TOP STORIES IN THIS NEWSLETTER

The FAC EXPERIENCE

A biweekly newsletter brought to you by: Fayetteville Alumnae Chapter

Vol. 4 Issue 2 October 1, 2017

- President's Message
- Healthy Lifestyles
- Delta ERT
- Adopt-A-Site
- October Hostesses
- Chaplain's Corner

As always, we are

"INSPIRING TO RECLAIM, RETAIN, AND UPLIFT SORORS!"

From Madam President

Greetings Sorors,

Now that we have met in our new location, what are your thoughts? First, I want to thank you for your patience as we adjusted and will, perhaps, continue to adjust and adapt to our new surroundings. Secondly, I think this new location might be a good fit for our chapter. However, if you have any concerns, comments, observations, or input you wish to share, please feel free to provide your feedback to me by email, text, or phone call. I welcome your valuable input.

The Educational Thrust's Youth Programs Kickoff was a huge success, Saturday, September 30, 2017, at the HQs Library downtown. Thanks to Soror Monroe and all the sorors who came out in support of this great endeavor. We had a great turn out. Hopefully, the parents will commit to bringing their children out to benefit from the many activities that these programs will offer.

We will vote during the October meeting regarding whether to have or not to have MIT this sororal year. You will receive notification by email this year. If you are a hard copy soror, you will receive yours via USPS. Please come to this meeting prepared to vote on this very important matter.

Beginning with this newsletter, you will be able to find the current month's Hostess Committee in its very own section on page three.

Big thanks to Soror Harris as she and her committee begin to cause us to have a "healthy lifestyle" with the initiatives presented to the chapter thus far, to include the ever exciting "Walk and Talk!"

When you are out and about conducting the business of DST and begin to post your pictures to Facebook, please also consider sending one or two of them to facwebupdates@gmail.com. By doing so, they can be included in the monthly newsletter and shared with everyone.

Committee Chairs should also be sharing their activities with the Communications Committee for publication in the newsletter, so that there is input from each committee each month. Better communication among us all will be bound to ensue.

Remember, the Fall State Meeting is being held in Raleigh, October 21, 2017. If you plan to attend, you will need to register online by October 9, 2017.

Until next time...

Remember the Sick & Shut-In

Sorors, Sorors, please let us continue to keep our sick, shut-in, and hospitalized sorors lifted in prayer, as we also remember and pray for our bereaved sorors, who have lost loved ones. Remember, a phone call, text, email, visit, etc. can go a long way in lifting someone's spirit.

Healthy Lifestyles

Tips for Healthy Living

More than 5 million Americans are living with Alzheimer's. African Americans are twice as likely to have Alzheimer's or other dementias than white Americans. Reduce your risk of developing the disease by adopting these behaviors for a healthy brain.

5 Pillars of Brain Health:

- *MOVE.* Keep physically fit with activities that exercise the body.
- *DISCOVER.* Keep cognitively fit with activities that exercise the brain.
- *RELAX.* Manage stress by getting ample sleep, practicing relaxation techniques, reducing everyday stressors and giving the brain opportunities to relax and recharge.
- *NOURISH.* Eat foods that nurture the body and the mind.
- *CONNECT.* Build social support by interacting often with friends, family and the community.

from AARP

FAC.HealthLife@gmail.com

Chaplain's Corner

Few things get our attention like trials and tribulations. Tough times test our faith and remind us that our God is Sovereign and can provide us with peace and comfort. He is Jehovah Jireh, our Provider! It's during the tough times that we need to turn to God in prayer and meditation; not only that our supplications may be made unto God, but so that He can also speak to us. He says in *Psalm 46:10*, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Be encouraged, my sisters! Though the storms rage, God is in control. He can turn a test into a testimony and mess into a message. The name of the Lord is a strong tower: the righteous runneth into it, and is safe.

