

TOP STORIES IN THIS NEWSLETTER

The FAC EXPERIENCE

A biweekly newsletter brought to you by: *Fayetteville Alumnae Chapter*

Vol. 4 Issue 4

December 3, 2017

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As always,
we are

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



From Madam President



Greetings Sorors,

Happy First Sunday! I trust that everyone had a very restful and Happy Thanksgiving! Now that the holiday season is officially upon us, it is my hope that we all will renew and espouse that sense of love for our fellow "man" and soror!

I'd like to thank Sorors Degraphenreid, Figgins, Grandison, Ware, and C. Washington, who supported the World AIDS Day event held at Smith Recreation Center, Friday, December 1, 2017.

As many of you know, we failed to have a quorum at our November chapter meeting, thereby preventing the conduct of official chapter business. I ask that as many of you as possible, please try to make every effort to attend this month's chapter meeting. We don't want a repeat of that during our December chapter meeting. May I count on your attendance? Thanks!

The following sorors have graciously volunteered to pay for a table at the annual Dr. Martin Luther King, Jr. Prayer Breakfast so that Fayetteville Alumnae Chapter is named as a sponsor: Jerial Bogan, Meta Coaxum, Queen Degraphenreid, Debra Figgins, Paula Frank, Awilda Graham, Karen Harris, and Nadine Miller-Bernard. I really appreciate their support in the honoring of the iconic Dr. King and keeping his legacy alive. Others of you may also attend the event, as well. If eight more of you wish to assemble another table, please let me know. I do understand that it costs more to sponsor a table of eight, rather than just going as an individual, but we're also getting our name out in the community by supporting this event as a sponsor.

Remember, each month, a lead hostess should complete the storage request form at least seven (7) to ten (10) days in advance. You may email your request to FAC.Cusdtodian1@gmail.com. The form is located on the website. Please see the Communications Committee with any questions.

Be sure to check the Hostess Committee List to see if you are serving for the month. You will be able to find the current month's Hostess Committee List in its very own section on page three.

While 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, dates for your activities still need to be submitted to the PPD Chair, Soror Figgins. This will allow everyone the opportunity to support each other's events, as well as keep our calendar updated.

Registration for Founders Day East is now closed. If any registrations come available, due to various reasons, I will send an email out apprising the body. Remember, it is being held in Greenville, January 6, 2018. The attire is all black, no pants. Until next time...



Remember the Sick & Shut-In

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.



Adopt-A-Family

On behalf of our adopted families and the Adopt-A-Family Committee (Doris Williams, Kay Harris, Stephanie Sampson, Genevieve Melvin, Katrina Carrasquillo, Lola Williams), we hope that each of you had a wonderful and blessed Thanksgiving! Thank you so very much for your support through your contributions for our Thanksgiving project. The families really appreciated the outreach.



Chaplain's Corner

Wishing You Joy This Holiday!

Christmas is a time when we celebrate the birth of our Lord and Savior Jesus the Christ. As we deck the halls and prepare delicious meals, let us remember those who may be alone, sick, grieving, or in need of a friend during the holidays. A phone call or card can make a big difference in the lives of others and yours also. Here are some things to do that might help you have a wonderful holiday:

- △ Remember to pray daily
- △ Encourage someone who is feeling down
- △ Send a thank-you note to a Soror and/or friend who has made a difference in your life
- △ Do something special for your significant other
- △ Extend an invitation (church, dinner, movie, coffee)
- △ Offer your friendship to someone with whom you'd like to have a closer relationship
- △ Take time to make a difference
- △ Capture your holiday memories with pictures or videos

May your Christmas be wonderfully blessed!

