapter offices and positions. If you are interested in nominating a soror, or applying yourself, contact Soror Echoe Edmond, SAC Nominating Committee Chair at [sacdst64.nom@gmail.com](mailto:sacdst64.nom@gmail.com) or click on the link below for the application.

Click here for the application



<https://www.suffolkdst.org/wp-content/uploads/2022/01/Delta-Profile-Application-2022-fill.pdf>



February 14, 2022	Application submission Deadline at 11:59 pm
March 21, 2022	Nominating Chair presents the slate of chapter officers and positions at the March Executive Board Meeting for informational purposes only
April 2, 2022	Announcement of Slated Candidates/Open Floor for nomination(s) in April Chapter Business Meeting
April 9, 2022	Application Deadline at 11:59 pm for nomination(s) from the floor
April 18, 2022	Nominating Committee will provide the Elections Committee Chair with the final slate inclusive of confirmed nominations from the floor and publish the "Slate of Candidates for the 2022-2024 Biennium"
May 7, 2022	Meet the Candidates Forum (1 hr. prior to the May Chapter Business Meeting)

# Who Do You Admire?

For Black History Month, as we reflect on the sacrifices our ancestors made, along with the accomplishments of modern-day SHEroes/HEroes, we want to know who you admire (significant to the world or to you) and why?



I admire my mother, Gladys Rudd Jenkins, a woman who taught me how to make the most of the least of anything. She also taught me that I should want the best for myself and never be defined by anyone's standards. Be my own woman and set my own goals. She was a trendsetter, fashionable, highly creative, smart, musical, gifted, very sociable, and could work a room. I admire her for her tenacity to endure hard times as a woman growing up when it wasn't easy to be a black woman, but she always persevered and held her head high with dignity. Thank you, Mommy, for teaching me to endure and carry on, head high, chin up, crown on straight. Love and miss your light!

**Soror Robin Jenkins Whitley**  
**SAC, Spr., 2006**



My mother is my SHERo! She was an awesome woman/person. She was valued, worthy, powerful, and appreciated. She taught a generation of Girl Scouts in Suffolk to knit and crochet. She had an awesome collection of African Violets that my father crafted a shelf with 'grow lights', and boy did they ever!

My father was a quiet man. I once went to an auto parts store in Suffolk and I wrote a check. When the cashier saw my name he said " I knew a man named Gilmore Trower who was a mechanic and he was the kindest, most honest man I knew". He went on and on, and I finally told him he was my daddy. He wondered about him, and I said he had passed on.

So! I say without reservation that I had my HERO and SHERO at home with me, and I thank God for them. THEY WERE THE BEST! I miss them terribly, but they are with me in my heart and mind.

**Soror Guinelle Trower-Koonce**  
**SAC, Spr., 1993**

I admire my mother. My mother taught me, my sisters and brothers, what we needed to know about life. She had eleven children. After losing my father as a teenager, she raised three children by herself. I am next to the youngest child. She encouraged hard work as well as education. She encouraged me to go to college and to get a degree. Today I have a Bachelor's and a Master's degree. She encouraged me to always learn and keep learning. Although she has been gone for many years now, I can see her as clear as day. I will continue to live her legacy.



**Soror Sandra Walton**  
SAC, Spr., 2010

The person I am greatly inspired by is John Robert Lewis, the civil rights visionary Leader/Congressman. He was instrumental in participating in the Freedom Rides of 1961, various Sit-ins, and helped to plan/speak at the March on Washington in 1963. He advocated that people must get involved to bring changes politically, socially and economically.

It was a joy for me to hear him speak to Americans with great wisdom. I admired him for being courageous, dedicated, an organizer, and loving people. As African Americans, we must "Speak Up and Speak Out." In the words of John Lewis, "There comes a time when you have to say something. You make a little noise. You move your feet. This is the time."

What a great man to know and admire as my hero. "Cherish action over observation" - Be involved in the change!

**Soror Mary S. Steverson**  
SAC, Spring 1993



**Who Are They?**

Of course, the people I admire are my parents, grandparents and family members, and family friends. Yet, the people that I also admire are those who we now view in black and white television footage and pictures who marched and protested who we do not know. The people who were water hosed and bitten by police dogs, but whose names we do not know. Those brave men, women, and children marched for their voting rights and our voting rights. I admire them for their sacrifices. Let us not forget those whose names we do not know.

**Soror Charlene Christian-Andrews**  
SAC, Spr. 1981



# THAT'S MY SOROR

Meet a Delta DEAR, a reclaimed soror, and our Membership Spotlight soror.



**She's our DEAR!**  
**Betty A. Montgomery**

**College/Major:**

Norfolk State University, Social Work/ Bachelor's and Master's

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

Suffolk Alumnae Chapter, Spring 2006, #26-Clarification, Phenomenal 26.



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

Membership Services and May Week committees

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

After the excitement of initiation is over, honor the sisterhood experience.