Grace, Peace, and Love,

Barbara McCray Nubin, Chaplain

Publicity and Communications

- The committee requests that all flyers, tickets, bookmarks, ads, etc. come through the Publicity and Communications committee. After the committee reviews it, the committee chair will then forward to Madam President for approval. Madame President will only approve items that come directly from the chair of this committee. This was addressed in the minutes February 2016. We hope this will improve our process in getting information out and approved in a timely manner.
- Starting with the month of October, if you need audiovisual support at our monthly meetings, you will need to notify the committee 7 days in advance. This allows the committee time to make sure, you have all that you need to present an effective presentation. The request form is on the website.
- If you need for the committee to create flyers for promotion of your program, please, do so 14 days in advance. This allows time for the committee to create and collaborate with you to get you the best product. The form for this request is on the website.
- FAC Committees—Please, get your committee announcements in our newsletter. Pictures are also welcome. We will be posting at least one in newsletter, if there is space. Pictures will be posted on website.
- Please, submit articles as an attachment typed in Microsoft Word. It expedites the layout of the FAC Experience. Information sent as a text message has to be reformatted before adding to the newsletter. Again, please don't type as a text message, but send as an email attachment.

Next Issue: November 5, 2017

Remember: Please, send articles, pictures, or announcements to email address only: **Facwebupdates@gmail.com** **on or before *October 25.***

Your Committee Information Could Go Here

Adopt-A- Site

The committee met Saturday, September 23 at the Amtrack Train Station. We had fun working together. The next scheduled date for Adopt a Site clean up will be Saturday October 28, 2017 at the Amtrak train station. Cleanup will begin at 8:00 am. Sorors are asked to arrive at 7:50 am for setup.

Nicole D Spivey, Chair

October

14-Chapter Meeting
19-Book Discussion "No One Is Coming To Save Us" 6:30 pm
21– Fall State Meeting (Deadline for registration Oct 9)
28-Adopt-A-Site Clean Up 8 am
29-Red Carpet Movie *Marshall*

Hostesses For October

Gerdine Stevens
Tuneshia Roach
Rosia Freeman
*Brenda Freeman
*Rashema Freeman
Debra Figgins
Tammy McKeithan
*Patricia Moore
Nannie Young
Cleo Washington
Wendy Chapman
Kathy Blackmon

* Lead Hostess

Do you need a flu shot??? Soror Christine Washington would like to take care of you at our October meeting. Please, copy and paste the link below to email her of your intent. This will allow her to be prepared with the appropriate supplies.

cwashrph@aol.com

Delta Emergency Response Team

Top Tips for Fire Safety
(from your Delta ERT)

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Test smoke alarms every month. If they're not working, change the batteries.
- Talk with all family members about a fire escape plan and practice the plan twice a year.
- If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP. Never go back inside for anything or anyone.

https://www.usfa.fema.gov/downloads/pdf/home_safety_checklist.pdf

Fayetteville Alumnae
Chapter
Delta Sigma Theta
Sorority, Inc.
Arts & Letters Committee
is excited to present a
modern day classic
Red Carpet Event.

Thursday, October 5, 2017

Showtime: 7:30 p.m. **Reception: 6:30 p.m.**

Cape Fear Regional Theater

1209 Hay St, Fayetteville, NC 28305

Tickets $20.06

Purchase all tickets before September 23, 2017
at The Cape Fear Regional Theater....say "Delta."

Box Office Hours:

- Tuesday-Friday 1pm-6 pm
- Saturday 2 pm-6:30pm
- Sunday 2 pm-4 pm

ΔΣΘ
Fayetteville Alumnae Chapter
FAC
1953

CFRT
CAPE FEAR REGIONAL THEATRE
GREAT STORIES TOLD HERE

Join the

Fayetteville Alumnae Chapter

of

Delta Sigma Theta Sorority, Inc.
Arts & Letters Committee
Red Velvet Book Club
For a GREAT read and discussion lead by Renee' Corders

Thursday, October 19, 2017

6:30 p.m.