Love, Peace, and Joy

Soror Barbara McCray Nubin, Chaplain



Publicity and Communications

- ◆ We would like to thank the committees that have been using our forms. This helps us to ensure that we take care of your committee needs in a timely manner.
- ◆ 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. Madam 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.
- ◆ 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.
- ◆ 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: January 7, 2017

Remember: Please, send articles, pictures, or announcements to email address only: **Facwebupdates@gmail.com** **on or before December 27.**

Share Your Committee Information Here



Adopt-A-Site

Just a reminder that there is no clean up in the months of December and January. The next scheduled date for Adopt-a-Site clean up will be February 17. Thank you so much for those who have supported this committee. Looking forward to seeing more Sorors in 2018.

Nicole D Spivey, Chair



December

9-Chapter Meeting
10-Christmas Dinner

Have You Tried Pay Pal Yet???



Get in touch with Finance Committee to learn how!

Hostesses for December



*Pat Capel
*Eva Williams
*Doris Brown
*Toni Moore
Martha Blue
Veronica Langston
Maxine Martin
Susie Pugh

Lorraine Wheeler
Peggy Davis
Brenda Minor
Sarita Mallard
Delisa Crobby
LaTanya Malone
Zandra Peele
Christine Washington

* Lead Hostess



Protocol Committee

Membership in Delta Sigma Theta Sorority, Incorporated is a life-time commitment. Therefore, every soror is due recognition and courtesy in any chapter.



Delta Emergency Response Team

Winter Vehicle Preparation

- * Prepare your car for the winter by checking items such as the brakes, spark plugs, battery, and tires.
- * Check your owner's manual for the recommended interval for a tune-up.
- * Prepare for unpredictable weather before traveling.
- * Be prepared for emergency situations on the road by having a winter "survival kit" in the vehicle including items such as, a working flashlight, extra batteries, reflective triangles, compass, first aid kit, exterior windshield cleaner, ice scraper, matches in a waterproof and non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy.



Delta Lites

Come join the Delta Lites as we bring Christmas music to the residents of **Woodlands**

Nursing and Rehabilitation Center. We will sing traditional Christmas Carols and Songs on **Monday, December 11, 2017 at 7:00 pm.** The Center is located on **Pelt Drive (off Murchison Road).** This would be a great time for our youth to bring small gifts for the residents that attend! All are welcome, song books will be provided.

NO VOICE TOO SMALL!!
Soror Sharon McNair



Reflections

By Soror Gwen Brown

Your blessings are so many, Lord,
To count them one by one
Would take much longer than a day,
That has just now begun!
You fill each day with miracles,
From dawn to setting sun.
Each night you hear a million prayers,
When day's work is done.
You keep this old world spinning,
As seasons come and go,
And each one is a masterpiece
That sets our hearts aglow.
You fill the earth with beauty, Lord,
With flowers, shrubs and trees,
And we marvel at Your rainbows,
And butterflies and bees.
Your words still give us comfort,
For Your promises are true.
Your blessings are so many, Lord,
In everything we do!
Poet, Clay Harrison

Final Words: As we go into the holiday season, one can't help, but to be thankful about all of our blessings.



EMBODI

The first EMBODI youth program meeting was held on 11/18/2017 on the campus of Fayetteville State University. The meeting started out with introductions of FAC members, then we allowed the participants and guardians to introduce themselves. We had two young men to attend and complete applications.

Toni Howard facilitated a segment with the two young men on understanding one's self (goals, hobbies, favorite school subject, etc.). The young men also began work on their vision board, which we sent home with them to complete. Soror Miranda Monroe worked with the guardians to get the necessary paperwork completed and any questions answered. The EMBODI committee is continuing to recruit participants as well as volunteers to present at future events. Our next meeting will be held on 12/16/17; the location is pending. At this meeting, we will have a speaker to discuss with the young men the importance of community service and giving of your time and efforts to better your community. We will also have the young men bag toiletry items to be donated to the Fayetteville Urban Ministry. We are asking Chapter members to donate toiletries for this project which will be collected at the next Chapter meeting. Items needed are listed below:

Toothpaste	Toothbrush	Soap	Deodorant
Mouthwash	Lotion	Wet wipes	Body Wash (miniature)
Ziploc Bags (large)			

Soror Toni Moore



Membership Committee

The holiday season is quickly approaching and it's almost time for our annual Sorority Christmas Party.