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

My spirituality (Fruits of the Spirit).

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

Rudeness and disrespectful individuals.

**What do you do for fun?**

I love spending time with my friends and family; Attending cultural activities such as Broadway, plays, musicals, concerts. My idea of a good time includes; enjoying a good meal with people I enjoy being around, listening to good music, laughing, and if the occasion starts with shopping, then that's an extra treat (smile)!

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

**HAVE:** a home in a very tropical and warm area in the winter; **BE:** ...already there; **DO:** give lots of money to the HBCUs and to organizations that really support the unfortunate, the left-outs, those individuals that fall between the cracks, and family, friends.

**Sorors, thanks soooooo much! I'm so honored!!**



**We're Spotighting You!!**  
**Yilla J. Smith-Harry**

**Job/Title/Position:**

Associate Chief of Programs, Virginia Housing

**College/Major:**

Norfolk State University, BA Political Science/Public Administration;  
Strayer University, MBA Finance  
University of Phoenix - (Current)  
Doctoral of Business Management and Organizational Leadership

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

I love family gatherings, traveling with my kids,

celebrating and fellowshipping with my friends and family, cooking, karaoke, and game nights.

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

Suffolk Alumnae Chapter , April 8, 2018, #25-Rational Speaker, 28 DiSTinct Forces of Vitality

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

May Week Committee (Chair), Protocol Committee, and Ways and Means



## Welcome To SAC, Soror! Anjelica Harris



### Job/Title/Position:

Professional School Counselor and  
Outpatient Therapist (Licensed  
Professional Counselor Resident)

### College/Major:

Hampton University-Bachelor of  
Arts in Psychology;  
Regent University-Master of Arts in  
School and Community Counseling

### What is your idea of a good time?/What do you like to do for fun?

I enjoy binge watching tv shows,  
styling outfits, and shopping for  
shoes. I also enjoy going to new  
restaurants and being in good  
company.

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

Chesapeake Virginia Beach  
Alumnae Chapter  
Spring 2014 (April 26, 2014);  
#20-Cool Breeze, Ph3nomenal  
Fusion

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

Physical and Mental Health  
Committee

### What makes SAC special to you?

I appreciate the opportunity to  
verbalize my thoughts and concerns  
in SAC. I also think it's incredibly  
important for new chapter members  
to feel welcomed and valued and in  
SAC I feel the sisterly atmosphere  
even through the internet : )

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

Photography, organization, decision  
making, teamwork, and creativity

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

**HAVE:** A clothing line that sells only  
all black clothing

**BE:** A dentist who owns a number of  
luxury apartment complexes

**DO:** Travel to visit friends and family  
near and far every other weekend.

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

The first virtual chapter meeting is one of the  
most memorable moments for me in Delta. I  
am always so proud of our Delta Dears, I truly  
admire their courage, faith, and commitment  
to persevering, even during difficult and/or  
uncertain times. We were there, TOGETHER!  
The love, joy, and support filled the screens of  
every Soror. From there we grew, Sorors  
committed to supporting each other and  
continuing to do the work of Delta despite  
the uncertain times. Since our first virtual  
meeting, SAC has celebrated several "firsts"  
together. We have loved and supported each  
other in new and creative ways, and we have  
successfully accomplished (and many times  
exceeded) chapters goals and commitments!!



### What's a favorite gift you've received?

I've received some great gifts; however, my  
favorite and most memorable gifts were  
receiving my very own skis on Christmas. As  
a child, I would go skiing with a youth  
group every weekend during the winter.  
Every Saturday morning my cousins and I  
would board a charter bus and head to the  
ski resort for ski lessons. We would always  
wish that we had our own skis like many of  
the others that visited. I was so excited  
when I was given my own skis for  
Christmas. They were beautiful, and I knew  
my mother worked hard to purchase them  
for me.



## Celebrating Sorors

# Happy Birthday, Sorors!

02/05 Gail Hinton-Copeland  
 02/05 Monique Barnes  
 02/09 Wendy Hicks  
 02/11 Sharon Slaughter  
 02/13 Juanita Glover  
 02/13 Lonice Williams



02/14 Pharnethia Jackson  
 02/16 Brenda Boston  
 02/21 Kier Holland  
 02/23 Felicia DeLoatch  
 02/25 Simone Boothe  
 02/25 Doris Johnson



# Happy Delta Versary, Sorors!

**Davida Harrell-Williams, Alpha Eta – Virginia State Univ., 1989**  
**Tenesha Hicks, Epsilon Theta - Norfolk State Univ., 2016**

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**We're Spotighting You!!**  
**Yilla J. Smith-Harry**

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

This year I am unwrapping the gift of courage and sharing it with the chapter. I hope to continue to support and inspire Sorors to have the courage to share the many innovative and creative ideas, while also trying new things and facing our fears and anxiety.