Scrub Oaks Restaurant
5708 Ramsey St. Fayetteville, NC
DUTCH TREAT
DOOR PRIZES

For additional information contact:
Janice Robinson @ 910-578-5551 or
or Franzetta Grandison @910-977-0608
www.fac.artsandletters@gmail.com

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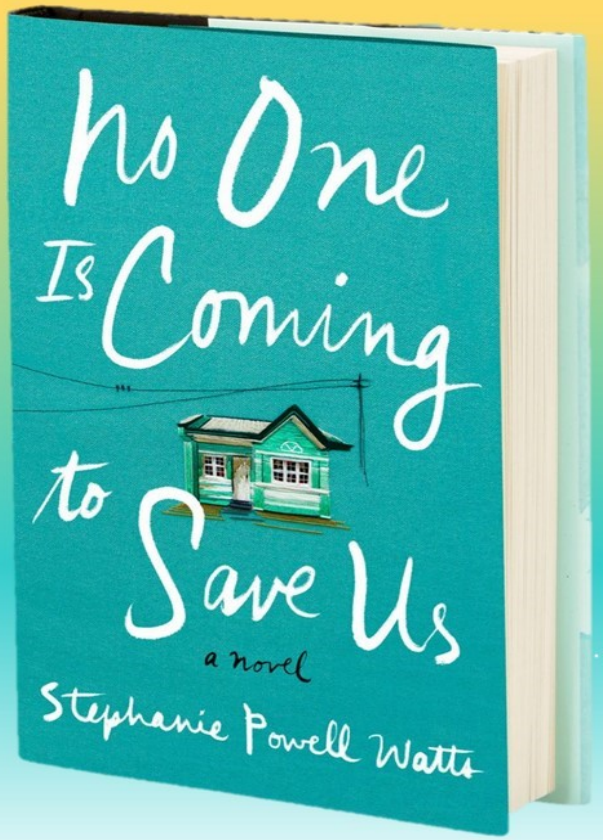
FAC.DSTInc



Come bond with the
Healthy Lifestyles Committee

every 3rd Saturday at 8:30am

as we

WALK AND TALK

3 Walking Locations

- Cross Creek Mall (Food Court)
- Cape Fear River Trail (Soccer Park)
- Hope Mills Park Walking Trail (Rec Center)

WHEN: SATURDAY, OCTOBER 14, 2017

Where: ***DELTA SIGMA THETA SORORITY, INC.***
CHAPTER MEETING

TOP 3 REASONS TO GET A FLU SHOT

1. **Prevents influenza-related death.**

Each year over 36,000 people in the U.S. die because of the flu-most are 65 or older. More people die from flu than from any other vaccine-preventable disease.

2. **Prevents severe illness.**

In the U.S. influenza puts about 200,000 people in the hospital each year. Children younger than 2 years old are as likely to be hospitalized as adults who are 65 or older.

3. **Protects other people.**

You should get vaccinated if you live with or care for others who are at high risk of complications from the flu. Getting a flu vaccination, you can help protect your family members, including seniors and young children.

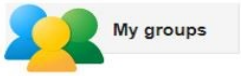
** Insurance forms must be completed by Thursday, October 12 , 2017 and submitted to Soror Christine Washington at cwashrph@aol.com.

Healthy Lifestyle Committee
FAC.HealthyLife@gmail.com

Delta Emergency Response Team
FAC.DELTAERT@gmail.com

If you would like to receive non Delta information from sorors via our new Google Group - FACCOMM, please submit your name and email address to facwebupdates@gmail.com to be sent to join the group. We are no longer using FAC_Off Topic Group. Instructions on how to use the Google Group is below.

Accessing & Posting Information in FACCOMM Google Groups

1. Go to https://groups.google.com and sign in with your email address
2. On the welcome screen 

3. The next screen lists the groups you belong to; click on the group name you want to post to: FACCOMM
4. Click

5. Complete Subject and write the content of your post in the "content space" white space
6. If you have an attachment or reference select

7. After writing the content of your post, click the

button to send it
8. Happy Posting!!