We are excited about our upcoming party on *Sunday*, December 10, 2017 at 5:00 p.m. at Chris's Steak-house.

The price is \$36.00 per person and you are more than welcome to bring a guest. Please, select one of the following for your main entrée:

- ribeye steaks
- grill chicken breast
- stuffed flounder.

We will still continue our tradition of exchanging ornaments for all those that would like to participate.

Sorors, time is moving fast, so, we are asking that you please RSVP to me as soon as possible @ fac2ndvp@gmail.com. Payments can be made either at the November Chapter meeting or Executive Board meeting or you can mail your check or money order to the Chapter's P.O. Box.

Thank you in advance for your participation.

Soror Melissa Robinson-Ellis
2nd VP
Membership Services Committee
Chair



Healthy Lifestyle

Tips to Help You Stay Fit Through the Holidays

1. Stick to a routine as best you can. Get active at least 4 times a week and include a protein with your breakfast. Both will give your metabolism a boost that lasts all day.
2. Exercise in the morning. Moving your body first thing in the morning sets the day right and helps your body stay stress-free during this busy season.
3. Find balance. Don't deprive yourself of the things you love. When you stick to a healthy lifestyle and stay consistent, you have wiggle room for a little indulgence here and there.
4. Bring healthy treats to the party. When someone invites you to a gathering, offer to bring a dish. This way you know the menu includes one waist friendly dish.
5. Eat. If you overindulge, don't stress out! Let go of any negative feelings, move on and just make healthier choices next time.
6. Drink up...on the right things. It's easy to forget to drink the water your body needs with all the holiday bustle and particularly when the weather outside is chilly.
7. Start a new tradition. Memorable moments are part of what make the holidays special and the season offers a chance to create something new to look forward to each year.

Submitted by Joanna Priscilla for ABC News

You still have time... *Inspiring Beauty:*

50 years of *Ebony* Fashion Show Exhibit October 28, 2017-January 21, 2018

The remarkable story of an extraordinary fashion show. Covering 50 years of beauty, style, and empowerment, with 40 stunning outfits by Christian Dior, Givenchy, Alexander McQueen, and many more.

North Carolina Museum of Art
2110 Blue Ridge Rd
Raleigh, NC

Adult tickets \$19 or visit site for tickets





Social Action

Kudos to the following members of the Social Action Committee for an outstanding 2017 with the following the presentations: Meeting the Candidates and Civics 101: Take Note and Vote: Sorors Amanda Williams, Victoria Rush, Paula Frank, Emily Grimes, Kendra Haywood, and Sharon McNair. Kudos to Sorors Nadine Miller Bernard, Rene' Corders and Amanda Williams with the Chosen: Minor Sex Trafficking presentations in the community in continuing our partnership the Child Advocacy Center. Thanks to the "behind the scenes" Sorors and FAC in supporting our mission.

Smooches!!!!
Soror Meta, Chair



Arts & Letters

The Red Carpet movie, *Marshall*, was viewed by the chapter on October 29 at Market Fair Theater, but A & L provided another opportunity to view the movie with the FAC Silver Movie Group. The group consisted of 7 Delta Dears and 8 community seniors who enjoyed the great movie and the wonderful fellowship at the 12:30 p.m. showing. Anyone who missed that event can join the Silver Movie Group when they go see the next movie—*Roman J. Israel, Esq.* starring Denzel Washington. This movie is set in the underbelly of the overburdened Los Angeles criminal justice system. He stars as a driven, idealistic defense attorney whose life is upended when his mentor, a civil rights icon, dies. The viewing will be Tuesday, December 5 at Market Fair 15 on Skibo Road. The movie begins at 1:15 p.m. The group will assemble at 12:50 p.m. The cost is \$5.00. Contact Soror Janice Robinson at 910-578-5551, if you have any questions.