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

**HAVE:** the rhythm sufficient to be Beyonce's lead backup dancer. **DO:** travel the world and share the stage with so many great people. In addition to the many physical attributes of a professional dancer, such a career would also provide an opportunity to **BE:** a homeschool mom for my children and take them around the world to learn and explore.

# SISTERHOOD MONTH

# BINGO NIGHT

FRI 3/4/22



## HEY, SECRET SOROR!

Show your **"Surprised Soror"** some sister-love for Valentine's Day! If you need assistance with delivering a gift, contact Soror Belinda S. Pitts or Soror Bridgette M. Buckner.



*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, Charlie Fairchild, Robin Gregg-Chappell, Davida Harrell-Williams, Kimberly Hitchman, Sharon Knight, Darlene Lascano, Jessie Lawrence, Jacqueline Matthews, Melody Matthews Calloway, Tamara McBride, Belinda S. Pitts, Sharon Slaughter, Patricia Lynn Richards-Spruill, Janice Smith, Gloria Spruiell, Tina Paul, 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.*





# VIRTUAL BLACK HISTORY

## FOURTH ANNUAL

# EXTRAVAGANZA

Saturday, February 19, 2022

12:00 P.M. - 1:00 P.M.



LIVE

You Tube Live



LIVE

Join US

@SACDST1964

*Arts, Poetry*  
*Music & Dance*

For more information, please visit [www.suffolkdst.org](http://www.suffolkdst.org)



# Suffolk Alumnae Members

2021-2022

Adrienne Simmons	Gail Hinton-Copeland*	Lorri Banks
Adrienne Turner	Gail Pulley	Lula Holland*
Alexis Smith	Gayle Spencer-Ridley*	Malikah Myrick
Angela Hicks	Gina Knight	Marcia Brown
Anjelica Harris	Gloria Mizelle*	Marion Monique Keeling
Aretha Porter	Gloria Spruiell*	Mary Hicks*
Barbara B. Walker*	Guinelle Trower-Koonce*	Mary Steverson*
Belinda S. Pitts	Gwendolyn Williams	Melleasenah Rountree
Betty Montgomery*	Helen Lewis*	Melody Matthews
Beverly Washington-Williams	Helivi Holland	Monique Barnes
Brenda Boston*	Jacqueline Allen*	Nancy Adams*
Bridgette M. Buckner	Jacqueline Matthews*	Nicole Austin
Camino Staton	Jacquelyn Lawrence*	Nicole Randolph
Carolyn Mayfield*	Jan Elion*	Pamela Jones-Watford
Cassidy Lewis	Janice Smith	Patricia Richards-Spruill*
Catrina Uzzle	Jessica Moore	Pharnethia Jackson
Charlene Christian-Andrews*	Jessie Lawrence*	Regina McKinney
Charlene Holloway	Jewel Anderson	Rhonda Peebles-Holland
Charlette Fairchild	Joy Porter	Robin Edwards-Clark
Chassity Beads Harris	Joyce Diggs*	Robin Gregg-Chappell
Cherelle Mason-Harris	Joyce Powell Jones*	Robin J. Whitley
Crystal Phillips	Juanita Glover*	Sharon Knight*
Dana Woodson	Judith Brooks-Buck*	Sharon Slaughter
Darlene Lascano	Julia James	Shawn Harris
Davida Harrell-Williams	Kathryn Allen-Stamps	Shea Skinner
Deborah Norris	Katrina Pope	Simone Boothe
Deborah Sanford*	Kelli McCray	Sonia Bethea
Deborah Springs*	Kia Edwards	Stephanie Blue
DeVonda Spivey	Kier Holland	Takiyah Brown
Dionna Scott	Kimberly Hitchman	Tamara McBride*
Doris Johnson*	Kimberly Penerton	Tenesha Hicks
Ebony Hudson	Kimberly Pitt	Tess Turner
Echoe Edmond	Kimberly Stanley	Tia Hughes
Erica Williams-White	Kimberly Vincent	Tina M. Paul
Ericka Counts	LaCleder Odom	Toni Thomas
Erin Banks	Lakeila Powell	Tonya Spruill
Erin Lawrence	LaShawndra Walker	Vanessa Harris*
Ernestine Kearney*	Latasha Powell	Vermelle T. Byrd*
Felicia DeLoatch	Latonya Williams	Vicki Wiggins-Pittman
Felita Steverson	LaToya Gregg	Wendy Hicks
	Lonice Williams	Yilla Smith-Harry



## Contributors

Newsletter Contributors/Editors: Sorors Bridgette M. Buckner (lead), Charlene Christian-Andrews, Charlie Fairchild, Sharon Slaughter, and Robin J. Whitley.

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).

Suffolk Alumnae Chapter Delta Sigma Theta Sorority, Inc.

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 YouTube [@sacdst1964](https://www.youtube.com/c/SuffolkAlumnaeChapterDST1964)