FAC's Red Velvet Book Club gathered again at Scrub Oaks Restaurant for a Thursday evening stimulating discussion of *No One Is Coming to Save Us* by Stephanie Powell Watts. The title of this book is intended to evoke the curiosity of the audience. The discussion was driven by Soror Rene' Corders. All the attendees knew the discussion would be a robust one with an honest and enjoyable analysis. This book has been compared to the plot and characterizations of the great American classic *The Great Gatsby*. We laughed and talked and enjoyed a great meal with this discussion as the backdrop of our gathering. No book discussion gathering is complete without the wonderful and generous door prizes which always relate to the images and content of the current novel. How thoughtful of our book discussion leader to provide the interesting prizes!



FUNDRAISING

Save the Date

January 20, 2018

"Old School 70s Party"
Dress to Impress in your
70s attire
\$25.00

Cabaret Style
116 Chance Street
Fayetteville, NC 28301

Save the Date

June 2, 2018

"Crimson & Cream Affair"
Semi-formal/Formal
Dinner and Dance
\$65.00

Ramada Baymont Convention
Center
1707B Owen Drive
Fayetteville, NC 28304

**Adopt-A-Family
Thanksgiving 2017**



ΔΣΘ



**EMBODI
1st Meet & Greet**



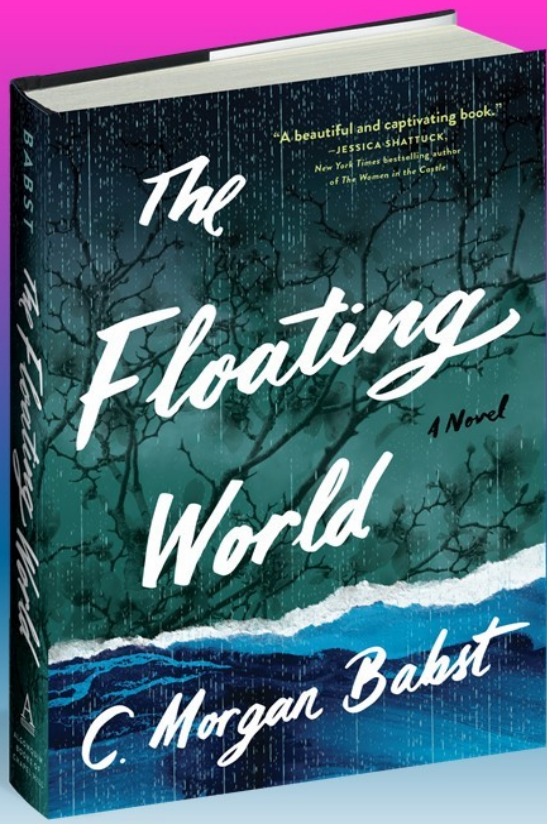


Join the
Fayetteville Alumnae Chapter
 of
Delta Sigma Theta Sorority, Inc.
Arts & Letters Committee
Red Velvet Book Club
 For a GREAT read and discussion
 led by Evelyn Shaw
Thursday, January 18, 2018
6:00 p.m.
Scrub Oaks Restaurant
5708 Ramsey St. Fayetteville, NC
DUTCH TREAT
DOOR PRIZES

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







[f FAYALUMNAEDELTA](https://www.facebook.com/FAYALUMNAEDELTA) [@FayAlumnaeDelta](https://twitter.com/FayAlumnaeDelta)





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  My groups
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  [Attach a file](#) [Add a reference](#)
7. After writing the content of your post, click the  button to send it
8. Happy Posting!!



Fayetteville Alumnae Chapter
of
Delta Sigma Theta Sorority, Incorporated



**Taking it Back to the Past--
An Old School 70s Party**

\$25

January 20, 2018

DJ

8 p.m.-12:00 midnight

Cabaret Style



**VFW Post 6018
116 Chance St. Fayetteville, NC 28301**

**Proceeds to benefit Scholarship,
Programs & Projects**